

City Tech 101

Fall 2022
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#RiseAndGrind

City Tech 101
Session 3
Wednesday, September 14
Professor Jessica DeCoux



Today's Topics

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

**Increased
Personal
Responsibility**

=

**Taking Control of
Your Own Learning**



Learning Spaces, Learning Places

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**
- **In a suitable place in your neighborhood (library, coffee shop, park, or a different CUNY campus)**

Small Group Discussions: Online Learning 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 peer mentor groups**
- **Assign scribe to take notes while you all discuss**
- **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!**



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**

Learning Styles

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?**

Learning Style Quiz

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

Learning Style Quiz

Poll/Share

What type of learner are you?

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.

(source: learningstylequiz.com)

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))

The Study Cycle

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

The Spy

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.

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

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 { A searchlight passed across the sky, lighting the banks of cloud and probing the dark deep spaces between, seeking enemy airships.

1st World War { The wind blew from the sea, and Charlie Stowe could hear behind his mother's snores the beating of the waves.

Cold - out of bed! - darkness emphasized { A draught through the cracks in the window-frame stirred his nightshirt.

Not modern { Charlie Stowe was frightened.

Sleeping mother - repetition of snore { Charlie Stowe could hear behind his mother's snores the beating of the waves.

What is Charlie up to? { But the thought of the tobacconist's shop which his father kept down a dozen wooden stairs drew him on.

'Manly' to smoke - grown up { He was twelve years old, and already boys at the County School mocked him because he had never smoked a cigarette.

Mention of father { his father kept down a dozen wooden stairs drew him on.

More info about Charlie { He was twelve years old, and already boys at the County School mocked him because he had never smoked a cigarette.

Pressure from peers { he had never smoked a cigarette.

Brands of cigarettes { 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.

A 'crime' stealing, guilty conscience { 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.

Why? { 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.

Father does not seem to bother with him - different to mum { 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.

What does all this mean? { 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.

Contrast with father { 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

Zeppelins - bombing raids { the monsters who lurked in Zeppelins in the clouds.

2

Attend

Attend Class

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

2

Attend

Taking Notes

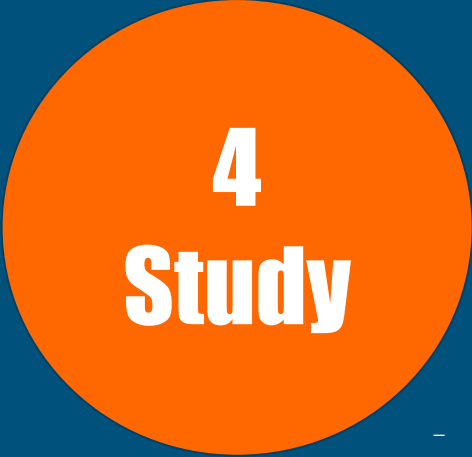
- **Take notes on paper, by hand**
- **Do not try to write down every word the professor says**
- **Recreate charts and diagrams carefully**
- **Underline/Highlight key words and phrases**
- **Leave extra spaces on the page, making it easy to go back and add missing pieces**
- **At the top of each page,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

