

#RiseAndGrind

Today's Topics...

Creating Workspaces
Learning Styles
The Study Cycle
Your New Schedule
Time Management
Self-Care

Learning Spaces, Learning Places

On City Tech Campus

- In the classroom
- In the lab
- In the library
- In the computer lab
- In other spaces

Working Remotely

- In your home
- In your own space
- In your personal classroom

Learning Styles

Increased Personal Responsibility

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Taking Control of Your Own Learning

How do you learn something new?

How do you practice a new skill?

How do you know that you understand a new concept?

How do you know that you can apply a new idea?

Kinesthetic



Learn by doing

Visual



Learn by seeing

Auditory



Learn by listening

Be open to
change.

The definition of insanity
is doing the same thing
over and over, but
expecting different
results.

If you want different
results, you have to do
things differently.

The Study Cycle

The Study Cycle





1

Prepare

Prepare *Before* Class



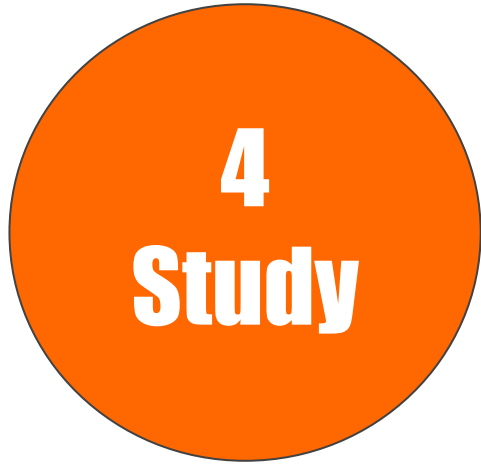
Attend Class



3

Review

Review *After* Class



Study Every Day

**Don't memorize like a parrot,
study like a detective.**





Assess Your Learning

Your Time, Your Success

A Typical FY College Schedule

What does this schedule look like compared to your HS schedule?

What assumptions might you make based on those differences?

Do you really have
all that free time
now??

One of the hardest parts of
college is balancing
everything—your courses, your
assignments, and the rest of
your life

Question

How many hours will you spend in class and doing work for class in one semester?

Math Time!

But don't worry, you can use your calculator for this.

How many hours a week do you spend doing...

Time Management Math

Be Good to Yourself!

What does self-care look like to you?

For next time...

Academic Essentials Reflection

<https://openlab.citytech.cuny.edu/citytechguide/academic-essentials/>

THANK YOU!



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This Student Success Workshop is brought to you by First Year Programs, and the Peer Mentors. For more information please go to fyp.citytech.cuny.edu

You have made a great choice, thank you for participating on our workshop.