

You Paid For It, Use It!:

Resources + Services

Session 5

Tuesday, October 10

Prof. Jessica DeCoux

Today's Topics

- ★ Asking for Help
 - ★ How to Take Notes
 - ★ Overview of Resources + Services
 - ★ Looking at our Notes
 - ★ Accessing Resources + Services
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Asking for Help



What are some factors that might make a student less likely to ask for help?

Brainstorm ideas and let's make a list together...

What is the “growth mindset” way to think about help and support?

Let's look at the list we made. If a student told you these reasons for not getting help, what could you say to change their mind?

Asking for help is NOT...

- A sign of weakness
- A sign of failure
- A sign that you don't belong in college

Asking for help is...

- Responsible
- Proactive
- Strong
- Healthy
- Normal
- Necessary

**You and your education are valuable, and
you deserve support!**



Taking Notes



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.

Some Note-Taking Tips from *The Companion for the First Year at City Tech*

- If you take too many notes, note-taking loses its purpose.
- If you take too few notes, you won't have enough information to help you study.
- If you take notes on just what interests you, surely you will miss some information that the instructor considers important. Remember, you are keeping notes to help you understand and recall the key points that were presented in class.

Here are some tips to help you select what is important while taking notes in the classroom:

- How did the professor introduce the subject? What were the professor's verbal cues? This could mean noting what your instructor writes on the board or screen and adding what you think are key points.
- Does the professor mention that something is going to be on an upcoming test? This is trigger information! Note vocabulary, dates, and names that connect to the topic at hand.
- Don't write only what is on the board or screen because this may only be the instructor's outline. Add additional points that the professor emphasizes, or that are raised in class discussions.
- Do trust and hone your ability to listen and absorb what is being presented to you.
- If the course has a textbook, note which headings or sub-headings are emphasized in the text. Use these to organize your notes.
- Does something you hear spark an idea that you would like to learn more about or pursue in an upcoming assignment? Write it down, along with your questions and ideas.
- Leave space to add to your notes: What questions do you have? What is contradictory? What didn't make sense? These are all opportunities for you to connect what you already know with new knowledge.

Let's test out our note taking skills today!

Today you will be given a lot of information today about resources available at City Tech. There is more information here than you can remember all at once.

As you listen, try taking notes using the Cornell Technique or another preferred method. What do you need to write down to get to the information you need later?

We'll check in at the end to see how we did.



**Resources
+ Services
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Academic Resources + Services

Tutoring

- [Atrium Learning Center](#)
- [Writing Center](#)
- Tutor.com [log in through Bb; access varies]
- Department-Specific Tutoring (See [Dept. Sites](#))
- [Self-Paced Department Resources](#)

Professor Office Hours

- Questions from class
- Questions about careers
- Questions about majors or tracks
- Questions about advisement
- Questions about college or City Tech

Peer Leaders

- First Year Programs Peer Mentors
- Math Peer Leaders
- Perkins Peer Advisement
- Student Success Coaches
- SLD Peer Navigators

City Tech Library

- Reference Desk
- Ask A Librarian
- Research Guides
- Technology Loans
- Reserve Materials
- Scanning + Photocopies
- LGBTQ+ Resource
- [Website](#)

Student Success Center

- Student Hub for questions, issues, confusion, guidance– any kind of help you need!
- Connections to Emergency Resources + Funds
- Coaching and Workshops
- May contact you during the semester if you are struggling in your classes– but you can always contact them first!
- Room: Library G-18R [ground floor of the Library Building, across from the elevators] Just walk in!
- StudentSuccessCenter@citytech.cuny.edu or [their website](#)

Center For Student Accessibility

- If you had an IEP in high school
- If you have any type of disability
- If you are sick or unable to attend classes for more than a day or two
- [Website](#)

City Tech is committed to supporting the educational goals of enrolled students with disabilities in the areas of enrollment, academic advisement, tutoring, assistive technologies, and testing accommodations. If you have or think you may have a disability, you may be eligible for reasonable accommodations or academic adjustments as provided under applicable federal, state and city laws. You may also request services for temporary conditions or medical issues under certain circumstances. If you have questions about your eligibility or would like to seek accommodation services or academic adjustments, you can leave a voicemail at 718-260-5143, send an email to: Accessibility@citytech.cuny.edu, or visit the Center's website at <http://www.citytech.cuny.edu/accessibility/> for more information.

