



City Tech 101

Fall 2022
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Moving Forward: Buzzing Toward Graduation

Session 13
Fall 2022
Prof. DeCoux



Today's Topics

- ★ Evaluate Your Semester
 - ★ Setting Goals
 - ★ Action Plan for Next Semester
 - ★ Hello, Future Me
 - ★ Graduation Requirements
-

Evaluate Your Semester

Evaluate

Why evaluate your own performance?

(Doesn't my professor do that??)

Evaluation Resources

- [The Companion for the First Year at City Tech](#)
 - Activity 4: Tracking Your Learning Progress (page 31)
 - Activity 6: Test-taking Experiences (page 46)
 - Activity 7: PASS (page 49)
 - Activity 8: Balancing College and Personal Responsibility (page 50)
 - Activity 10: Unravel Snags in Your Study Skills (page 52)
 - Activity 12: Time to Assess Your Strengths (page 54)
 - Activity 15: Calculating Your GPA (page 79)

Don't **condemn** like a judge;
diagnose like a scientist!



DON'T...

- Use judgmental terms that ascribe value to your actions (e.g. “I messed up”)
- “should” on yourself or beat yourself up
- Make unrealistic resolutions for the future

DO....

- Use neutral language to observe and describe events (e.g. “I studied 2 hours a week instead of 6”)
- Look for the causes beneath the symptoms
- Find practical, action-based solutions

Setting Goals

Setting Goals

Why is it important to set goals for yourself?

Setting Goals

- Short-term Goals vs. Long-term Goals
- SMART Goals
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound
- The Companion for the First Year at City Tech
 - Activity 1 (page 16)

Action Plan for Next Semester

**Which of these goals are achievable and helpful?
Which are not?**

I will get better at math

**I will take time to look
up grammar rules**

**I will study twenty hours
per week**

**I will visit the writing center
five times this semester**

**I will raise my hand in class
once a week**

I will improve my writing skills

**I will study fifty hours
per week**

**I will get get an A+ in
Trigonometry**

**I will put my phone away at the
start of class.**

Creating an Action Plan

Evaluation
+ Goals

Action Plan

Action Plan

What does an Action Plan look like?
What should you include?

- SMART Goals
- Means to achieve them
- Incorporate lessons from this semester
- Add something new!

Hello, Future Me

Activity: Hello, Future Me

Write yourself a note planning for your success next semester.

- What is your success plan for next semester?
- Consider how you will use the strategies explored during the CT101 workshop.
- Which strategies and concepts will be most effective for you during your second semester as a college student?
- What do you want to get out of your next semester at City Tech?

When you are finished, address the envelope to yourself and return to the professor. Your letter will be mailed to you at the beginning of the next semester.

Graduation Requirements

Graduation Requirements

It may seem far away, but knowing what is ahead is key to your success.

Resources

- [The Companion for the First Year at City Tech](#)
 - Activity #13 (pages 61-64)
- [Plan Your Path to Graduation](#) (Academic Advising website)
- [Academic Department websites](#)

Recap

- ★ Evaluate Your Semester
 - ★ Setting Goals
 - ★ Action Plan for Next Semester
 - ★ Hello, Future Me
 - ★ Graduation Requirements
-

Before Session 14...

- Complete Reflection #13

Reflection #13

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

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