


Everyday Actions

STEP UP 
PHYSICS TOGETHER

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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, do you:	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 students with feedback, reassurance, and personal stories of struggle	0	1	2	3	4	5
When you facilitate group work/labs, do you:	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, do you:	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, do you:	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
Allow second chances for high stakes assessments	0	1	2	3	4	5
When you are outside the classroom, do you:	NOT AT ALL					VERY MUCH
Encourage other teachers to recommend physics to their female students	0	1	2	3	4	5
Talk to school counselors to ensure they encourage female students to take physics and consider physics careers	0	1	2	3	4	5
Provide school counselors with information about the breadth of jobs in physics	0	1	2	3	4	5
Share female students' successes and capabilities with their families	0	1	2	3	4	5
Provide parents with information about job opportunities in physics	0	1	2	3	4	5
Support students who want to start a physics club or take part in physics activities and events	0	1	2	3	4	5
Find out about outreach and community activities for student engagement and encourage students to participate	0	1	2	3	4	5

