



Mindset and Self-advocacy: Make them Work You

City Tech 101
Prof. Karen Goodlad
Summer 2021





All things are difficult
before they are easy.

Thomas Fuller

“dustofanqu”

Let's catch up.

What did you learn during the Rise and Grind session that you have **already** applied to your college routine?

Which do you **plan** to apply?



What if you received a grade of “not yet”? What would you do?

In this breakout session, discuss what a grade of “not yet” would mean to a college student and what steps might the student take to improve the grade.

- The break out session will last for 12 minutes.
- Select a notekeeper and a speaker
- 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.



What is a growth mindset?



Do you want to know more about creating a growth mindset? Here are more resources:

[Mindset](#), Talks at Google

[Assess](#) your Mindset

A [Summary](#) of Growth and Fixed Mindset



Reflective Questions from Rise and Grind

- What life experiences have prepared me for college?
- When I have been faced with a difficult situation, what strategies did I use to find a solution?
- How will I create positive academic habits for myself?
- What do I need to know about the resources offered by the college that I can access to help me become a better learner?
- In case my original academic plan does not work out, what would be my alternative plan?



Practice and Develop a Growth Mindset

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

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THE COMPANION

FOR THE FIRST YEAR AT CITY TECH

6TH EDITION

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

Break Out Session: 12 Minutes



Open *The Companion* to page 31. Review the activity “Track your Learning Process”.

Identify a group scribe and a speaker.

Review the “Track your Learning Process” grid on page 31.

1. Share which of the practices you did not know successful college students used.
2. Share which of the practices you believe will be difficult for you to do on a regular basis and explain why you believe it will be difficult.

When you return to the larger group, copy and paste the notes into the chat, in one minute, summarize your small group discussion



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

--Big Bird



Ask “Effective Questions”

What does that even mean?

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Asking For Help Is...

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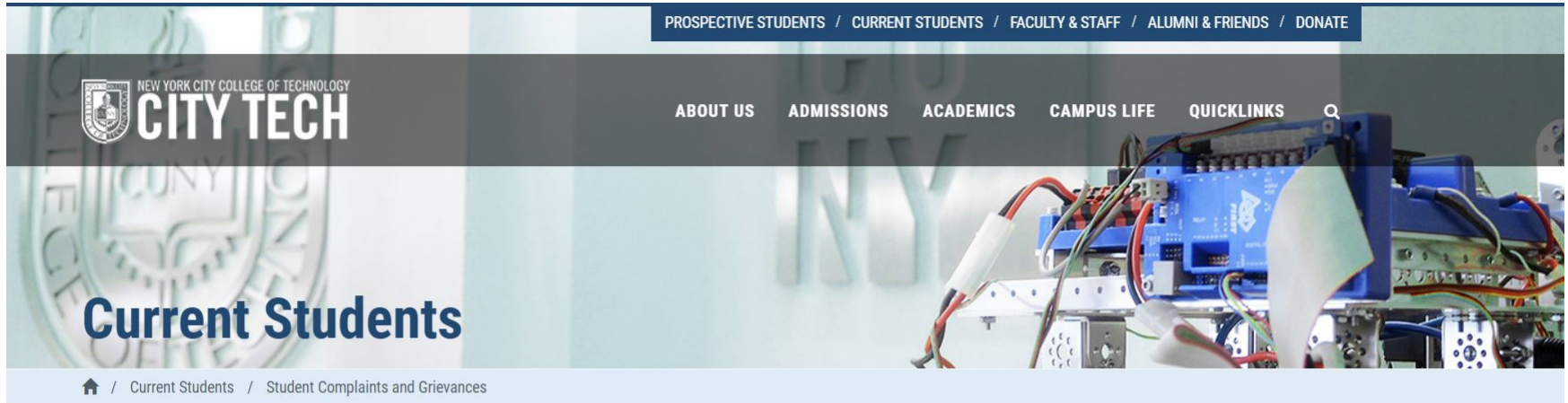


STUDENT TIPS

- 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

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



[Home](#)

[Current Students](#)

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.



Until we meet again

Reflection

Consider the discussions we had today about mindset and self advocacy. Share three themes you believe were important. Pick one theme and explain what it means to you as a college student.



You Paid for it Use It!: Resources and Services at City Tech

Tomorrow's Workshop:

- Identify resources at the college and on the college's website
- Engage with the resources available at the college and on the college's website
- Discuss what academic integrity is, why it is important in academia, and what it means to each student