

City Tech 101

Spring 2024

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Get Your Head In the Game: Mindset + Self-Care

Session 5
Friday, February 23
Prof. Olga Chajet





Today's Topics

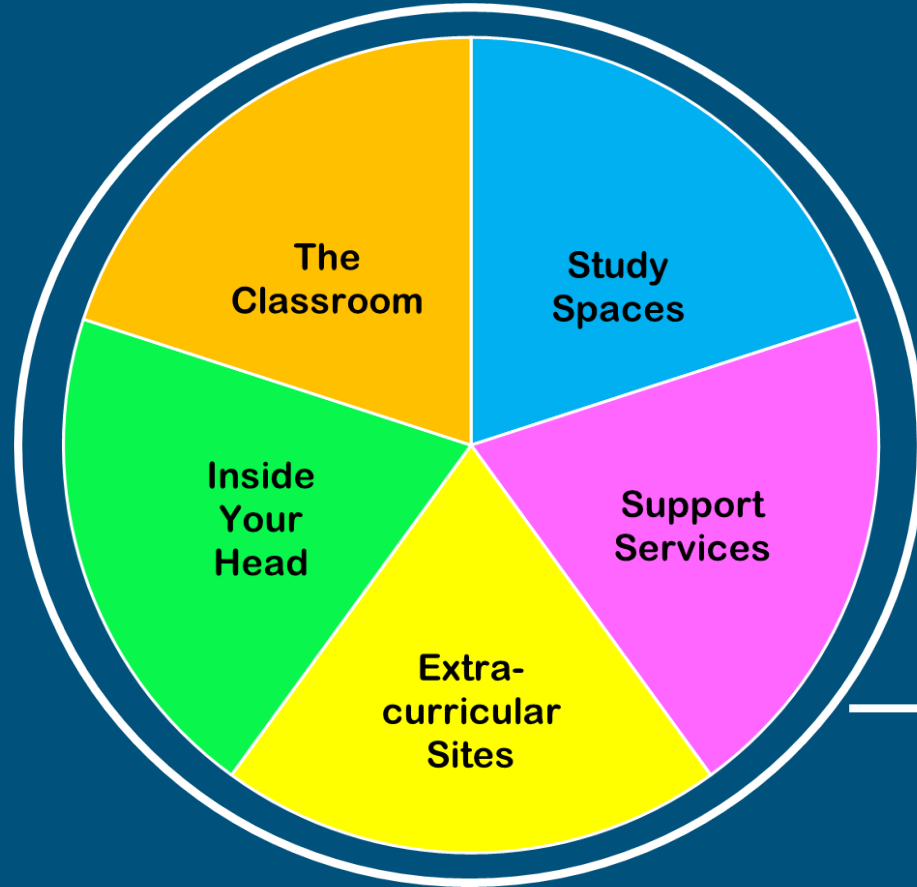
- ★ Where College Happens, Pt. 4
 - ★ What is a Growth Mindset?
 - ★ Fixed Mindset Habits
 - ★ Growth Mindset Habits
 - ★ Skills-Based Learning
 - ★ Self-Care
-



