

The background of the image is a dense field of 3D-rendered numbers in various shades of blue and white. The numbers are scattered across the frame, creating a sense of depth and movement. Some numbers are larger and more prominent, while others are smaller and recede into the background. The lighting is soft, highlighting the three-dimensional quality of the digits.

# PHYSANIC

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# What is PHYSANIC?

- ◆ **Physics Panic!**
- ◆ **How do we avoid it?!**
  - ◆ **What we should NOT do in our classrooms.**
  - ◆ **What we should do in our classrooms.**
  - ◆ **Knowing our boundaries.**





# What we should NOT do in our classrooms:

- ◇ **Make it so serious.**
  - ◇ Avoid with
    - ◇ Small anecdotes
    - ◇ General excitement
    - ◇ Great demos
- ◇ **Single out students.**
- ◇ **Needing a large curve.**
- ◇ **Assume we know what's going.**
- ◇ **Glorify scientists with racist pasts.**
- ◇ **Ignore success.**
  - ◇ Even the small ones!
- ◇ **Be oblivious of the mood of your class.**
  - ◇ Stop panic BEFORE it happens.
    - ◇ →lab



# What we should do in our classrooms:

- ◇ Inclusive and student friendly classrooms.
  - ◇ Names should be correct.
    - ◇ Pronouns should be correct.
  - ◇ Know generational differences.
    - ◇ ...
  - ◇ Teach them to how to self advocate.
    - ◇ Ask question during a test or lab for points.
      - ◇ Language barrier
      - ◇ Neurodivergent students

# What we should do in our classrooms:

- ◆ Preparing notes/sched ahead of time.
- ◆ Games instead of quizzes.
- ◆ Using anonymous polls.
- ◆ Color coding labs.
- ◆ DEMOS!!! Demos! Demos!
- ◆ Prepare for students with special needs ahead of time!
  - ◆ How can we make this work for \_\_\_\_\_?
  - ◆ Will something potentially trigger a student?
    - ◆ PTSD
    - ◆ Neurodivergent students
    - ◆ Students that cant physically do something



# What we should do in our classrooms:

- ◇ Learn from other teachers.
  - ◇ Where are the trouble areas?
  - ◇ How to test for a bell curve.
  - ◇ Know your students and their entry level skills.
    - ◇ Math and additional resources.
    - ◇ Quickly test incoming skills.
  - ◇ **Strategies: WISE**

# Know your own boundaries.

## ◆ You can't fix everything.

- ◆ Know what your school has to offer and where to send students for help you can't provide.
- ◆ You don't have unlimited time.
  - ◆ You cannot help if you feel like you are being taken advantage of.
- ◆ You will mess up. It's ok to apologize and forgive yourself.