

Embracing a Growth Mindset

City Tech 101
Prof. Andrea Allard
Winter 2022

Let's review

What did you learn during the previous session that you might apply to your college routine?

**Work
Hard
Smart**

Skills from last session I can apply to my college routine.

having a notebook or something to take notes
0 ❤️

Having a quiet, clean and distraction free workspace is really important
0 ❤️

MAKE SURE I HAVE A GOOD STUDY AREA
0 ❤️

It's important to take control of your learning, this means participating, coming prepared, and asking questions.
1 ❤️

have a space that is distraction free to study
0 ❤️

Find a workspace that works best for you
1 ❤️

having an organized class where students pay attention and participate
0 ❤️

create a planner to be more organized and keep everything in place so you won't be overwhelmed with too much at once
0 ❤️

Share thoughts and/or images here

250



Post

If you received a grade of *Not Yet* what would you do?

youTube: 26:31-27:11

In this breakout session, discuss what a grade of “not yet” would mean to a college student and what steps might the student take to improve the grade.

- The break out session will last for 10 minutes.
- Select a notekeeper and a speaker
- At the end of the breakout session, the notekeeper will post their notes in the chat and the speaker will summarize, in one minute, the group’s conversation.

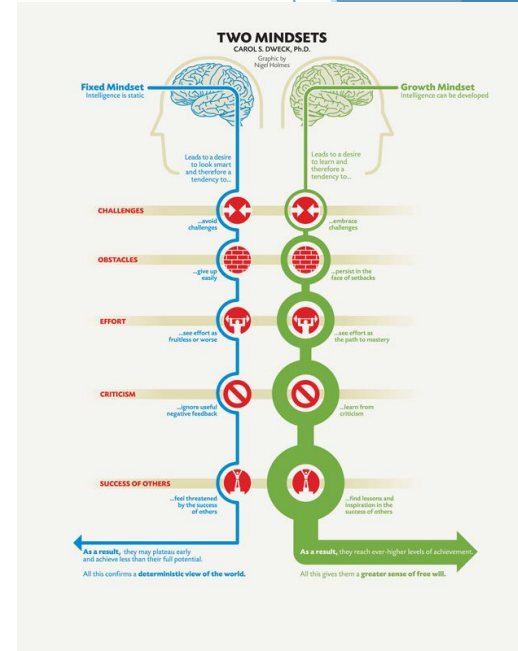
What is a Growth Mindset?

□ [The Growth Mindset](#)-Talks at Google
2:58 - 3:21

The belief that you can increase intelligence “through your efforts” and “help from others.”

- Carol Dweck

□ [Growth and Fixed Mindsets](#)





Practice and Develop a Growth Mindset

Click the image to link to *The Companion for the First Year at City Tech*

COM-PAN-ION, COM-PAN-ION,
COM-PAN-ION, COM-PAN-ION,
THE
COMPANION

FOR THE FIRST YEAR AT CITY TECH

6TH EDITION

Reading To Learn

Step One: Preview

Step Two: Preview Again with Your Pen

Step Three: Actively Read

Step Four: Review

-page 36

Coping with Negative Test Results

Page 45

Fixed Mindset

- ▶ Pretend it didn't happen.
- ▶ Blame others.
- ▶ Blame and berate yourself.

Growth Mindset

- ▶ Forgive yourself
- ▶ Make necessary changes
- ▶ Move forward

Break Out Session: 10 Minutes

Review the “Track your Learning Process” activity on page 31 in *The Companion*.

1. Identify a note taker and a speaker.
2. Share what practices you did not know successful college students used.
3. What practices do you believe will be difficult (or easy) for you to do on a regular basis? Why?

When you return to the larger group, copy and paste the notes into the chat, in one minute, summarize your small group discussion

Asking Questions

Asking For Help Is...

- Proactive
- Important
- Normal
- what successful college students do

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

Need Help



Ask
Effective
Questions

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
 - Include detailed information



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

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

[PROSPECTIVE STUDENTS](#) / [CURRENT STUDENTS](#) / [FACULTY & STAFF](#) / [ALUMNI & FRIENDS](#) / [DONATE](#)



[ABOUT US](#) [ADMISSIONS](#) [ACADEMICS](#) [CAMPUS LIFE](#) [QUICKLINKS](#) [Q](#)

Current Students

[Home](#) / [Current Students](#) / [Student Complaints and Grievances](#)

[Home](#)

[Current Students](#)

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.

“Every time [you] do a really hard task and stick to it, the neurons in [your] brain can form new connections, and over time [you] can get smarter.”

□ [The Growth Mindset](#) Talks at Google
11:09-11:18

Changing Mindsets

Reflective Questions from Efficiency

Do the questions encourage a Growth or Fixed Mindset?

- What life experiences have prepared me for college?
- When faced with a difficult situation, what strategies did I use to find a solution?
- How will I create positive academic habits for myself?

Until We Meet Again: Reflection

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.

Did you sign
up for CT101
on OpenLab?

Tomorrow's Workshop

Resources & Services at City Tech

- Identify resources at the college and on the college's website
- Engage with the resources available at the college and on the college's website
- Discuss what academic integrity is, why it is important in academia, and what it means to each student