INSTRUCTOR DO'S and DON'TS SHEET

Introduction

As an instructor, you can help break down the language barrier and foster communication between people who need mental, physical, and emotional care. Additionally, you can break down the stereotypes built around mental health and promote wellness, understanding and assistance towards those who need it.

Beforehand, it is important that you familiarize yourself with a few teaching principles. Remember that this one-hour lesson is intended to people who left their countries to seek refuge in Virginia and the United States. Therefore, these are very sensitive learners who should be handled with particular attention. Since it is anticipated that their level of English proficiency is very low, as an instructor, you should speak slowly and articulate clearly without being unnatural. You will need to use a lot of body language and gesture. In order to make this lesson a success, please observe these DO'S and DON'TS:

DO

- Address your students using their first names. You could ask them to write it on folded sheets and put on their tables.
- Treat them with respect and dignity.
- Deal quickly with inappropriate conduct in a friendly yet firm manner.
- Encourage students who attempt to speak.
- Use different encouraging words to reinforce good answers, for example: *Good, Excellent, Wonderful*, etc.
- Use body language and hand gestures to illustrate your points.
- Show enthusiasm and dynamism.
- Use measured humor to liven up the class.
- Speak up, but don't break anyone's eardrum.
- Stand at strategic places in the classroom.
- Monitor pair work and move from group to group.
- Ask students of different native languages to pair up.
- Have students sit in a semi-circle if possible.

DON'T

- Frustrate your students.
- Laugh at them.
- Have a particular preference for one student.
- Always give the floor to the same student, even if he/she is talkative.
- Talk more than necessary.
- Let them frequently speak in their mother tongue unless absolutely necessary.