

City Tech 101

Fall 2023
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Emerging From 'The Cave': What We Know Now and What's Ahead

Session 10
November 13, 2023
Prof. DeCoux



Today's Topics

- ★ Self-Evaluation
 - ★ Reflecting on our Semester
 - ★ Setting Goals
 - ★ Create an Action Plan
 - ★ Advice to our Future Selves
 - ★ Graduation Requirements
 - ★ Coming out of the Cave
-

Self-Evaluation

Don't **condemn** like a judge;
diagnose like a scientist.





DON'T...

- Evaluate with a fixed mindset
- Use judgmental terms that ascribe value to your actions (e.g. "I messed up")
- "should" yourself or beat yourself up
- Make unrealistic resolutions for the future
- Focus only on the negative



DO....

- Evaluate with a growth mindset
- Use neutral language to observe and describe events (e.g. "I studied 2 hours a week instead of 6")
- Look for the causes beneath the symptoms
- Find practical, action-based solutions
- Celebrate your wins!

Reflection Activities

Activity 2: Reflection Worksheet

Complete the reflection worksheet you get in class. Take some time to think about the questions and answer carefully.

Take a few minutes to use your reflections to help you think about the future.

What are three things you would like to do better going forward?

What are three things that you are already doing well?

Use neutral language and stick to the facts!

Setting Goals

Setting Goals

Why is it important to set goals for yourself?

Setting Goals

- Short-term Goals vs. Long-term Goals
- SMART Goals
 - Specific
 - Measurable
 - Achievable
 - Relevant
 - Time-bound

- The Companion for the First Year at City Tech
 - Activity 1

**Which of these goals are achievable and helpful?
Which are not?**

I will get better at math

**I will take time to look
up grammar rules**

**I will study twenty hours
per week**

**I will visit the writing center
five times this semester**

**I will raise my hand in class
once a week**

I will improve my writing skills

**I will study fifty hours
per week**

**I will get get an A+ in
Trigonometry**

**I will put my phone away at the
start of class.**

Action Plan for the Semester

Creating an Action Plan

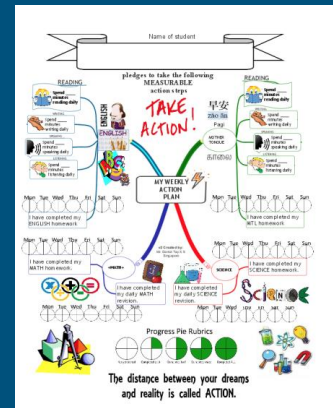
Evaluation
+ Goals

Action Plan

Creating an Action Plan

What does an Action Plan look like?

- There is no one correct way to make an Action Plan
- They can look like calendars, lists, charts, maps..the possibilities are endless!
- Pick what makes the most sense to you



Semester Plan - Test and Assignment Due Dates							
W	Mon	Course 1	Course 2	Course 3	Course 4	Course 5	Course 6
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

GOAL:	WHY IS THIS GOAL IMPORTANT? How will progress on this goal positively affect your life as a student at UNC?	BEHAVIOR CHANGE To make progress on this goal, what behaviors might you need to change? What new behaviors might you need to include.	Make your goal SMART: Specific, Measurable, Action-Oriented, Realistic and Time-Sensitive
Ex: I want to exercise regularly	Exercising gives me more energy and helps me sleep better. With more energy and sleep, I'll be more alert in classes and can study with more focus.	I can't return to my room after classes because I'll be less likely to go to gym later. Instead, I'll pack workout clothes in my backpack and go to gym directly after class.	I will go to gym 4X/week, doing a combination of cardio and weights. I'll ask a friend to join me to keep me motivated and accountable. I'll keep a chart tallying my progress.
1.			
2.			
3.			

ACTION PLAN

Room: _____ Time Period: _____

OBJECTIVES (List of Goals)	TASKS (what you need to do to achieve the goals)	SUCCESS CRITERIA (how you will identify your success)	TIME FRAME (by when you need to complete the tasks)	RESOURCES (what or who can help you complete tasks)

BELLA

Creating an Action Plan

What should you include?

- SMART Goals
- Practical Scheduling
- Means to achieve your goals
- Concepts you have learned in CT101

Creating an Action Plan: Choose Three Questions to Answer

- What do you need to prepare before the first day of the next semester?
- What do you want to accomplish by the end of week one? Week two? Week eight? Week fourteen?
- How will you manage your energy and time to accomplish these goals?
- How will you motivate yourself?
- How will you assess your progress during the semester?
- How will you evaluate your Action Plan throughout the semester?
- What will you do when parts of your plan are not working as you hoped?
- How will you get support when you need it?
- What will get you over the finish line?

Hello, Future Me



Activity: Hello, Future Me

Write your own action plan for the rest of the semester or to set a path for success next semester.

- What is your success plan for next semester?
- Consider how you will use the strategies explored during the CT101 workshop.
- Which strategies and concepts will be most effective for you during your second semester as a college student?
- What do you want to get out of your next semester at City Tech?

Graduation Requirements

Graduation Requirements

It may seem far away, but knowing what is ahead is key to your success.

Resources

- [Plan Your Path to Graduation](#) (Academic Advising website)
- [Academic Department websites](#)

Recap

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-

No Reflection, just a survey!

Please complete the post workshop survey ASAP

<https://forms.gle/UcUYNCEyaiPJU7498>

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Congratulations! City Tech 101

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