Comprehensive Programs

Full Service

- ASAP
- ACE
- SEEK
- CUNY EDGE

Administrative Resources + Services

College Administration

- Registrar
- Bursar
- Financial Aid
- Scholarship & Residency Services
- International Student Services

Student-Centered Resources + Services

First Year Students

- First Year Programs
- FYP Peer Mentors

Student Leaders

- Student Government Association (SGA)
- NYPIRG
- CUNY ServiceCorps

Student Clubs + Events

- Student Life + Development (SLD)
- Yellow Jacket Journey (Presence)

Professional Development Center

- Exploring majors, interests, and values
- Resume and Cover letter critiques
- Interview preparation & Mock interviews
- Graduate School Exploration
- Virtual Workshops & Seminars
- Virtual Informational Sessions with Employers
- Virtual Networking Events
- Website
- **The PDC encourages students to make an appointment in their first year of coursework to plot a successful course of study!**

Workshops and Speakers

- Targeted topics
- Experts in different areas
- Department specific

Technology

Resources + Services



Computer Labs

- Atrium Learning Center, Library Building, ground floor
- Library, 4th floor
- General Building, 6th floor (G600)
- Vorhees, 2nd floor
- [Virtual Computer Lab](#)

Student Help Desk

- CUNYFirst
- CT email + Email Lookup
- One Drive + Microsoft Office
- Blackboard
- OpenLab
- Zoom
- Specialized Programs + Tools

Student Help Desk
StudentHelpDesk@citytech.cuny.edu
Room L114 718-260-4900

Targeted Resources + Services

Student Health + Well-Being

- [Counseling Services](#)
- [Community Standards](#)
- [Wellness Center](#)
- [Public Safety](#)
- [Petrie Fund](#) (via Student Success Center)
- [Fitness Center/Zoom Fitness Classes](#)
- Gym

Student Health + Well-Being

- Nutrition for Education & Student Achievement (N.E.S.T.)
- The N.E.S.T. is City Tech's Food Pantry
- Don't miss the chance to grab free groceries! Perishable and non-perishable items, such as fruits, vegetables, canned foods, and dry goods are available.
- Located in the **General Building, Room 414**
- Open to all current students
- Need to schedule an appointment to pick up food: <https://citytech-cuny.presence.io/event/food-pantry>

Affinity Support

- [Black Male Initiative \(BMI\)](#)
- [Veteran Support Services](#)
- [Childcare Center](#)
- [CREAR Futuros](#)

How did your note taking go?

Look back at your notes. How do you think you did?

Take a minute to go back and fill in where anything seems to be missing.

What seems most important? If you were going to study your notes for an exam, what strategies would you use?



Accessing Resources + Services

Navigating the City Tech Website

www.citytech.cuny.edu

**Your first step to
accessing resources**

Tips for navigation:

1. The search function works, but results can be challenging to navigate
2. Use the tabs at the top of the page to jump start your search
3. Learning CT vocabulary and Departments can make your search easier (We will keep working on this in later sessions!)
4. If all else fails, use Google as a supplementary search tool!

Class Activity:

1. Look at your notes—what services interested you?
1. Find an item you would like to know more about, and take a few minutes to find out more.
1. What did you learn? Share your findings with your breakout group. Try to share at least one detail your classmates didn't hear earlier!

SCAVENGER HUNT

https://docs.google.com/document/d/1zCq0GtOWsOb4lRfiH3LsB_igkepItfloulWYS5oJ7ro/edit?usp=drive_link

Test your skill at finding the information you need via City Tech's website by searching for the items on the list!

For next time...

Complete the reflection

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?

Once you have responded, please read and comment on another student’s post. These are your classmates, encourage them to work towards their goals.

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