

Final Reflection

My First Semester

My first semester of college has been hard, but also extremely rewarding. In the beginning of the semester I felt as if college would be a breeze and I would cruise like I did in high school. In actuality, college is challenging and it was nice to feel challenged again. I mentioned in my first reflection that I don't really know how to study, and I think I have grown in that department. I still am not very good at it, and I'm working on ways to improve but I have certainly gotten better. I also believed myself to have good time management skills, when in reality they aren't that great. I leave everything to the last minute, so I'm hoping to improve on that in the next semester. This semester has exceeded my expectations in more ways than I can count. I thought this semester was going to be the worst one, and I would want to drop out by the end of it. It has been the exact opposite, and I have enjoyed my time. I thought I would be drowning in working, when in reality it's not that bad as long as you are constantly working and don't take days or weeks off. I also feel like I put myself out there more than I probably should have, but it paid off because I have good friends. I've learned that college really is the time to focus on me and make sure I'm doing what I need to do. Finally, something I wish I knew 14 weeks ago was that some professors are really going to be present in class and that's it. I will have to fend for myself and constantly have to check to make sure I am up to date with everything.

Study Habits

At the beginning of the semester I spent no time studying, and while I still don't do a lot it's more than before. I try to study for at least 2 hours a week. I also tend to grasp content when

it is said to me and I write it down, so studying hasn't always been something that I needed to do. As I previously said, I just study more than I used to and I'm deciding between study methods right now. A resource that has really helped and I intend to use next semester is the library website. I used the library's advanced search option to find articles and journals about nursing for a research paper I did, and it was very helpful. I could easily find what I needed by typing in a few key words and the resources were all free to me.

Health Professions Learning Community

I took sociology, chemistry, and intro to health professions classes here at ODU and they are all connected in more ways than I thought. The sociology class allowed me to see patterns of people and recognize how some might act, especially in health care. Sociology also showed me the breakdown of our society and how it functions for different people. Our professor then related this to health care as there are different treatments of people depending on social status, wealth, race, ethnicity, etc. He wanted us to be aware of this and understand that is actually happening and it's wrong. One thing he really wanted us to do was change the system, and give the best standard of care to all people. My chemistry class will be useful in my future career because I will need to be able to do unit conversions very quickly. So chemistry has taught me a lot in that sense and helped me memorize conversion factors. Even my philosophy class, which isn't a prerequisite for the nursing major but instead a requirement for ODU, was useful. In philosophy we covered a lot of theories that some people live their lives by. So sometimes we might have a patient who believes in one of these theories, and as a nurse and person I must respect that. These are just a few ways that I believe these classes tied into nursing and my future.

Parallel Plan

The 2 majors I would be most interested in are Public Health and Speech-Language, specifically audiology. I've always noticed the disparities in health care, and I see who some people are not taken care of, while we bend over backwards for others. It isn't right and I want to do my part in helping people who aren't fortunate enough to afford health care and make sure they are just as healthy as everyone else. A degree in public health really allows me to do this, so I've always seen myself in that kind of role. This degree could also benefit me in nursing because I could step in when a patient is struggling to pay for treatment and show them programs that help them out. Speech-Language was something that I didn't know anything about so when I learned about it I was really interested. I really loved the idea of being an audiologist and working with people who were hard of hearing or deaf. By having other interests or a parallel plan it allows me to have a backup plan. Not everyone is going to get into nursing school, so it is best I have a plan to fall back on, in case that is the outcome.