



#RiseAndGrind

City Tech 101
Session A
Prof. Jessica DeCoux
Winter 2022



Today's topics are about the parts of school you do for yourself

- Where will I get it done?
- How will I get it done?
- When will I get it done?
- When not to get it done

Increased
Personal
Responsibility



Taking Control
of Your Own
Learning








Instructional Format of Class Offered at City Tech

- In-person
- Fully Online
 - Synchronous
 - Asynchronous
- Hybrid



Log into CUNYFirst, look at your schedule, what type of courses are you enrolled in?

What is the
format of the
classes this
student
registered for?






2021 Fall Term Schedule		
	<u>Class</u>	<u>Schedule</u>
	HMGT 1202-OL24 LEC (16955)	Th 6:00PM - 8:30PM Online-Synchronous
	HMGT 1203-HD12 LEC (47415)	Tu 8:00AM - 12:30PM Namm N-202 Tu 8:00AM - 12:30PM Online-Synchronous
	HMGT 1204-HD26 LEC (47490)	We 9:00AM - 1:30PM Namm N-204 We 9:00AM - 1:30PM Online-Synchronous
	MAT 1272-OL97 LEC (47833)	Fr 6:00PM - 8:30PM Online-Synchronous
	PHIL 2202ID-OL43 LEC (17640)	Th 2:30PM - 5:00PM Online-Synchronous

[weekly schedule ▶](#)

[launch schedule builder ▶](#)

What is the format of the classes this student registered for?

These are Synchronous






2021 Fall Term Schedule		
	<u>Class</u>	<u>Schedule</u>
	HMGT 1202-OL24 LEC (16955)	Th 6:00PM - 8:30PM Online-Synchronous
	HMGT 1203-HD12 LEC (47415)	Tu 8:00AM - 12:30PM Namm N-202 Tu 8:00AM - 12:30PM Online-Synchronous
	HMGT 1204-HD26 LEC (47490)	We 9:00AM - 1:30PM Namm N-204 We 9:00AM - 1:30PM Online-Synchronous
	MAT 1272-OL97 LEC (47833)	Fr 6:00PM - 8:30PM Online-Synchronous
	PHIL 2202ID-OL43 LEC (17640)	Th 2:30PM - 5:00PM Online-Synchronous

[weekly schedule ▶](#)

[launch schedule builder ▶](#)

What is the format of the classes this student registered for?

These are Hybrid

2021 Fall Term Schedule		
	<u>Class</u>	<u>Schedule</u>
	HMGT 1202-OL24 LEC (16955)	Th 6:00PM - 8:30PM Online-Synchronous
	HMGT 1203-HD12 LEC (47415)	Tu 8:00AM - 12:30PM Namm N-202 Tu 8:00AM - 12:30PM Online-Synchronous
	HMGT 1204-HD26 LEC (47490)	We 9:00AM - 1:30PM Namm N-204 We 9:00AM - 1:30PM Online-Synchronous
	MAT 1272-OL97 LEC (47833)	Fr 6:00PM - 8:30PM Online-Synchronous
	PHIL 2202ID-OL43 LEC (17640)	Th 2:30PM - 5:00PM Online-Synchronous

[weekly schedule ▶](#)

[launch schedule builder ▶](#)

Learning Spaces, Learning Places

(Where will I get it done?)

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
- Libraries or other public spaces (safety permitting)

Create Your Own Workspace

- Limit distractions and noise
- Set up computer/tablet on a desk or table, not your lap
- Sit in a chair, rather than a couch or bed
- Have a notebook and pens/pencils nearby
- Make sure there is plenty of light
- Hang a calendar or weekly schedule
- Post To Do list
- Post pictures, images, and/or motivational quotes
- Add a plant for increased oxygen

Small Group Discussions: Online Learning/ Studying Challenges

Question #1: What are some challenges you face while taking classes online/studying at home?

Question #2: What are some potential solutions for these challenges?

Directions:

- 5-7 minutes to discuss questions in breakout rooms
- Assign scribe to take notes while you all discuss (GoogleDoc to share with group)
- Assign reporter to share answers to question #1 with full class
- Assign reporter to share answers to question #2 with full class
- We will come back as group to discuss-- be prepared!

The Study Cycle

(How will I get it done?)

