William (Bill) Ju is a teaching-stream professor in Human Biology at the University of Toronto. Bill is interested in student engagement and extending the traditional classroom. As part of this, he is focusses on the well-being of students through many means, including good time management, prioritizing sleep & the importance of exercise, and the benefits of creating a sense of community in a class, no matter what the size. In addition to his interests in teaching, his graduate research program examines the cellular and molecular pathways that involve motivation, learning & memory, and neurodegeneration.