



City Tech 101

Winter 2023
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#RiseAndGrind

City Tech 101
Session 3
Jan. 12
Prof. Downum



Today's Topics

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



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**

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**

Small Group Discussions: Online Learning Challenges

Question #1: What are some challenges you face while taking classes online or studying at home?

Question #2: What are some potential solutions for these challenges?

Directions:

- 5-7 minutes to discuss questions in small 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!

**Increased
Personal
Responsibility**

=

**Taking Control of
Your Own Learning**



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?**

BE OPEN TO CHANGE!

A great way to waste your time is to do the same thing over and over, but expect different results.

If you want different results, you have to do things differently.

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

13py

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

Searchlight - airships - wartime } 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

1st World War } could hear behind his mother's snores the beating of the waves. A

Cold - out of bed! - darkness emphasized } draught through the cracks in the window-frame stirred his

Not modern } nightshirt. Charlie Stowe was frightened. *What is Charlie up to?*

But the thought of the tobacconist's shop which his father kept — *Mention of father*

'Manly' to smoke - grown up } down a dozen wooden stairs drew him on. He was twelve years

Brands of cigarettes } old, and already boys at the County School mocked him because he had never smoked a cigarette. The packets were piled twelve

Why? } deep below, Gold Flake and Players, De Reszke, Abdulla, Woodbines, and the little shop lay under a thin haze of stale smoke

Father does not seem to bother with him - different to mum } 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

Zeppelins - bombing raids } 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',

Sense of mystery, menace, potential danger, etc. } except the 'Huns', the monsters who lurked in Zeppelins in the clouds. But his father's affection and dislike were as indefinite as his

Sleeping mother - repetition of snore

More info about Charlie

Pressure from peers

A 'crime' stealing, guilty conscience

What does all this mean?

Contrast with father

2

Attend

Attend Class

- Be on time
- Create a workspace at home
- Choose a good seat in the classroom
- 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

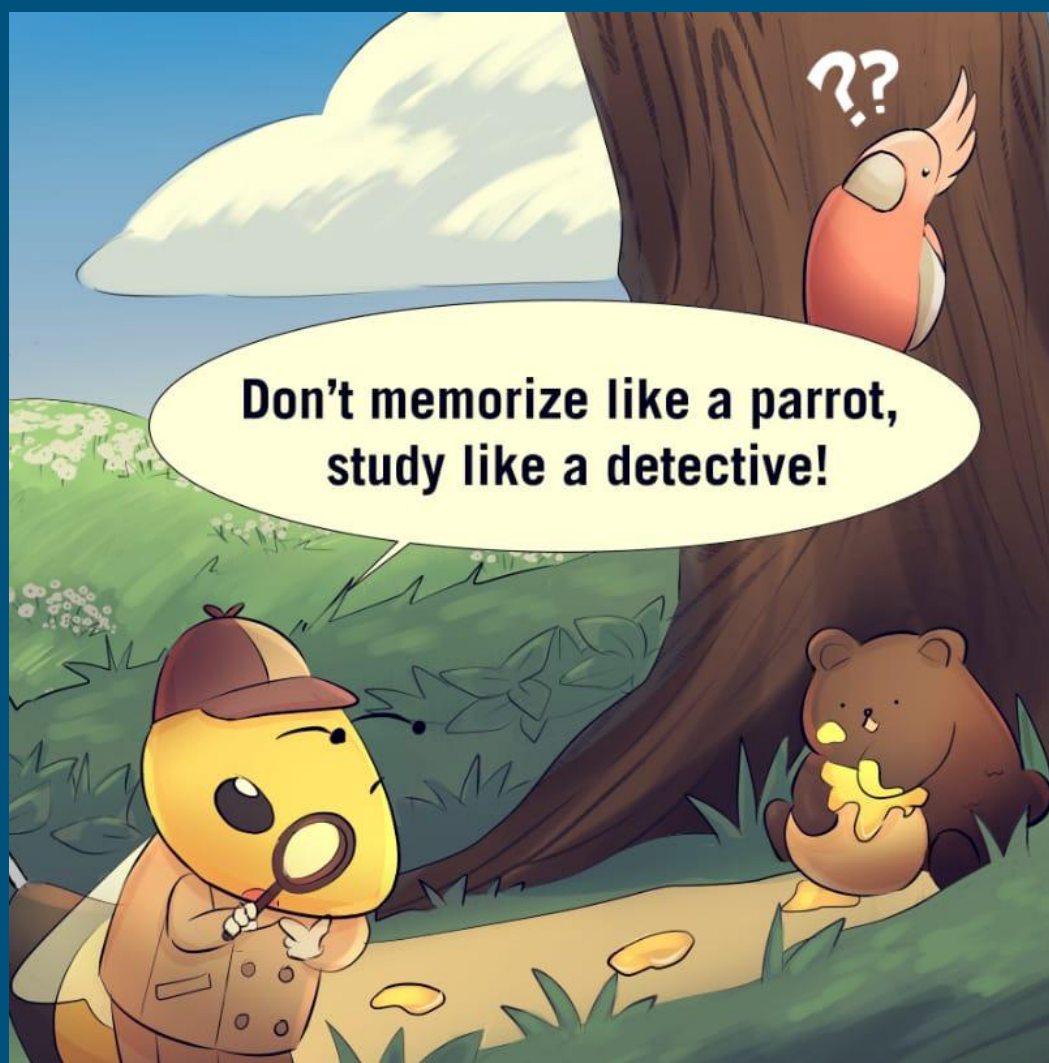
Review *After* Class

- 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

Schedule					
Time	Monday Jan 30	Tuesday Jan 31	Wednesday Feb 1	Thursday Feb 2	Friday Feb 3
8:00AM					
9:00AM					
10:00AM					
11:00AM		ARCH 3531 - D479 Building Technology IV Lecture 10:30AM - 12:35PM Voorhees Building V- 834B	ARCH 4709 - D677 Model/Rendering Lecture 11:30AM - 2:00PM Voorhees Building V- 833	ARCH 3531 - D479 Building Technology IV Lecture 10:30AM - 12:35PM Voorhees Building V- 834B	ARCH 3609 - D483 Integ Sftwre Arch Office Lecture 11:30AM - 2:00PM Voorhees Building V- 834B
12:00PM					
1:00PM					
2:00PM					
3:00PM					
4:00PM					
5:00PM					
6:00PM					
7:00PM	ARCH 3630 - HE01 Advanced Detailing Studio Lecture 6:00PM - 9:45PM Off Campus - On Line 01		ARCH 3630 - HE01 Advanced Detailing Studio Lecture 6:00PM - 9:45PM Voorhees Building V- 833		
8:00PM					
9:00PM					
10:00PM					
11:00PM					

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!

Complete Activity 3 on pages
20-21 of the Companion packet.

How many hours are in your
day?



Be Good to Yourself!

Two Types of Self-Care



INDULGE + RELAX

Feels good right now.



RESPONSIBLE + RATIONAL

Your future self will thank you.

Both types are important and necessary!!

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- ★ Your New Schedule
- ★ Time Management
- ★ Self-Care



Before Session 4...

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

Reflection #3

Read the following quote by Dr. Pamela Brown, Provost and Vice President for Academic Affairs:

"Learning is a source of hope for a better future. It requires hard work and sacrifice which can be even more difficult in challenging times. Your time in college is also your opportunity to connect with others, lift your spirit, enrich your life, and develop the skills and knowledge to make a difference in your community."

Choose a question below and write a reflection in the comment box below this post.

- ❖ 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?*

Read and comment on another student's post. These are your classmates, encourage them to work towards their goals.

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