

# City Tech 101

Session 6  
Fall 2022  
Prof. DeCoux





# Get Your Head In the Game: Mindset + Self-Advocacy



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A scenic background image of a coastline. In the foreground, a dark, rocky cliffside slopes down towards the right. The middle ground shows a body of water with white-capped waves breaking against the shore. In the background, a range of mountains or hills is visible under a bright, slightly hazy sky. The overall color palette is muted, with greys, blues, and whites, creating a calm and contemplative atmosphere.

All things are difficult  
before they are easy.

Thomas Fuller

# Today's Topics

- ★ Growth Mindset
  - ★ “Not Yet” Grade
  - ★ Habits of Successful College Students
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# What is a Growth Mindset?

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# Here are some explanations:

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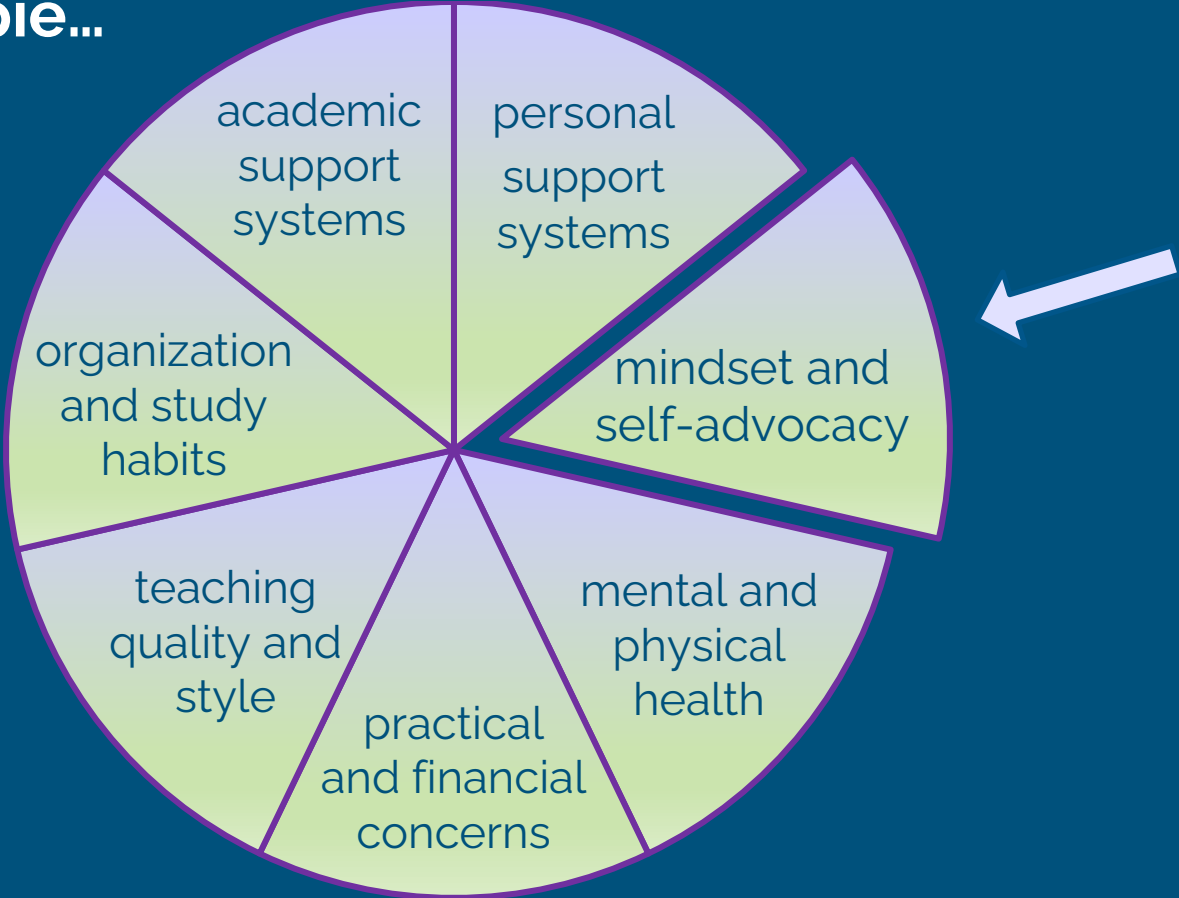
**Do you want to know more about creating a growth mindset? Here are more resources:**

[Mindset](#), Talks at Google

[Assess](#) your Mindset

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

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





is...

- 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



# Mindset is NOT...

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- “Positive thinking”
- A magic wand
- A way to overcome lack of support or resources
- A reason to judge yourself

# Mindset IS...

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- 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

# Reflective Questions from #RiseAndGrind:

## Do the questions encourage a Growth or Fixed Mindset?

- 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?

**“Not Yet” Grade**

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Discuss what a grade of “not yet” would mean to a college student and what steps might the student take to improve the grade.

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

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

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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 speaker will summarize the group's conversation using the notekeeper's notes (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.

# Habits of Successful College Students

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*The Companion for the First Year at City Tech* is available on the First Year Programs website.

# 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

# Habits of Successful College Students

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

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.

Turn forward to page 34

## 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?

# Recap

- ★ Growth Mindset
  - ★ “Not Yet” Grade
  - ★ Habits of Successful College Students
  - ★ Asking Effective Questions
  - ★ Asking for Help
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# Before Session 7...

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**Complete Reflection on OpenLab by replying to Reflection #6 Post.**

## **Reflection #6**

Consider the discussions we had in class about mindset. Share a concept you believe is important and explain what the concept means to you as a college student. What beliefs about learning will be helpful to you in the future? What beliefs would you like to change?

Read and comment on another student's post.

# AND...

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- Download a PDF of [My Academic Career Planner](#) (do not work from the web version).
- Open [DegreeWorks](#).



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