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Intro to Health Professions

## **Mid-Semester Reflection**

### **Introduction**

It has officially been about 8 weeks of college life, and I can honestly say that I wouldn't give it up for the world. I have my moments when I am stressed beyond what I thought possible, but I also have moments when me and my friends are cheering at a football game, studying together, or even just hanging out in our dorms that makes it all worth it. Looking back at the beginning of the semester, I used to have a lot of anxiety about college, but now I realize I was overreacting. While college has its moments, life has its moments, and not everything is going to be easy. This is my first real taste of the world and I am happy that I chose college. It is giving me a chance to ease into the real world, with a little bit of a safety net underneath.

### **Study Habits**

As I previously stated, I struggle with studying. I was mostly on cruise control in high school, and college really gave me a chance to learn how to study. I feel that I am doing the best in my English class. We are currently writing a research paper and I did one too many of these in high school. Research papers are pretty easy for me to write as long as I sit down and focus on researching and creating an outline. I need assistance in my philosophy class and chemistry class. For Chemistry, I tend to understand the calculations and I am pretty good at executing, but occasionally there are questions when I get the answer wrong and I'm not sure why. I try to ask in class, go to office hours, and attend study sessions, but my schedule is already so compact that it can get difficult. For philosophy the theories can be difficult to understand, so I try to go to

office hours and talk through them. I try to do all my work in the library as a way to get the proper focus I need.

### **Transition to College**

Coming into college I had a lot of anxiety about what college would be like. I was worried about the workload and how difficult it would be to balance all of my work along with my extracurricular activities. Instead the workload hasn't been too hard and I'm actually doing a pretty good job of balancing. Sometimes I struggle with it all and feel like maybe I took on too much, but I'm working on it. My biggest expectation for college was more focused on the social aspect of life, I just wanted to have a big circle of friends. I have made a lot of friends in the 8 weeks I've been here, and even some I would consider best friends. I like to think that I have accomplished this goal throughout this process. The thing that has surprised me the most is the fact that some professors really like what they described in high school. In middle school, my teachers said that my high school teachers would be strict and never let anything slide, but that wasn't the case. I assumed my professors would be nothing like what they described, but I found out the truth quite quickly. Some of my professors are truly going to act the role of a professor and treat their classes as if it is a job for us students. Like I said before, college is giving me a taste of the real world. Finally, the toughest challenge about moving away from home has been just missing out on family time. I love hanging out with them and my little sister is my best friend. Everyone says she is a mini version of me and I miss doing homework with her or chatting about anything and everything. The easiest challenge to overcome has been knowing where all my stuff is. My little sister likes to take my things and pretend she is me, so I lose lots of clothes and shoes to her "fashion shows".

## **Major**

My intended major is nursing, and I recently learned that I have to take statistics and pass with at least a C before applying to nursing school. I know for some of my other prerequisites before nursing school I only need to be in the process of completing them before applying. When I learned about this I had to re-do my original plan because I was set to take statistics in my 2nd semester of my sophomore year. Now I am hopefully taking it next semester. My feelings haven't changed and I still would like to be a nurse, but I am leaning more towards emergency nursing, rather than labor and delivery. I am thinking about minoring in public health. I was always interested but never really knew what public health was about. When Dr. Brown was explaining the type of work she did and the research she performed, I was incredibly moved. As someone who has never had to worry about my health and has family members who can't afford simple antibiotics, I have always wanted to help out those who aren't as fortunate as me. Hearing about public health and the type of research they are doing to prevent this has only made me want to help more.

## **Connecting to Campus**

One thing I have encountered is that the Chemistry Success Center, where they hold Chemistry tutoring sessions, is always busy. They tend to not have many tutors available and it can be difficult to get the help I need. I ended up having to reach out to my brother, who is a chemical engineering major at Morgan State University, for help and now once a week we have tutoring sessions over FaceTime. My RA has helped me a lot this semester, her name is Taylor. She has become a good friend and helps me out with remembering that I have a life outside of school. She always tries to make sure I am having fun, and not keeping my nose stuffed in a book. I am incredibly grateful to have someone like her on my side. I have not attended any

interest meetings for clubs. Between band and school in general I don't really have the time and I don't want to overwhelm myself. The plan is hopefully next semester I can work on joining some groups.

### **Guest Speaker/Field Trips**

My favorite guest speaker was Dr. Brown and her speech on Public Health. Listening to her speak about public health, it made me realize how many problems are in the world. I've always wanted to help those who can't get the medical attention they deserve and need, and this seems like my path to do so. As a nurse, I will have access to all patients from all walks of life. Some might not have insurance or can't afford treatment. I am hoping I could direct them towards a way to better their situation and help them out, rather than shut them out. I'd love to speak with an ER nurse!