Write with precision: avoid "and/or"

Avoid the awkward construction "and/or." Your meaning is usually clear with just "and" or "or." If you really mean both, rephrase the sentence to be more easily decodable, or consider completely recasting the sentence.

Examples

Poor: Kids stressing you out? Treat yourself to a glass of wine and/or a hot bath.

Better: Kids stressing you out? Treat yourself to a glass of wine or a hot bath, or both.

Best: Kids stressing you out? Escape to a hot tub with a glass of wine.

Poor: Take steps to avoid catching a cold and/or the flu this winter.

Better: Take steps to avoid catching a cold, the flu, or both this winter.

Best: Protect yourself from the bacteria and viruses that cause common winter ailments.

A tip from the BCIT editing community
– Jim, Kathleen, Gary, Barb

Increasing student engagement with clearer content