The Study Cycle



1

Prepare

Prepare *Before* Class

- Complete assigned reading *before* class
- Annotate readings
- Come up with questions to ask in class

1

Prepare

- More than highlighting
- Note key ideas
- Mark unfamiliar words
- Ask questions
- Add mini-summaries
- Make your own system

Annotating Readings

1.3py

Sense of secrecy } Charlie Stowe waited until he heard his mother snore before he got out of bed. Even then he moved with caution and tiptoed to the window. The front of the house was irregular, so that it was possible to see a light burning in his mother's room. But now all the windows were dark. A searchlight passed across the sky, lighting the banks of cloud and probing the dark deep spaces between, seeking enemy airships. The wind blew from the sea, and Charlie Stowe could hear behind his mother's snores the beating of the waves. A draught through the cracks in the window-frame stirred his nightshirt. Charlie Stowe was frightened.

Searchlight - airships - wartime }
let World War }
Cold - out of bed! - darkness emphasized }
Not modern }
'Manly' to smoke - grown up }
Brands of cigarettes }
Why? }
Father does not seem to bother with him - different to mum }
Zeppelins - bombing raids }

Sense of mystery, menace, potential danger, etc }
Sleeping mother - repetition of snore }
What is Charlie up to? }
Mention of father }
More info about Charlie }
Pressure from peers }
A 'crime' stealing, guilty conscience }
What does all this mean? }
Contrast with father }

But the thought of the tobacconist's shop which his father kept down a dozen wooden stairs drew him on. He was twelve years old, and already boys at the County School mocked him because he had never smoked a cigarette. The packets were piled twelve deep below, Gold Flake and Players, De Reszke, Abdulla, Woodbines, and the little shop lay under a thin haze of stale smoke which would completely disguise his crime. That it was a crime to steal some of his father's stock Charlie Stowe had no doubt, but he did not love his father, his father was unreal to him, a wraith, pale, thin, indefinite, who noticed him only spasmodically and left even punishment to his mother. For his mother he felt a passionate demonstrative love; her large boisterous presence and her noisy charity filled the world for him; from her speech he judged her the friend of everyone, from the rector's wife to the 'dear Queen', except the 'Huns', the monsters who lurked in Zeppelins in the clouds. But his father's affection and dislike were as indefinite as his

2

Attend

Attend Class

- Be on time
- Create a workspace at home
- Choose a good seat in the classroom
- Be an active learner
- Ask + answer questions
- Take notes

2 Attend

Taking Notes

- Take notes on paper, by hand
- Do not try to write down every word the professor says
- Recreate charts and diagrams carefully
- Underline/Highlight key words and phrases
- Leave extra spaces on the page, making it easy to go back and add missing pieces
- At the top of each page, write the class and date
- Stay organized!

3

Review

Review *After* Class

- As soon as class ends, review your notes
- Fill in gaps and missing pieces
- Write down questions
- Mark parts that are still confusing
- Go back to readings to search for answers
- Compare notes with a classmate
- Ask your professor questions, in office hours or at beginning of next class

4 Study

Study Every Day

- Repetition is key--even 10-15 minutes a day will make a huge difference
- Ask yourself questions about the material, such as 'why', 'how', and 'what if...'
- Don't just memorize, try to understand the material
- Make connections to help you remember

5

Assess

Assess Your Learning

- Check in with yourself by asking:
 - How are my classes going?
 - Am I satisfied with my grades?
 - Am I sticking to my Study Cycle routine?
 - Do I need to make changes to my routine or methods?
 - Do I need extra help?
- Test yourself often by asking: Do I understand this enough to teach it to someone else? (Also, try to actually teach it to someone else!)
- Don't get stuck or frustrated-- get help.

Learning Styles

(How will I get it done? Continued)

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

Kinesthetic

Like to touch, taste, smell, and be active within the lesson in order to best process and remember

Need a deep dive to be fully engaged with the material and learn from experiencing

Tips for optimizing the kinesthetic learning experience:

- Make activities as active as possible. When learning a new language, engage in conversation regularly.
- Background music or other audio stimulation tends to help kinesthetic learners engage with and retain information.
- Highlight key points and/or draw sketches of the material.
- Take your time when working through a lesson to make sure you are fully engaged with what is being taught.
- Sensual stimuli such as foods, drinks, and physical objects that the learner can touch or interact with can be of immense help.
- Make complex tasks visual and interactive.

(source: [learningstylequiz.com](https://www.learningstylequiz.com))

Visual

Learn by seeing

Visual

Process information through writing and reading, good at taking notes.

Memorize by taking a mental picture and using the image to process.

