

# City Tech 101

Fall 2023  
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# #RiseAndGrind

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Session 3  
Monday, September 18  
Prof. DeCoux



# Today's Topics

- ★ Learning Plan Questions
  - ★ Creating Workspaces
  - ★ Your New Schedule
  - ★ Time Management
  - ★ Study Techniques
  - ★ Mindset Module 2
  - ★ What is your study plan?
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**Increased  
Personal  
Responsibility**

**=**

**Taking Control of  
Your Own Learning**



# Learning Plan Questions

[Google Doc of Learning Questions](#)

# Learning Spaces: Where do I learn?

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# Working Remotely

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- **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)**



**Which student is a Growth Mindset learner?**



# Create Your Own Workspace at Home

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- **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**

# On City Tech Campus

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- **In the classroom**
- **In the lab**
- **In the library**
- **In the computer lab**
- **In other spaces**

**Have you found a place on campus to study that works for you?  
A place to hang out?**

# Find Your Own Workspace on Campus

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- **Which spaces have the optimal amount of quiet or noise for you?**
- **Alone or with friends/classmates?**
- **Find a place where you can work in a comfortable position**
- **Carry your supplies with you**
- **Where are the places you can get help on campus when you need it?**

**What other places are workspaces?**

# What other places are workspaces?

- **Coffee shop or restaurant**
- **Park or other outdoor area**
- **Public Library**
- **Library at a different CUNY campus**

**Think back to the answers you gave on  
your “Learning Profile” Questions.**

**What spaces will help you study  
most productively?**

**When do I learn?**

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# A Typical FY College Schedule

Time	Monday Sep 27	Tuesday Sep 28	Wednesday Sep 29	Thursday Sep 30	Friday Oct 1	Saturday Oct 2
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			ECON 2505ID - OL70 Lecture 11:30AM - 2:00PM Off Campus - On Line 01			
12:00PM		PHYS 1433 - OL95 Laboratory 12:00PM - 1:40PM 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.**

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# Question

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

**Answer:**

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**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

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# Math Time!

**(But don't worry, you can use  
your calculator for this.)**

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

[https://drive.google.com/file/d/15apYnKPpSNu-cw6uV9LSDIwbD8aTf-xn/view?usp=drive\\_link](https://drive.google.com/file/d/15apYnKPpSNu-cw6uV9LSDIwbD8aTf-xn/view?usp=drive_link)

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**Think back again to the answers you gave on your “Learning Profile” Questions.**

**What times of the day are the best time for you to study? What can you do to make sure you’re available during those times?**

# Some Time Management Techniques

Method	What is it?	Example
<b>Time Blocking</b>	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."
<b>Task Batching</b>	Choose a time or block of time to complete a certain category of task	"I will answer all of my emails at 3pm."
<b>Time Boxing</b>	Similar to Time Blocking, but you also set a goal for accomplishing certain tasks within a set space of time.	"I will write 1,000 words between 9am and 11am tomorrow."
<b>Day Theming</b>	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."

# Mindset Module 2

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What kinds of habits and practices do **Fixed** Mindset students have?

# Fixed Mindset Behaviors:

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- **Resistance**

*pushing back; working without enthusiasm or engagement*

- **Procrastination**

*Unnecessarily delaying a task or act, even when the delay brings negative consequences*

- **Plagiarism/Cheating**

*Using the words and ideas of others instead of your own; using unethical methods to complete work “successfully”*



# Academic Integrity

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# Discussion

## Academic Integrity

**Question #1:** Why do students decide to cheat and plagiarize?

**Question #2:** How does having a fixed mindset lead to violating academic integrity?

**Question #3:** What are some examples of actions that might violate City Tech's Academic Integrity Policy?

## City Tech's Commitment to Academic Integrity

Students and all others who work with information, ideas, texts, images, music, inventions, and other intellectual property owe their audience and sources accuracy and honesty in using, crediting, and citing sources. As a community of intellectual and professional workers, the College recognizes its responsibility for providing instruction in information literacy and academic integrity, offering models of good practice, and responding vigilantly and appropriately to infractions of academic integrity. Accordingly, academic dishonesty is prohibited in The City University of New York (CUNY) and at New York City College of Technology (City Tech) and is punishable by penalties, including failing grades, suspension, and expulsion.

