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Health Professions

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Mid Semester Reflection

My learning style is The Sensor Feeler. After reading my description I realized it’s hard for me to do anything without thinking about the consequences and how it will affect me in the future.

I study at the library, at the study room in my building, or at my desk. I choose a different place to study each day. Often, I choose to study in places that have little to no distractions. It’s hard for me to concentrate in places where there is a lot of noise and movement. I usually choose to study at day time, in the afternoon, rather than at night. I choose this time to study because I’m least likely to fall asleep, during this time I’m most likely at lunch in the Webb center. I carry my laptop with me everywhere so I study as I eat. The strategy I use is taking notes while listening, this helps with many classes because I am able to review the material from my classes at any time I want.

 So far college has been what I expected. I knew I would be flustered with the workload and it was hard for me to get use to studying. The difference between college and high school is the amount of work and the time given to do the work. I currently have assignments that aren’t due until December. My hardest challenge to overcome while being here was creating a good schedule. I needed a schedule in order to remember assignments and their due dates. In the beginning I was unorganized but I am trying to be more organized as the semester continues. The easiest challenge to overcome was getting use to the campus. In the first few weeks it was hard to locate my classes, I often needed help. I got used to the campus over time and now I can find my classes with ease. One problem I encountered this semester was learning how to find reliable resources to collect information from. I went to the library and the librarian helped me search for authentic information in the Old Dominion library database. One resource at Old Dominion that I want to learn more about is the Student Engagement and Enrollment services. I feel as if they will be able to assist me with the five service hours I need to complete for my Health Professions class. I don’t know anyone personally who is a part of the Student Engagement and Enrollment services. My friends have helped me with me so far, this semester especially my friend Markayla who is from my hometown. She is in a Health Sciences major also and she helps me with studying. I have attended an interest meeting to learn about the Greek organizations on campus. This year I am not interested in joining because the organization I am interested in is not on campus right now.

Overall, I am still learning how I will be able to maintain good grades while I am in college. I often question myself if this is really what I want to do, hopefully the service hours will help me realize what it is I truly want in life and how to achieve it. As of now, I am setting goals and I’m going to try my best to get the grades I want.