Tips for optimizing the visual learning experience:

- Use attachments such as maps, itineraries, articles, and photos to process and memorize information, and be able to recall it later.
- Take notes – whether that be text, drawing, or charts. Always make sure you're taking something with you at the end of a lesson!
- Go through notes and ask questions – then modify as needed.
- Pay attention to pauses in a lesson – great opportunities to ensure you have everything jotted down or drawn out.
- Minimize audible or visual distractions.
- Draw sketches/take notes in the margins of a page, in white space below paragraphs, or anywhere there's room.

Auditory

Learn by listening

Auditory

Often talk out loud to themselves, helps process thoughts and ideas.

Can struggle with remembering what they read, or putting their thoughts to paper.

Tips for optimizing the auditory learning experience:

- Finish study sessions or classes with a summary, for a chance to recap.
- Listen to readings when possible (audio books, text speak programs, podcasts, etc.)
- Inclusive brainstorming and small group discussion allow ideas to be spoken and written simultaneously helping to express ideas and remember them.
- Study groups and partnered work help things stick more easily. The more conversational, the better!
- Talk to professors during office hours to reinforce ideas from class.

(source: [learningstylequiz.com](https://www.learningstylequiz.com))

Learning Style Quiz

<http://www.learningstylequiz.com/>

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.

**95% of the important things
that happen in a classroom
happen *inside* the students**

Your Time, Your Success

(When will I get it done?)

A Typical FY College Schedule

Time	Monday Sep 27	Tuesday Sep 28	Wednesday Sep 29	Thursday Sep 30	Friday Oct 1
8:00AM					
9:00AM					
10:00AM		PHYS 1433 - OL56 Lecture 10:00AM - 11:40AM Off Campus - On Line 01		PHYS 1433 - OL56 Lecture 10:00AM - 11:40AM Off Campus - On Line 01	
11:00AM			ECON 2505ID - OL70 Lecture 11:30AM - 2:00PM Off Campus - On Line 01		
12:00PM		PHYS 1433 - OL95 Laboratory 12:00PM - 1:40PM Off Campus - On Line 01			
1:00PM					
2:00PM		ENG 1101 - OL42 Lecture 2:15PM - 3:55PM Off Campus - On Line 01		ENG 1101 - OL42 Lecture 2:15PM - 3:55PM Off Campus - On Line 01	
3:00PM					
4:00PM					
5:00PM					
6:00PM		PSY 1101 - OL73 Lecture 6:00PM - 8:30PM Off Campus - On Line 01			
7:00PM					
8:00PM					
9:00PM					

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

Let's take a look at how much time
You really have in a week!

The Breakdown

- 15 credits each semester
- many classes are 3 credits
- often, 15 credits means 5 courses (but not always)
- 1 credit = approximately 1 hour in class each week

15 credits = roughly 15 hours in class each week

for each hour in class, budget 2 hours for homework and studying

15 credits = roughly 30 hours of work outside of class each week

so when taking 15 credits, you should expect to spend about **45 hours** each week just on school

Math Time!

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

168 hours in a week

15	hours of class time
25	hours of homework time
56	hours of sleep
12	hours of commute time
20	hours of work
5	hours of family responsibilities
<hr/>	

133

168-A= the amount of free time you have in a week

Another way to calculate...

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

<https://fyp.citytech.cuny.edu/media/2020/06/The-Companion-online.pdf>

Answer these questions on your studying style

https://docs.google.com/forms/d/e/1FAIpQLSeRITdGJWQfKWrax3st-rqT-3tJLHOWtx0h2EsxawEF_CBnLyw/viewform?usp=sf_link

Be Good to Yourself!

(When not to get it done)

Two Types of Self-Care

INDULGE + RELAX

(self soothing)

Short term benefits

RESPONSIBLE + RATIONAL

(self-management)

Long-term benefits

Both types are important and necessary!!



**the forgotten piece
of the puzzle**

Sleep deprivation causes problems with...


- Memory
- Focus
- Concentration
- Immunity
- Mental Health
- Coordination
- and more...

Self-Care JamBoard



Recap...

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





For next time...

Don't forget to respond to the reflection questions posted on OpenLab!



THANK YOU!



Lauri Aguirre, FYP Director
laguirre@citytech.cuny.edu

Sarah Paruolo, Mentor Coordinator
peermentoring@citytech.cuny.edu

Sabrina Santos, *Peer Mentor*
Evelyn Ng, *Peer Mentor/Designer*

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