

# City Tech 101

Fall 2022  
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# Self-Advocacy + Motivation

Session 11  
Fall 2022  
Prof. DeCoux



# Today's Topics

- ★ Asking Effective Questions
  - ★ Counseling Center
  - ★ Asking For Help
  - ★ Self-Advocacy
  - ★ Motivation
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# Asking Effective Questions

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“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!

# Counseling Center

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Send them an e-mail: [Counseling@citytech.cuny.edu](mailto:Counseling@citytech.cuny.edu)

Call them at: 718-260-5030

Walk into their office in Namm Hall 108

Visit their [website](#) for more info on resources, Zoom hours, and more!



# Asking for Help

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# Asking for help is NOT...

- A sign of weakness
- A sign of failure
- A sign that you don't belong in college

# Asking for help is...

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- Responsible
- Proactive
- Strong
- Healthy
- Normal
- Necessary

**You and your education are valuable, and you deserve support.**

# Self-Advocacy

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Use **DEARMAN**  
skills to advocate  
for yourself  
effectively!

- **D**escribe
- **E**xpress
- **A**ssert
- **R**einforce
- **M**indfulness
- **A**ppear
- **N**egotiate

## **Describe**

Clearly and concisely describe the facts of the situation, without any judgment.

## **Express**

Use “I” statements to express your emotions.

## **Assert**

Clearly state what you want or need. Be specific when giving instructions or making requests.

## **Reinforce**

Make sure the facts and your demands are clear, and reward the other person if they respond well to you.

## **Mindfulness**

Being mindful of your goal means not getting sidetracked or distracted by other issues.

## **Appear**

Use body language to show confidence, even if you don't feel it. Stand up straight, make appropriate eye contact, speak clearly, and avoid fidgeting.


## **Negotiate**

Know the limits of what you are willing to accept, but be willing to compromise within them.

# What are some reasons students may 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.



# Motivation!

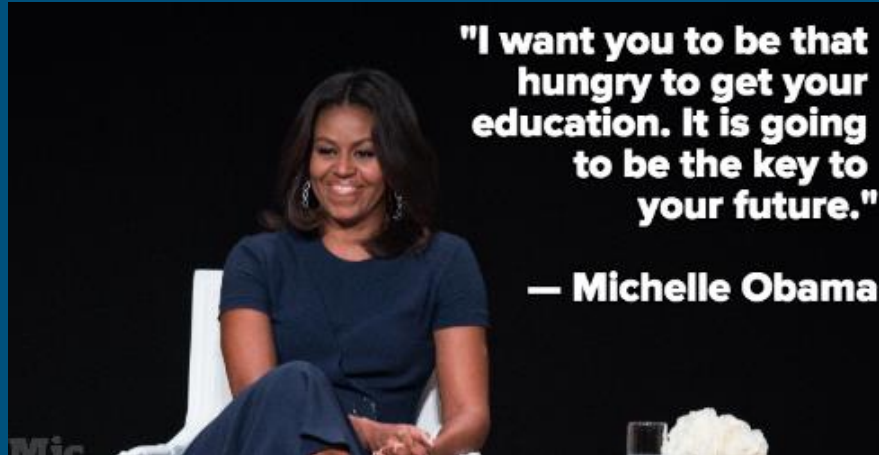
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What long-term goals can help  
keeping you moving forward?

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What joy and fulfillment can you find  
now to smooth your path?

# Michelle Obama's Best Advice For Students | How To Succeed In Life



# Additional Possible Media

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- TEDTalks
  - [The Danger of Silence](#) by Clint Smith
  - [What You Discover When You Really Listen](#) by Hrishikesh Hirway
- Podcast
  - [Non Traditional College Success](#)



## 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

# Recap

- ★ Asking Effective Questions
  - ★ Counseling Center
  - ★ Asking For Help
  - ★ Self-Advocacy
  - ★ Motivation
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# Before Session 12...

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- Complete Reflection #11 on OpenLab.

## **Reflection #11**

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

*Read and comment on another student's post.*

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