

Final Reflection

I've grown to handle all 8 of my classes regardless of the amount of work that kept piling up. I expected to pass my classes, and of course maintain a C or better, which I normally get, so yes my expectations were met. Likewise, I make sure I'm completing my work, and asking questions about anything I'm having trouble with. Any bad grades I did get, I noticed I did poorly on it, so next time I know what I did wrong and can avoid that, and be more organized. Also, when that happens I can just get a better grade on the next assignment that will bring my grade up. I wish at least 14 weeks ago or longer, I was keeping up with a schedule and tracking all my assignments, note-taking, and any activities.

Before, I would say I was still spending a considerable amount of time studying but now I'm more attentive and focused to do so. I've given myself an hour or 2 on one subject to help me remember it, then proceed to another one. However, the important thing to remember is to allow yourself to take breaks, don't over-work yourself. A resource I've learned is just to study outside your room, and minimize distractions. I'm multitasking and don't mind listening to music while studying. However, everyone's different so you can find yourself a quiet area, to just isolate and focus on your work. I would either go to a study room in my dorms or more conveniently I would go to the Webb center, where I can get food, then study in one of the lounge areas. A study habit I will be using especially next semester will be flashcards, especially for chemistry. Quizlet always helps me, and I can study with friends who have had it before. I will be more open to getting a tutor to help if I can't help myself first.

So I took Lifespan, Microbiology and overall these courses apply to each other as it explains life, and what developments occur, as each goes into its depth. History might be more complex as it talks about past events, but they elaborate on cause and effects like why they happened, and how it relates to affecting us today. The most beneficial event was The Social Determinants of Health, with Dr. Jamela Martin, because she explained all the aspects in the Healthcare field and basic knowledge that will help us thrive in our major. I love all these events that relate to our field to give us more intel to help us more in the future.