

A grayscale landscape photograph featuring misty mountains in the background and a dark, rocky coastline in the foreground. The scene is atmospheric and serene, with soft light filtering through the haze.

All things are difficult
before they are easy.

Thomas Fuller

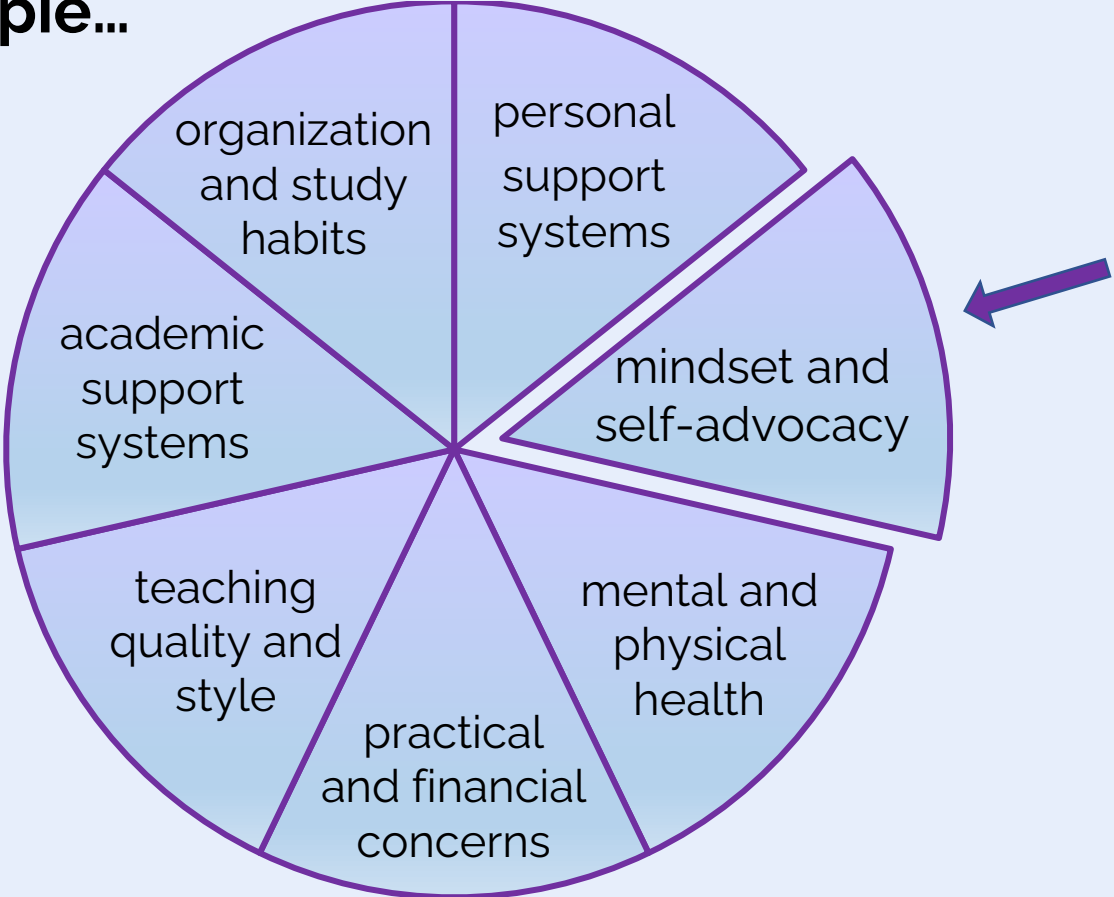
Mindset and Self-advocacy

City Tech 101
Prof. Jessica DeCoux
Spring 2022



Mindset: What is it?

When it comes to academic success, there are lots of pieces in the pie...





- One piece of the pie
- A way to think about
 - yourself
 - your work
 - your abilities and talents
- A way to help yourself build patience and confidence

Meeting challenges with a growth mindset




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**You can find a good video introduction to the concept of growth mindsets here:
<https://www.youtube.com/watch?v=2nF90sAW-Yg>**



Mindset is NOT...

- "positive thinking"
- a reason to judge yourself
- a magic wand
- a replacement for support and help



Mindset
IS...

