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COR 101 Student Symposium

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How to Maximize your College Experience

Michael Pichardo

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"HOW TO MAXIMIZE
YOUR COLLEGE
EXPERIENCE

POSTER
SYMPOSIUM
COR 101



BY: MICHAEL PICHARDO

MY TOPIC:



**How to
Maximize Your
College
Experience**

**COR 101
By: Michael Pichardo**



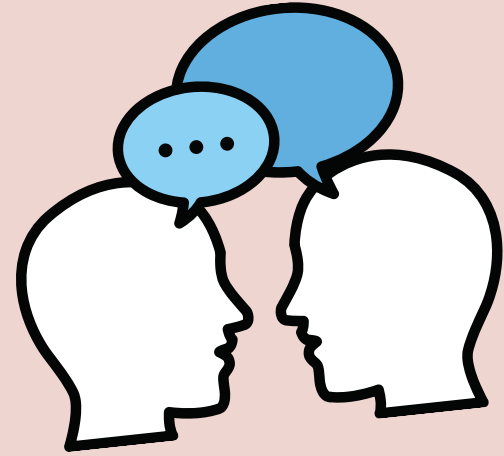
My goal in choosing this topic was to properly inform my students of all the resources that are available here in Cortland (School and Town). Coming from the Bronx, I was able to speak about the contrast and opportunities allotted to us as SUNY Cortland students. I wanted to preface as important our academics are, students should be avid in finding things that they enjoy and make them happy outside of the class. It's all about balance taking advantage of everything we can as we are paying to be in college.

METHODS

Materials and Activities used

- 1) The materials I used to make my project was simply a PowerPoint Presentation. I focused on making my slides pop and use minimal words to not overwhelm the students.
- 2) The activity I involved in the project was open discussion, allowing for students to add to the project. This was also to keep the attention of the students .





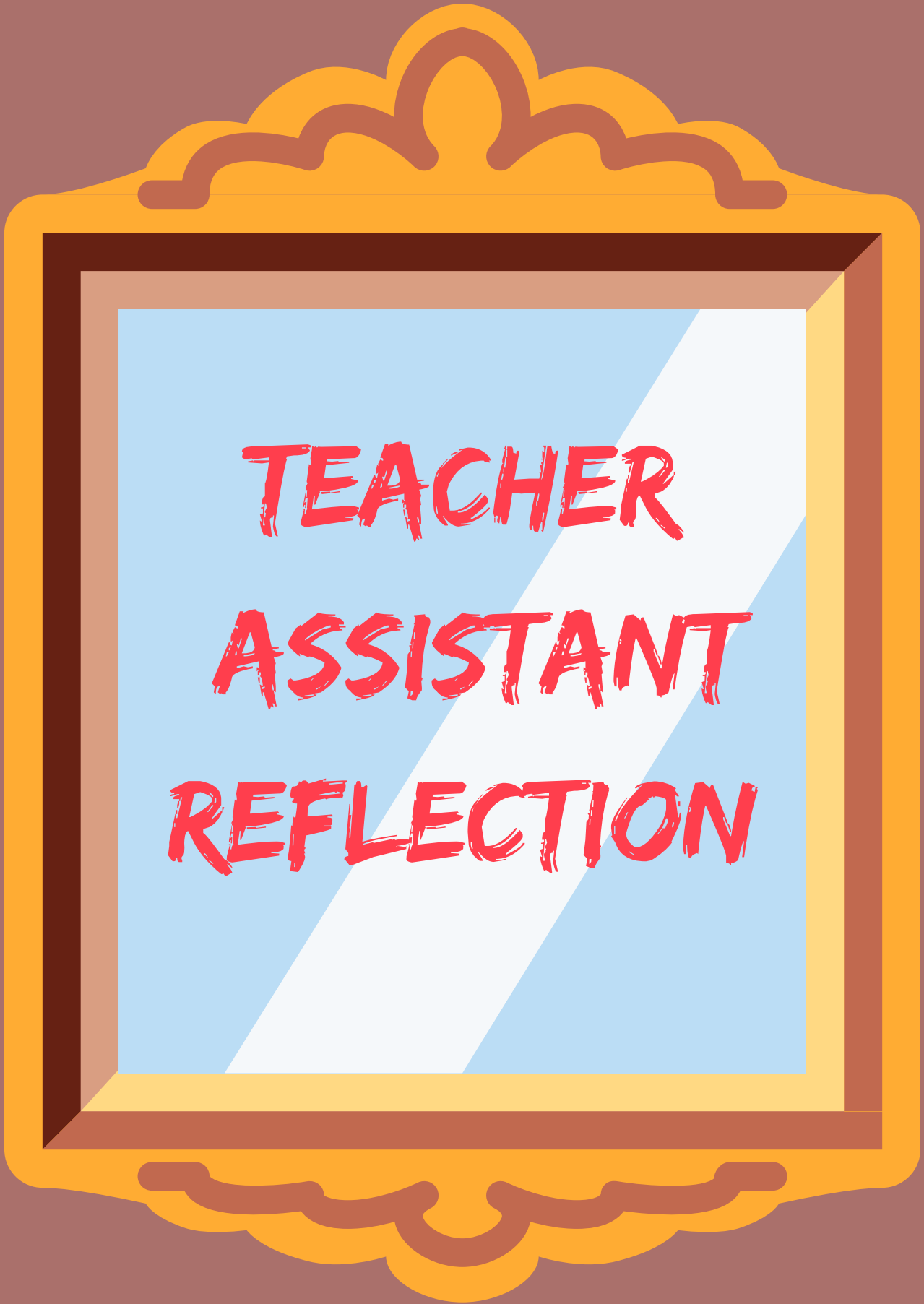
ACTIVE LEARNING TECHNIQUES



During the presentation, I wanted to focus on hearing from the students. Several times in the presentation I stopped and asked questions related to the topic. Starting off the presentation I asked the students whether or not they felt like they've made the most of their first semester. This led to an open discussion that perfectly segued into the rest of my presentation.

These breaks for discussion made the presentation more interactive and kept the students engaged as they would voice concerns and I would give them solutions or suggestions based off my presentation.

Apart from these breaks, I simply showcased all the resources Cortland offers in order for the students to take advantage of in their time here.



**TEACHER
ASSISTANT
REFLECTION**

In teaching my lesson, I feel like I gained the confidence to teach a lesson plan and organically deliver a topic i'm interested in. This was a topic I thought about a lot and try to preach to my friends, so it was a perfect opportunity to gather my ideas and make an effective lesson plan that can hopefully change the experience for my students. Seeing from their responses to my questions and the feedback provided at the end of my presentation, I think it might. I provided information to resources they can utilize and spoke from personal experience to aid the students in finding things outside of class that can help them learn important life skills. I want them to really understand that you get what you put in to your time.

Reflection from the Students

(What did you learn from my lesson plan or what was your biggest takeaways from it?)

“I didn’t know Group Exercise offered so many variety of classes, after viewing your slides it definitely motivated me to give it try next semester. Your going to see me in your Kickboxing class”

“Intramural leagues interested me the most, as I want to be able to play a sport while still focusing on my academic. It’s the perfect amount of commitment I want since it's only runs for 5 weeks.”

“My biggest takeaway was the mindset we have to have. I learned that we have to be proactive in making our time here the most of it opportunity wise.”



RESEARCH

(Citations)

Coplin, William D. 10 Things Employers Want You to Learn in College, Revised: the Skills You Need to Succeed. Ten Speed Press, 2012.

McGrath, Sharon Eileen. College Access Maximizing Participation for Us (CAMPUS). ProQuest Dissertations Publishing, 2021.