1. **Active learning and participating**
   - Incorporate active learning
   - Encourage participation

2. **Interaction between teacher and student**
   - A personal approach: form a relationship with students positive, encouraging, professional
   - Learn students’ names
   - Show your passion for biology
   - Enthusiasm

3. **Collaborative work**
   - Group work
   - Give the opportunity for peer assessment. Formal or informal
   - Students can learn from each other, to get familiar with assessment

4. **Feedback**
   - Providing constructive feedback: Clear, transparent, helpful for students in the future
   - Positive reinforcement, gently redirect wrong answers

5. **High expectation**
   - Established clear expectations: in sync with your teaching team
   - Provide clear objectives and outcomes: clear rubrics

6. **Time management**
   - Distribute your time equally amongst all your students
   - Students learn to work effectively

7. **Promote respect and understanding: inclusivity**
   - Know your audience: assess the needs of your students
   - Know how to read a variety of students in different ways
   - Be able to modify your approach on the fly to meet students’ needs
   - Provide quality: be aware of unconscious biases and power struggles
   - Wellness: be aware of students’ well-being and situations. Be ready to provide and share resources available on campus (e.g. early alert)

Be prepared