

Your First Semester

- Tell us how you have grown from the beginning of the semester to now.
- What were your expectations for this year? My expectations for my first year of college were really high. Like I was gonna have everything down pack and pass every class i took this semester and i would be fine. My expectations were to always have fun and go out and still get my work done. I was gonna do great in Chemistry and pass because chemistry is like math and im very good at math so it shouldn't be a problem to pass the class. Another expectation i had was i was going to make all new friends in my intended major and i would have me a little group of friends to hang around and we could always work together and get our work done.
 - Did this semester's experiences meet your expectations?
Explain. No this semester didn't really meet all my expectations. I didn't make a big group of friends in my intended major like i wanted to do but its ok its always ways to make friends. If you need help in chemistry go get tutoring (even though i did and it didn't really help.) I mean I didn't go out alot this semester but going out and having fun is fine but makes sure your work is done before you go out. Chemistry is hard and it's okay to retake it and get a better grade but don't wait till the last minute to withdraw a class. Chemistry isn't all math it's a lot more that comes with it and i had to learn the hard way but it's okay.
- What is something you wish you knew 14 weeks ago? Always stay on your game and go to all your classes and make sure you're studying and not just pushing it to the side. I say this because if you start slacking in the very beginning your habits are going to stick with you. Study and make time for it no matter what because this is going to help you in the long run and also find ways that studying help you understand what you're looking at because your studying habits are not the same as one of your peers. Always stay on top of your work and get it done before the time its due or the day its due and don't just push it to the side like you don't need to do it right now.

Study Habits

- **How much time do you spend studying for each class now vs. at the beginning of the semester?** In the beginning of the semester my study habits were good and I took like hours studying. This semester taught me that it's good to keep your study habits the same no matter what. In the beginning i started studying for my classes consistently the it just dropped when it got to

like the middle of the semester. I would have everything written down and practice problems that I could get and work like that. Then I just stopped and just started to just not care but care about school if that makes sense. Now my study habits are there but there not there at the same time. I study but it's not like how the beginning was like I will start studying and then I will stop and just give up on it.

- **How have your study habits changed?**-I just started slacking and then I was like I'm good I don't need to study for this class because it's just no point I know the topic and everything about it. My study habits also changed when I started to see my seasonal depression come around and when my mental health starts to sink. I also believe when I stress myself about all the little things it affects my study habits instead of just going over it and trying to see what I could've done better. Also my attention span to pay attention to something is kind of short and I need to work on that. My study habits are just something I need to personally work on in this next semester to get where I need to be and where I need to be.
- **Tell us about a resource that you have used/learned about this semester that will assist you next semester.**-I used tutoring as a good resource for chemistry because that was the class I needed the most help in. I believe the chemistry tutoring could be better than it is because it helped me but I didn't help me to the point where I needed it too.
- **What study habits/techniques will you use going into next semester?**-Going to the library more and going over techniques I don't understand more than the things I know. I am going to start going to more tutors and getting out of my comfort zone to email my teachers if they can help me with what I'm stuck on. I will apply myself more so than anything. I have prioritized my time and myself differently. My studies are important and I need to get through college and get into my intended major but I'm not gonna push myself so hard that my mental health is trash and not where it should be.

Health Professions Learning Community

- This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.
 - On the surface these classes do not appear to be connected; however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together.

Parallel Plan

1. This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.
- Which two other majors would you be most interested in? Why? The 2 jobs i'm not interested in right now are becoming an RN for pediatrics and nuclear medicine. The RN i wanted to do that because i love working with kids and being there for them. I would wanna work with kids first and then work up my levels with working with adults. I would also want to work with Nuclear medicine because when she was explaining the points like you have a job right out that course. I just believe that I see myself working either position I choose to do after college.
- What benefit is there to having a parallel plan (or two) in place? I believe that having 2 plans is always a good thing to have because you never know which one you might choose and if something happens you always have something to go to instead of trying to figure out what you want to do with yourself. In life things are never going to go your way so it's always good to have a backup plan if not 1 or 2 because you never know if something could happen. I feel as if 2 plans are needed in college because if you don't get into your intended major or whatever you always have something to go on instead of doing nothing and waiting for something to come to you.

How could one or both of these two majors benefit your current intended major?

I mean the 2 majors are still in the medical field and I'm happy about it. So I have a plan to get into the nuclear medicine major or nursing major. Whatever works out for me I'm okay with. I feel like my backup plan is good for me and if i need to add anything in the time being i can always do it. They benefit it because its like i have a career in the medical field but not in the position i wanted to be. It works out for me so i'm happy about it.