

A grayscale landscape photograph of a coastline. In the foreground, there are dark, silhouetted rocks and a small patch of trees on the right. The middle ground shows waves crashing against a rocky shore. In the background, there are several layers of misty, rolling mountains or hills, creating a sense of depth and atmosphere. The overall tone is serene and contemplative.

All things are difficult  
before they are easy.

Thomas Fuller

“ quote fancy

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# Mindset and Self-advocacy

City Tech 101  
Prof. Denell Downum  
Winter 2022



# Let's catch up.

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- What did you learn during the Rise and Grind session that you have **already** applied to your college routine?
- What do you **plan** to apply?
- What might you find **hard** to do?



# You get your 1<sup>st</sup> big assignment back and you're not happy with the grade: 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 improve your grades in the class.

- 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!).



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## 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.

# 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://youtu.be/75GFzikhRY0>



## Growth Mindset Jamboard

- Jamboard link:  
[https://jamboard.google.com/d/1oZifbv9j5VqL4fDvn0pEvz6pHrcS2\\_3RjkEPk0ps884/edit?usp=sharing](https://jamboard.google.com/d/1oZifbv9j5VqL4fDvn0pEvz6pHrcS2_3RjkEPk0ps884/edit?usp=sharing)
- Please use the jam tools to write a message and/or add an image, video clip, or drawing that you think represents 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



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

--Big Bird



**Ask “Effective Questions”**

**What does that even mean?**



## Ask “Effective Questions”

### What does that even mean?

- 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

# Asking For Help Is...

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- 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

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

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## Current Students

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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.



## Until we meet again

- Please read the article “You Can Grow Your Intelligence,” available here:  
<https://www.mindsetworks.com/websitemedia/youcangrowyourintelligence.pdf>
- Then, head to our OpenLab site and complete the Reflection for Jan. 5.