3

Review

Review After Class

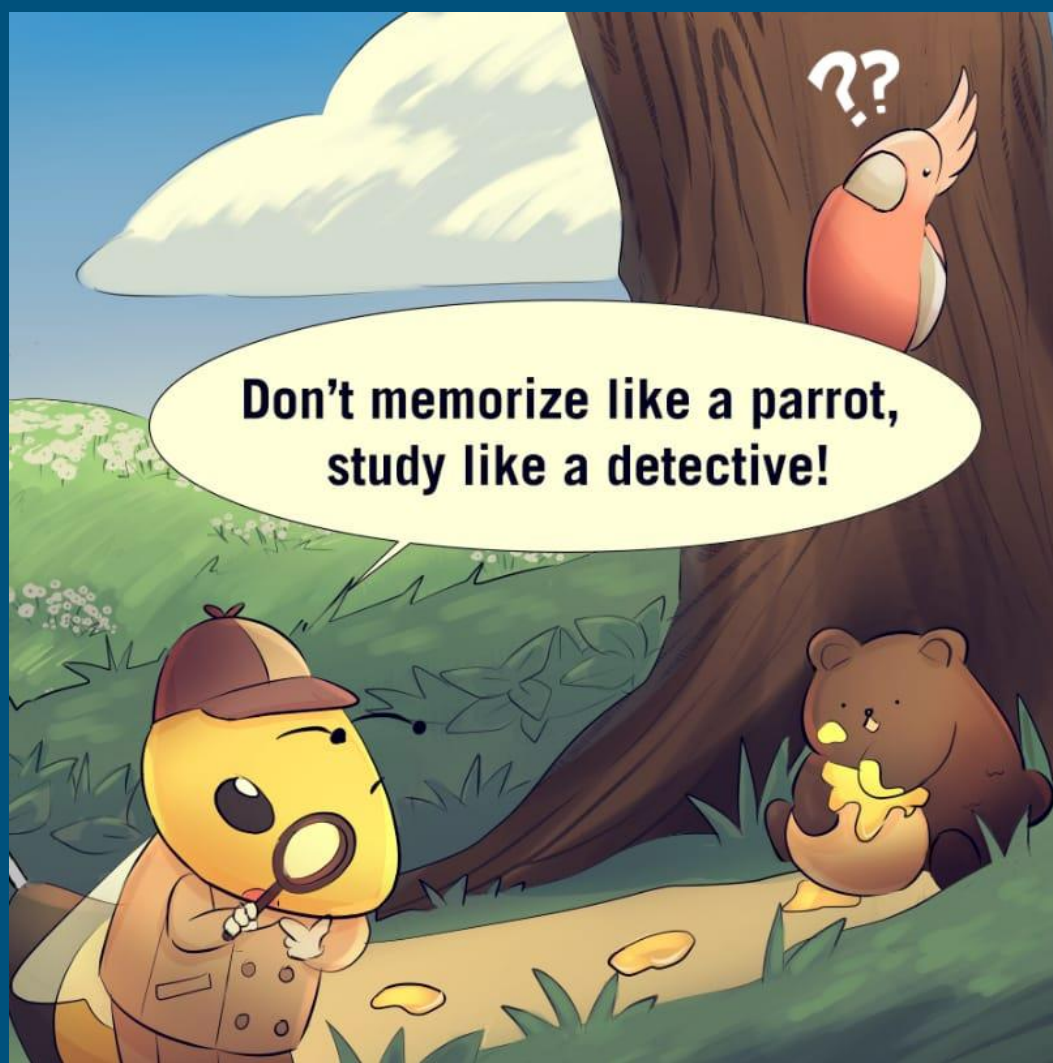
- As soon as class ends, review your notes
- Fill in gaps and missing pieces
- Write down questions
- Mark parts that are still confusing
- Go back to readings to search for answers
- Compare notes with a classmate
- Ask your professor questions, in office hours or at beginning of next class



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**



**Don't memorize like a parrot,
study like a detective!**

5

Assess

Assess Your Learning

- Check in with yourself weekly 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.

Your Time, Your Success

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					
12:00PM		PHYS 1433 - OL95 Laboratory 12:00PM - 1:40PM Off Campus - On Line 01	ECON 2505ID - OL70 Lecture 11:30AM - 2:00PM 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.**

Question

**How many hours will you spend
in class and doing work for class in
one semester?**

Answer:

Over 600 hours!

That's a lot of hours!

Let's break it down week by 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.)**

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

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

Some Time Management Techniques

Method	What is it?	Example
Time Blocking	Dividing the day into blocks of time with each block dedicated to accomplishing a specific task or activity and only that specific task or activity.	"I will write every day from 9am to 11am."
Task Batching		"I will answer all of my emails at 3pm."
Time Boxing		"I will write 1,000 words between 9am and 11am tomorrow."
Day Theming	Focusing on specific classes or types of tasks on different days.	"Every Monday, I will focus on Math and Psychology. Every Tuesday, I will focus on Composition and Public Speaking. Every Wednesday, I will focus on Biology. Etc."

The final step: Making all this information and advice work for YOU

What time of day do I have the most mental and physical energy?

How long can I concentrate on my work before my attention starts to drift to something else?

If my attention on something gets interrupted, how long does it take me to regain my focus?

When I am tired, I can still focus on tasks that... (fill in all that apply)

How much background noise can I tolerate when I'm trying to study or focus on a task?

Be Good to Yourself!

Two Ways to Recharge



Self-Soothing

INDULGE + RELAX

Feels good right now.

Self-Care

RESPONSIBLE + RATIONAL

Your future self will thank you.

Both types are important and necessary!!

Self-Care Brainstorm

- Time with friends
- Eating healthy foods
- Pursuing hobbies or passions
- Managing physical/mental health
- Playing games/Reading/Watching shows
 - SLEEP!
- Time with family
- Physical activity
- Observing holidays or religious/cultural rituals
- Personal hygiene
- Alone/"zoning out" time

**These are things we can skimp
on in the short term.**

**They are necessary on a long-
term basis to keep us healthy,
happy, and able to learn!**

**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.

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

Before Session 4...

Complete Reflection on OpenLab by replying to Reflection #3 Post.

Reflection #3

Our Stories <https://openlab.citytech.cuny.edu/fylc/writing-as-reflection/>

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