*– NYCCT statement on Academic Integrity*

# Forms of Academic Dishonesty

- a. **Cheating** is the unauthorized use or attempted use of material, information, notes, study aids, devices or communications during an academic exercise.
- b. **Plagiarism** is the act of presenting another person's ideas, research or writings as your own.
- c. **Internet plagiarism** includes submitting downloaded term papers or parts of term papers, paraphrasing or copying information from the internet without citing the source (including AI sources like ChatGPT), and "cutting and pasting" from various sources without proper attribution.
- d. **Obtaining unfair advantage** is any activity that intentionally or unintentionally gives a student an unfair advantage in his/her academic work over another student.
- e. **Falsification of records and official documents** includes, but is not limited to, forging signatures of authorization and falsifying information on an official academic record.

# Full Academic Integrity Policy

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[https://www.citytech.cuny.edu/academics/docs/academic\\_integrity\\_policy.pdf](https://www.citytech.cuny.edu/academics/docs/academic_integrity_policy.pdf)

# Is this cheating?

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- Let's do the quiz at this link:

<https://guides.centralpenn.edu/academicintegrity/test-violateAI>



# Who Does Cheating Hurt?

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- The people whose work you steal
- The students around you who may be held to unreasonable expectations
- The school community that suffers from a betrayal of its values and from a potential loss of reputation
- YOU—because you will get a worthless diploma, and you will have deprived yourself of an education!

# What can you do instead?

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Let's think about the alternatives to cheating! Look at the following scenarios and brainstorm ways to handle those situations.

# What can you do instead?

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You have been working hard and completing lots of homework for different classes. You have a paper due for your Psychology class tomorrow morning, and the teacher has a strict no late-work policy.

You start to work on the paper and realize that it is a far more complicated assignment than you thought; there's no way you can get it done. You think that your choices are to use AI to write a paper or to take a zero. What should you do?

# What can you do instead?

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You and your friend have the same professor for a Math class, but she is in a different section that meets at an earlier time. She offers to meet with you between classes to tell you the answers to questions on your exam. What do you do?

**Remember,**

Your goal is to get an education,  
not a diploma.

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Anything that interferes with  
that goal is not your friend.

# Habits of Growth Mindset College Students



What kinds of habits and practices do **Growth** Mindset students have?

**What We Believe**



**How We Think,  
Feel, Respond**



**What We Do**



**Our Habits**



# Growth Mindset Behaviors:

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- Focus on *building skills*
- Work with patience and engagement
- Ask for what you need
- Care for yourself

**How do you learn something new?**

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**How do you practice a new skill?**

**What are the best practices and habits  
to help you learn?**

**How can you take charge  
of your own learning?**

Based on all you have learned today,  
take time to write down **three growth  
mindset practices or study habits** you  
will incorporate into your routine.

We will check back later this semester  
to see which ones you tried and how  
they worked!

# **BE OPEN TO LEARNING HOW TO LEARN**

**The definition of futility is doing them same thing over and over, but expecting different results.**

**Growth mindset learners adjust their practices to improve their outcomes.**

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**One thing we know about Growth Mindset Learners is that they see mistakes and challenges as opportunities.**

**What parts of the learning process bring us joy?**

**How can we find pleasure in school?**

# Recap

- ★ Learning Plan Questions
  - ★ Creating Workspaces
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  - ★ Time Management
  - ★ Study Techniques
  - ★ Mindset Module 2
  - ★ What is your study plan?
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# Before Session 4...

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

## Reflection #3

*In this session, you have learned what a growth mindset is, and you have also been asked to think about what study habits and techniques will work best for you. What do you think the connection is between having a growth mindset and developing an effective study routine?*

*Of the things you have learned on this subject, which have you found the most interesting or the most helpful so far?*

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