



## Body Language at a Meeting with your Professor

### Don't:

- Rub the back of your head or neck. Even if you really do just have a cramp in your neck, these gestures make you look disinterested.
- Rub or touch your nose. This suggests that you're not being completely honest, and it's gross.
- Sit with your arms folded across your chest. You'll appear unfriendly and disengaged.
- Cross your legs and idly shake one over the other. It's distracting and shows how uncomfortable you are.
- Lean your body towards the door. You'll appear ready to make a mad dash for the door.
- Slouch back in your seat. This will make you appear disinterested and unprepared.
- Stare back blankly. This is a look people naturally adapt when they are trying to distance themselves.

### Do:

- Sit up straight, and lean slightly forward in your chair. In addition to projecting interest and engagement in the interaction, aligning your body's position to that of the professor's shows admiration and agreement.
- Show your enthusiasm by keeping an interested expression. Nod and make positive gestures in moderation to avoid looking like a bobblehead.
- Establish a comfortable amount of personal space between you and the professor. Invading personal space (anything more than 20 inches) could make the professor feel uncomfortable and take the focus away from your conversation.
- Limit your application of colognes and perfumes. Invading aromas can arouse allergies.
- Interruptions can happen. If they do, refrain from staring at your professor while they address their immediate business and motion your willingness to leave if they need privacy.
- Stand up and smile. Standing increases your level of alertness and allows you to become more engaged in the conversation.

