



City Tech 101

Winter 2023
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Get Your Head In the Game: Mindset + Self-Advocacy

City Tech 101
Session 5
Jan. 17
Professor Downum



Today's Topics

- ★ Growth Mindset
 - ★ Habits of Successful College Students
 - ★ Note Taking Strategies
 - ★ Asking Effective Questions
 - ★ Asking for Help
 - ★ Self-Advocacy
-

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 layers of misty, rolling mountains under a pale sky. The overall mood is serene and contemplative.

All things are difficult
before they are easy.

Thomas Fuller

“ @dustofanoy

Growth Mindset

What is a growth mindset?



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

Which of these questions encourage a Growth Mindset? Which ones are stuck in a Fixed Mindset?

- What life experiences have prepared me for college?
- Why can't I ever do well on math tests?
- 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?
- Am I smart enough to succeed in college?

Habits of Successful College Students

Small Group Discussion: Habits of Successful College Students

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

Review the “Track your Learning Process” grid on page 31. In small groups, discuss the following:

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.

When you return to the larger group, be ready to share what your group discussed.

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

Effective Note-Taking Strategies

- Studies have shown taking notes by hand is most effective!
- Note-taking is not just a way to record material for later review—it is also a first step in learning the material
- Don't try to write down everything the professor says. Instead, identify main ideas and crucial information
- Add your own questions, ideas, and connections to other course materials. For example, if an idea discussed in lecture relates to a reading you've done, mention that in your notes.
- Consider using the [Cornell Notes](#) method.

Let's Practice!

We're going to watch a short video called The Cameraman, which is an animation of a conversation that aired on the radio show This American Life, hosted by Ira Glass. As we watch, take notes using the Cornell method. This means recording important information in a Notes section and asking questions or noting your own relevant ideas in a Cue section. At the end I'll ask you to review your notes and write a brief summary of the video.

Video Link: <https://youtu.be/R6UeitiICF8>

Asking Effective Questions



“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

Asking For Help Is...



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

Self-Advocacy

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

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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.

Recap

- ★ Growth Mindset
 - ★ Habits of Successful College Students
 - ★ Note-Taking Strategies
 - ★ Asking Effective Questions
 - ★ Asking for Help
 - ★ Self Advocacy
-

Before Session 6...

- Complete Reflection on OpenLab by replying to Reflection #5 Post.

Reflection #5

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

Read and comment on another student's post.



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