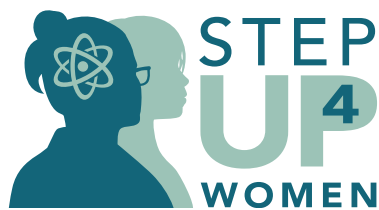


# Everyday Actions



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 STEP UP 4 Women

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Use the self-reflection below to think about how well your everyday actions support an inclusive physics classroom community. Then, use the *Everyday Actions* guidelines on the following pages to work to improve your practice as you support young women in physics. Try choosing one area to focus on each week.

## EVERYDAY ACTIONS SELF-REFLECTION

On a scale of 1-5, how would you rate your use of the everyday actions?

When you... Talk to students individually	NOT AT ALL					VERY MUCH
Discuss with students why they would be a good fit for physics	0	1	2	3	4	5
Direct other students to female students for help	0	1	2	3	4	5
Direct students toward clubs, camps, internships, or other programs	0	1	2	3	4	5
Encourage students to take advantage of academic opportunities in physics	0	1	2	3	4	5
Connect with students about what they value and are interested in	0	1	2	3	4	5
Provide for students' different needs with support and feedback	0	1	2	3	4	5
When you... Facilitate group work/labs	NOT AT ALL					VERY MUCH
Avoid isolating women in a group of mostly men	0	1	2	3	4	5
Ensure women are taking active roles	0	1	2	3	4	5
Bolster confidence around lab equipment	0	1	2	3	4	5
Teach collaboration skills during or before initial group activities	0	1	2	3	4	5
When you... Address the whole class	NOT AT ALL					VERY MUCH
Set expectations for success	0	1	2	3	4	5
Promote a sense of community	0	1	2	3	4	5
Promote a growth mindset	0	1	2	3	4	5
Value many different types of skills, such as communication and teamwork	0	1	2	3	4	5
Distribute attention during class discussions	0	1	2	3	4	5
When you... Plan and assess	NOT AT ALL					VERY MUCH
Incorporate real world physics examples	0	1	2	3	4	5
Connect physics to other disciplines	0	1	2	3	4	5
Establish clear grading rules	0	1	2	3	4	5
When you're... Outside the classroom	NOT AT ALL					VERY MUCH
Find out which teachers have the students who feed into physics	0	1	2	3	4	5
Talk to school counselors	0	1	2	3	4	5
Have open doors of communication with parents	0	1	2	3	4	5
Support students who want to start a physics club, or take part in physics/science organizations and competitions	0	1	2	3	4	5
Find out about outreach and community activities for student engagement	0	1	2	3	4	5