**Mid-Semester Reflection (100 Points)**

**Due Date: 10/19**

**Assignment Submission:** your e-Portfolio. Rename one of the Assignment pages as “Mid-Semester Reflection” and post your assignment on there. (But I recommend typing it in Word first so that your spelling, spacing, and all other grammatical things can be addressed.)

**Assignment Instructions**

On a separate document reflect on the following questions and provide a paragraph-length response for each of the four topics. Be sure to address all the sub-questions. Submit in Blackboard (See submission instructions above).

1. Learning style
	1. What is your learning style? My learning style is sensor feeler.
	2. After learning about your learning style, did you try any of the new study strategies? I have already been doing the studying strategies before this assignment.
		1. If yes, how did it work? For me, hands on and colorful things work very well. It helps me see visual things and bright things make me feel more awake and happy so I can remember better.
		2. If no, why not?
2. Study habits
	1. Where do you study? I usually study in either my dorm, my friends dorm, or the library.
		1. Are there often distractions there? There are usually distractions in my room because my roommate likes to facetime a lot of people and it distracts me. There are some distractions in mu friends room, but usually there are none. She usually helps me study and when I get distracted she encourages me to keep studying. For the library, it truly depends on what floor you are on, the higher the floor the quitter it gets. I usually study on the second floor where there some distractions but I get my stuff done.
	2. What time of day do you study? I study at night time probably starting around 7 or 8.
		1. Do you feel alert and awake at this time of day? I feel really motivated during this time of day usually because it’s time to get everything done.
	3. How effective is your studying? My studying has done me well so far so it has been pretty effective. How could you improve it? I could improve my studying skills by not going on my phone because it is a huge distraction.
3. Transition to college
	1. Has college been what you expected?
		1. What is different about it?
	2. *If you live on campus:* What has been your toughest challenge with moving away to college? Personally, the toughest part about moving away to college was leaving my family. I got really close to my mom right before I left for college so it’s hard being away from her. I also miss my dog a lot it’s hard not snuggling with her every night. Easiest challenge to overcome? Honestly, it has been really easy getting over the fact that my family is an hour and a half away because I constantly facetime and call them all the time.

OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?

1. Connecting to campus
	1. Name one problem or challenge you have encountered this semester, and which resource(s) at ODU you have/can utilize to assist with this situation. One challenge I have encountered this semester is writing essays but the writing center helped with that.
	2. Name one resource at ODU you would like to learn more about, and why. I would like to learn more about the library resources because it seems like there are many resources in there that I could really use but I don’t know much about.
	3. Is there a friend, roommate, professor, advisor, or group in the ODU community who has helped you so far this semester? My friend (Grace) has really helped me so far. If so, how did they help you? Grace has helped me because she has continued to motivate me to study and actually helps me study and test me.
	4. Have you attended an interest meeting for a club? I haven’t attended an interest meeting yet. Why did you decide to get involved or not get involved? I haven’t really gotten that much involved because I am in a sorority and have a lot going on right now with that and my school work.

Rubric

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| Criteria | Excellent(100-90 points) | Sufficient (89.99-80 points) | Minimal (79.99-60 points) | Unacceptable(59.99-0 points) |
| Depth of Reflection | Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable. | Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable. | Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment. | Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided. |
| Required Components | Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. | Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. | Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed. | Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally, inadequately, and/or not at all. |
| Structure | Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing. | Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing. | Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing. | Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response. |

Questions adapted from:

https://www.as.uky.edu/sites/default/files/Mod\_3B\_Learning\_Style\_Reflection.pdf