- A way to build confidence
- A way to develop patience
- A way to understand how our brains work
- A reason to separate our success from our self worth

Some questions to ponder:

- Sometimes I can't give my best effort to an assignment. How do I know when cutting corners is unavoidable, and when I am sabotaging myself to protect my self esteem?
- If I get a grade I don't want on an assignment or for a class, how does that affect my self image? What can I do to think differently about the situation?
- What are some skills I might want to build that could take a long time to build? How will I develop the patience to stick to those goals, even if they take a long time? What positive feedback could help keep me motivated?

You get your 1st big assignment back and you're not happy with the grade: How do you feel? What do you do?

In this breakout session, discuss what getting a “bad grade” (however you define bad) would mean to you and what steps you might take to respond to that grade.

- The break out session will last for 10-15 minutes.
- Select a speaker and a notekeeper.
- At the end of the breakout session, the notekeeper will post their notes in the chat and the speaker will summarize, in one minute, the group's conversation (but anyone else can speak up too!).



Strategies when you're not happy with your grade:

- Make sure to read all feedback from your professor. Does this help you understand why you received the grade you did?
- Look back at the assignment instructions. Did you meet the requirements set out in the instructions?
- If you're still not certain why you received the grade you did, or if you would like your professor's feedback on how to do better next time, reach out via email or visit office hours.
- Consider your own strategies as a student. Do you need to devote more time to assignments? Would you benefit from joining a study group? Think about what YOU can do to achieve the grades you want.
- Take advantage of the resources that City Tech offers! In addition to your professor, you can reach out to a peer mentor, schedule a session with a tutor, or meet with a counselor.

Click the image to link to *The Companion for the First Year at City Tech*

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FOR THE FIRST YEAR AT CITY TECH
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Reading To Learn

Page 36 of *The Companion for the First Year at City Tech*



STUDENT TIPS

- Ask for help when you need it instead of giving up.
- Understand your passions and career goals early on. This way, you won't waste as much time getting to those goals.
- Learn to sacrifice some things to make time for college. It will be worth it in the end.

HASHIR QURESHI
FYP PEER MENTOR

Self-Advocacy

Asking For Help Is...

- Responsible
- Proactive
- Healthy
- Normal
- What successful college students do



STUDENT TIPS

- Don't be scared to speak up in class.
- Don't beat yourself up too much on a bad exam/project/assignment. Pick up and put more time into studying and preparing for the next.
- College gets better. Give it some time. Be positive!

DAMAR SAUL
FYP PEER MENTOR



“Asking Questions is a good way to find things out.”
--Big Bird

Ask “Effective Questions”

What does that even mean?

There's no such thing as a bad question!
Know how to ask a question can help you get a better answer.

- Be specific
 - What do you want as an outcome?
- Be brief
 - Include only relevant information
- Be thorough
 - But don't leave out supporting information
- Be appreciative
 - You will gain an ally

Let's take some time to practice asking effective questions.

In the situations below, what questions would you ask? What follow-up questions? What would you do to get what you need?

1. You get back your first Biology exam, and you're disappointed with your grade. You look it over and see you missed a lot of questions in one section of the test. How would you ask for help?
2. You log on to register for classes and see a "financial hold" on your record that prevents you from registering. Who would you talk to, and what would you say?

What are some reasons students may need to complain or file a grievance?

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Student Complaints and Grievances

New York City College of Technology strives to provide relevant degree programs with a rewarding educational experience. As a City Tech student, you may file a grievance about any area of the College.

There are several grievance procedures at the College. This page will assist you in identifying which process best fits your concerns.

For more information on growth mindsets

- Please read the article “You Can Grow Your Intelligence,” available here:
<https://www.mindsetworks.com/webstitemedia/youcangrowyourintelligence.pdf>
- Look for the book “Mindset” by Carol Dweck. The book is not yet available at the City Tech Library, but you can read articles on the topic by and about Dweck using our library’s database tools!

Homework for next time

Consider the discussions we had today about mindset and self-advocacy. Share a concept you believe is important and explain what the concept means to you as a college student.

Also, please read and comment on another student's post.