

# Everyday Actions

## QUICK REFERENCE GUIDE

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### Every week SAY THIS

- “We’re in this together. Let’s work together to make sure no one gets left behind.”
- “You’re all capable of doing physics. It just requires hard work.”

### Every week DO THIS

- Call on a female student to share her work/answer when you know she has the right approach/understanding
- Direct students to a female student for help; ask a female student if she can help others with their work.

### Every month

- Encourage a female student who shows an affinity to physics to consider pursuing a degree in it.

### Every course

- Do the **Careers in Physics Lesson** and the **Women in Physics Lesson**.

! Learn more at [STEPUPphysics.org](https://STEPUPphysics.org) and register to access instructional support and discussion boards.

