

# City Tech 101

Fall 2023  
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# Helping You Help Yourself

Session 9  
November 6, 2023  
Prof. DeCoux



# Today's Topics

- ★ Self Care
  - ★ Asking for Help
  - ★ Self-Advocacy
  - ★ Mindset Module 3
  - ★ Counseling Center
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**How do I  
take care of myself?**

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# Self-Care Brainstorm

**How do you take care of  
yourself?**

# Two Ways to Recharge



## Self-Soothing

INDULGE + RELAX

Feels good right now.

## Self-Care

RESPONSIBLE + RATIONAL

Your future self will thank you.

*Both types are important and necessary*

- **Time with friends**
- **Time with family**
- **Pursuing hobbies or passions**
- **Observing religious/cultural celebrations**
- **Playing games/Reading /Watching shows**
- **Alone/"zoning out" time**

- **Eating healthy foods**
- **Physical activity**
- **Managing physical/mental health**
- **Personal hygiene**
- **Engaging in meaningful spiritual practices**
- **SLEEP!**

**These are things we can skimp  
on in the short term.**

**They are necessary on a long-  
term basis to keep us healthy,  
happy, and able to learn!**



# Asking for Help

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# 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...

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

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

# Self-Advocacy

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Use **DEARMAN**  
skills to advocate  
for yourself  
effectively!

- **D**escribe
- **E**xpress
- **A**ssert
- **R**einforce
- **M**indfulness
- **A**ppear
- **N**egotiate

## **Describe**

Clearly and concisely describe the facts of the situation, without any judgment.

## **Express**

Use “I” statements to express your emotions.

## **Assert**

Clearly state what you want or need. Be specific when giving instructions or making requests.

## **Reinforce**

Make sure the facts and your demands are clear, and reward the other person if they respond well to you.

## **Mindfulness**

Being mindful of your goal means not getting sidetracked or distracted by other issues.

## **Appear**

Use body language to show confidence, even if you don't feel it. Stand up straight, make appropriate eye contact, speak clearly, and avoid fidgeting.

## **Negotiate**

Know the limits of what you are willing to accept, but be willing to compromise within them.

# **Let's practice our DEARMAN skills! How would you use them to speak to your professor in this situation:**

**You have a big project due for a class. You realize a day or two before it is due that you have too much on your plate and will not be able to get it done in time.**

**Your professor has a strict “no late work” policy, which they have upheld in the past.**


**What you say to your professor to advocate for extra time to complete the assignment? We will roleplay the conversation together.**



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

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## Current Students

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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.

# Mindset Module 3

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## Building Skills (with Patience)

# Skill-Building Activity: Understanding the Learning Beneath the Assignment

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Identify a group scribe and a speaker.

1. Read the assignment prompt on the next slide. This is a prompt for an upcoming assignment for your class.
1. As you read, try to identify the tasks that the assignment is asking you to accomplish. What does the assignment want you to do?
1. Next, look at the [list of skills](#) that is provided.
1. What SKILLS will you need to accomplish the tasks in the assignment?

When we come back together as a full group, we will compare our results.

Unit 3: [Writing in a New Genre](#) (click to see full prompt on OpenLab)

Rough Draft Due: 11/27

Final Draft Due: 11/29

Note: This is a two-part assignment.

### Assignment

Return to the research you conducted for your reflective annotated bibliography and what you learned about your topic, and decide on a genre in which to share your research. By sharing your information in a new genre, you can reach a different (or wider) audience. Think about what will change about the way the information is presented.

One of the goals of this assignment is to repurpose the information you have gathered and use it to compose in a new genre. Transforming your writing in this way will help you think about how the conventions of genre relate to the audience and affect writing and the presentation of information.

### Part I: Writing in a Genre

Choose one of the following genres (pick a genre that would appeal to your audience):

script for a TED Talk

script for a radio or television interview

Twitter thread (at least 10 Tweets for the thread)

an interview

podcast script and (optional) recording of the podcast

an infographic or academic poster presentation

a play or film script

a listicle

a poem or song

a children's book

Note: If there is another genre you would prefer to write in, reach out so we can discuss your choice.

Use your research to draft a document for your specific audience using the format and conventions of the genre you have chosen and analyzed: be sure to pay attention to the unique qualities of your genre, including appropriate length and formatting. Also, be sure to give credit to your sources in order to avoid plagiarism.

## Part II: Reflection and Genre Analysis

Write a one-page reflection (approx. 600 words) explaining which genre you chose and why.

In your reflection make sure to do the following:

State the genre you chose and explain why this is your choice. In other words, does your choice relate to this audience's interest, age, or a community they are part of? Or something else?

Discuss the specific audience with whom you will share your research. Briefly describe who they are, why you chose them, and how this research relates to them. What do you think your audience knows about the subject? And what might their concerns or assumptions be about this particular topic?

List and explain at least five traits that are unique to the genre you have chosen.

Here are the grading criteria for the Writing in a New Genre project:

Part I: Your original piece...

uses one of the genres from the list provided or one we agreed on.

follows the conventions and formatting of your chosen genre that you explored and listed in your reflection (Part II).

Incorporates information from the research done for your reflective annotated bibliography and gives appropriate credit in order to avoid plagiarism.

Part II: Your one-page reflection...

is thoughtfully written and follows the assignment guidelines.

clearly and convincingly explains why the genre you plan to compose in makes sense for the audience you have chosen to address.

clearly lists and explains the traits that are unique to the genre.

Overall: Your Unit 3 project...

uses tone, language, grammar, and sentence structure appropriate for this genre.

has been carefully proofread.

meets the required word count.

has been submitted on time.

# Questions for Discussion:

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What did the assignment ask you to do?

What skills do you think you need to complete the assignment?

What was most challenging about reading the prompt and the list of skills?

Of the skills we discussed, which ones do you think you already have mastery of? Which ones have you partly mastered? Which ones do you still have to learn?

If you try to do the assignment without having mastery of all of those skills, what do you think will happen?

Why might a teacher give an assignment knowing that students might not yet have mastery of the skills needed to complete it?

How long do you think it might take to get full mastery of all of those skills? What can you do to have patience with yourself while you learn them?

How can having a **Growth Mindset** help you as you build skills?

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

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

**Successful learners adjust their practices to improve their outcomes.**

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# Counseling Center

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Send them an e-mail: [Counseling@citytech.cuny.edu](mailto:Counseling@citytech.cuny.edu)

Call them at: 718-260-5030

Walk into their office in Namm Hall 108

Visit their [website](#) for more info on resources, Zoom hours, and more!

# Recap

- ★ Self Care
  - ★ Asking for Help
  - ★ Self-Advocacy
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# Before Session 10...

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- Complete Reflection #9 on OpenLab.

## Reflection #9

*We invite you to tell a story about how you prepared to be a City Tech student. Research has shown that first-semester students often worry about their transition to college, yet eventually they become comfortable and find a community of people with whom they are close and feel they belong. Share your own story of preparing to be a college student. What has your journey been so far?\**

*\* This reflection is inspired by the "Our Stories" project.*

# Self-Advocacy + Motivation

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