**Where does
college happen?**

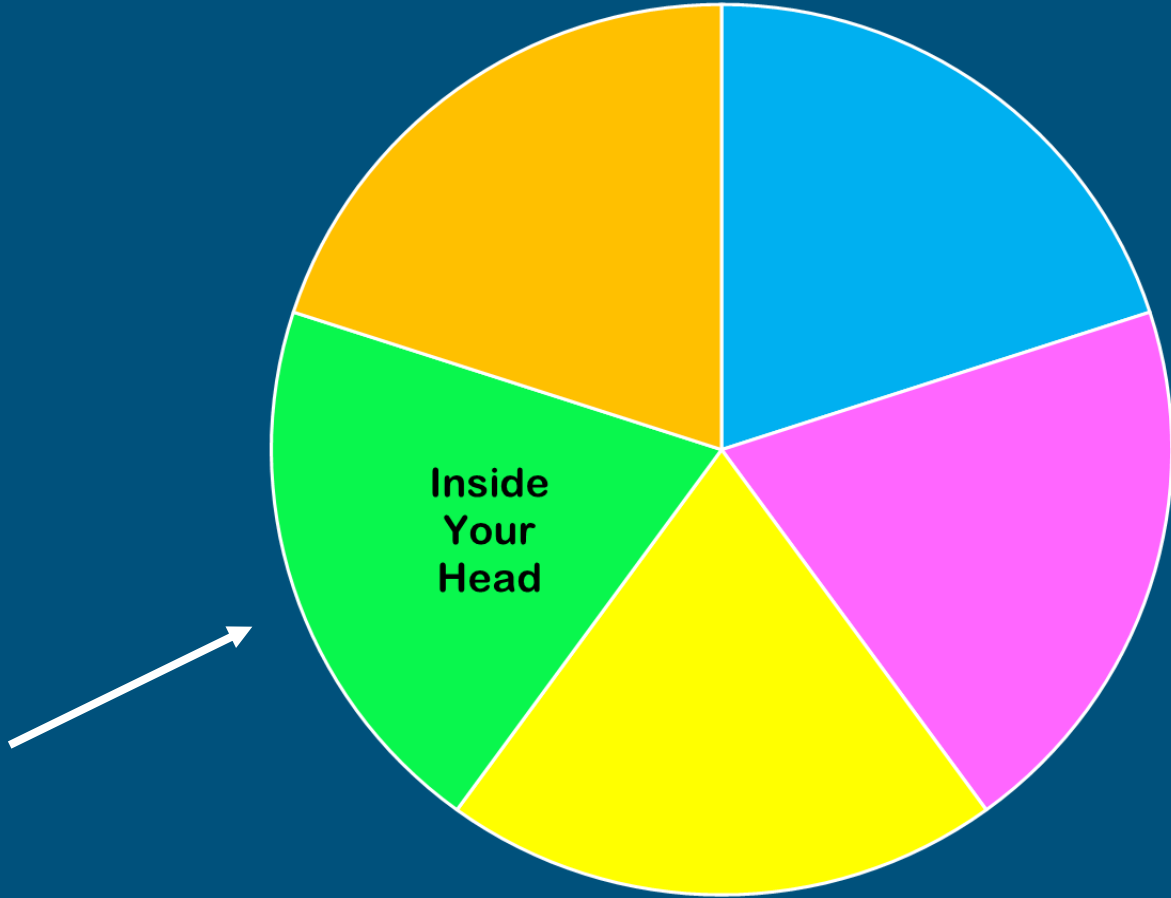


College happens in lots of places



These
are all
necessary
parts of
college!

Today we are focused on...





All things are difficult
before they are easy.

Thomas Fuller

Growth Mindset

Let's take and score a mindset quiz:

Google Doc:

https://drive.google.com/file/d/1ggF-pMoxD6MZD-cd-nWMIcl66vY31LD1/view?usp=drive_link

Here are some explanations of mindset:

Video option 1



Video option 2



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[Article](#) on Mindset

Do you want to know more about creating a growth mindset? Here are more resources:

[Mindset](#), Talks at Google

[Assess](#) your Mindset (alternate quiz—requires registration)

A [Summary](#) of Growth and Fixed Mindset

Characteristics of a Fixed Mindset

- **Believes intelligence and talent are fixed**
- **Believes effort is fruitless**
- **Believes failures define who they are**
- **Hides flaws**
- **Avoids challenges**
- **Ignores feedback**
- **Views feedback as personal criticism**
- **Feels threatened by other's success**

Characteristics of a Growth Mindset

- **Believes intelligence and talents can be developed**
- **Believes effort is the path to mastery**
- **Believes mistakes are part of learning**
- **Views failure as an opportunity**
- **Believes failures are temporary**
- **Embraces challenges**
- **Welcomes feedback**
- **Views other's success as inspirational**

Habits of **Fixed Mindset** College Students

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

Fixed Mindset Behaviors:

- **Resistance**
- **Procrastination**

Resistance:

- Pushing back
- Refusing to engage or care about learning
- Seeing anything challenging or hard to understand as “dumb” or “pointless.”
- **You do your work, but in a “mechanical” way—you follow directions and get the work done as quickly as possible, without caring about what you learn. Things that require intense effort or thought irritate you.**

Procrastination

- **Voluntarily delaying a task or act unnecessarily and seemingly “irrationally,” even though this delay brings negative consequences**
- **Often accompanied by negative feelings and possibly emotional dysregulation**

**What are some causes of
procrastination?**

Which of these causes of procrastination are related to having a **fixed** mindset?

- Anxiety/anxious feelings
- Ego-identity protection
- Fatigue/Burnout
- Lack of motivation
- Low self-esteem
- Pessimism
- “Self-sabotage”
- Time management/executive functioning issues

For some tips to help you manage procrastination, visit the [Procrastination Station Site](#).

For procrastination habits that persist or are overwhelming, visit the [Counseling Center](#).

Habits of Growth Mindset College Students

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

Growth Mindset Behaviors:

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

Building Skills (with Patience)

Skill-Building Activity: Understanding the Learning Beneath the Assignment

Identify a group scribe and a speaker.

1. Read the assignment prompt on the next slide. This is a typical assignment that a first year student might see.
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.

SAMPLE PROMPT

UNIT 1: EDUCATION NARRATIVE

Now that we have read and thought about several different education narrative essays, it is time for you to create an education narrative of your own. In the education narratives we read, the writers discuss educational journeys and use their experiences as a way to draw conclusions about themselves, about education, or about the world in general. You will do the same! You may write about a single event in your educational life that transformed you or changed your way of thinking, or you may write about a series of events that all tie together to make a single point. In writing about your education, you want your reader to understand your interpretation of the events you describe and agree with your overall point (thesis).

Use the readings you have done as models to help you with this task. You may choose to use elements of several different pieces, or you may choose to use one of the pieces as a “mentor text” to help you structure your own work.

Your essay should do or have the following things:

- Describe your own personal education experiences (a kind of “personal essay”) and be written in the first person (I/me pronouns)
- Describe a single event/experience OR a series of different *connected* events/experiences
- Be thoughtful—analyze your situation and its effect on you
- Use specific details and precise language to convey the events and your feelings to the reader
- Information should be divided into distinct, organized paragraphs
- Should have a point of view and make an overall point about the events you describe and why they are significant
- Should be approximately three pages or ~1000 words long

Questions for Discussion:

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?

Small Group Discussion: Growth Mindset Habits of Successful College Students

Review the [“Track your Learning Process” checklist](#).

1. Share which of the practices you did not know successful college students used.
2. Which of the practices seem most consistent with Growth Mindset behavior? How can having a Growth Mindset help you do some of these tasks?
3. Which tasks would you like to incorporate into your own study routine?

When you return to the larger group, the speaker from your small group will summarize your discussion

Reading To Learn

Page 36 of the former *Companion for the First Year at City Tech*



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

Think back to our discussion of school resources from Session Four.

Which resources and services can help you be a Growth Mindset learner?

**How do I
take care of myself?**

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!!

Self-Care Brainstorm

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

- **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!**

Recap

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-

Before Session 6...

- Complete Reflection on OpenLab by replying to Reflection #5 Post.

Reflection #5

Consider the discussions we had today about mindset. Share a concept you believe is important and explain what the concept means to you as a college student.

Read and comment on another student's post.



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