

First Semester Pre-Assessment (50 Points)

Due Date: Week 2 (Sept. 10th)

Assignment Submission: Via Email to bwyskoci@odu.edu with you Email Signature Assignment

Please answer the following questions in full sentence / paragraph form.

1. Major/Career

- a. What is your intended major and why did you choose this major?

My intended major is Nuclear Medicine. While searching for a career path I really wanted to do something that involved two of my favorite things: chemistry and helping people!

- b. What skills or abilities do you possess that make this major/career a good choice for you?

I am hyper-analytical and I determine everything I do by logic. I prefer to deal in fact than theories. I have great bedside manners and tend to read people very well. Most of all this is something I am passionate about, so I know I will put every ounce of effort I have into it.

- c. What experience, if any, do you have that relates to your chosen major/career?

I don't have any personal experience; however, my brother is actually about to graduate from his radiology program and I've learned a lot from him.

- d. In what type of setting would you prefer to work?

I would prefer to either hold a government job in a federal hospital or work at a children's hospital.

- e. What are your career goals (in 5 years/in 10 years)?

Hopefully I'll be working as a Radiologist in a hospital or clinic if all goes as planned.

- f. Complete the MyMajors quiz: <https://odu.mymajors.com/quiz/>. Provide a screenshot of your results. Of the majors on your top 10 list, which 3 would you like to learn more about?

The assessment isn't working for me. It keeps going blank at question 14, but I was also considering psychology and teaching as other majors before I found Nuclear Medicine.

2. Transition to college

- a. What do you expect to be the biggest difference between high school and college?

The schedule has been the biggest difference between high school and college.

- b. What do you expect to be your biggest challenge this semester?

I think my biggest challenge this year will be English, it's always been my weak point. I don't consider myself a great writer.

- c. *If you live on campus:* What do you expect to be your biggest challenge with moving away to college?

- d. OR *If you commute to class*: What do you expect to be your biggest challenge with commuting to campus?

I always worry about traffic, construction, and parking when I have to go to lab on campus. I didn't get a parking pass because I only go every other week.

- e. Do you have a job/ or plan to get a job? If so, where? How many hours will you be working per week?

I don't plan on getting a job. I wouldn't be able to handle school stress and work stress.

3. Study habits

- a. Is there a difference between "studying" and "homework"? Explain your answer.

Studying is what I do to reinforce what I have learned so that I can improve my homework, which is always for some kind of grade.

- b. How much time do you plan to spend studying for each class every week?

- i. For which class do you expect to spend the most time studying?
- ii. For which class (other than HLTH 101) are you expecting to spend the least amount of time studying?

I spend at least 10 hours a week studying. I have to spend the most time on sociology because it is one of my least favorite subjects and involves a lot of reading. Studying algebra takes the least time because it's mostly just review from what I have learned in the past.

- c. Where do you plan to study?

- i. What potential distractions can you anticipate?
- ii. How do you plan to avoid these distractions?

I always study in my room with my door closed because no one will disturb me except for my dog who will occasionally tap on my door to be let in.

- d. What time of day is your best time to study and why?

I prefer to study in the afternoon and evening because that is when I am most relaxed.

- e. This Fall, you are in online courses, some of which do not meet at a specific time, how do you plan to manage all of your assignments?

I manage my assignments by writing class dates/times on a whiteboard calendar, noting all my assignments' due dates in a planner, and I also print out any schedules or calendars my teachers provide me with.

- f. Think about all of your commitments i.e. job, family, social life (from a distance and wear your mask! #ReignResponsibly). How do you plan on balancing your various commitments?

I always make sure I have a day or two scheduled for me to not worry about school. These days are when I manage social life or just have some much deserved me time.

4. Learning style

- a. What specific study techniques do you think work best for you?

I wouldn't survive school without practice quizzes and powerpoints.

- b. Do you use different study techniques for different classes? Provide examples.
 For Sociology I go through the powerpoint and then take practice quizzes on the content. In Algebra I take quizzes because repetition is everything. For Chemistry I mainly just reread my notes.

5. Connecting to campus

- a. Name one academic resource at ODU you can use to help you earn "As" this semester.
 The Writing Center
- b. Name one non-academic resource at ODU and how it can help you this semester.
 Counseling Services will definitely be a huge help when the stress of covid and school become too overwhelming.
- c. Name one resource you think you will use this semester.
 The Writing Center
- d. Name one resource at ODU you would like to learn more about, and why.
 I want to know more about the ePortfolio Assistance since I have two classes requiring one!
- e. In high school, what clubs, organizations, or activities did you participate in, if any?
 In high school I participated in orchestra (all four years as a violist), I was a Marshal (school ambassador organization), and I was in the International Cultural Society (a language/culture club).
- f. Is there a club or organization you plan to join this semester and what do you expect to gain from this experience? If not, why not?
 I definitely want to look into some clubs, but I'm not completely sure how it will work with the pandemic. If most or all of the activities will be online it sucks the experience out of it I think.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
----------	-------------------------------	---------------------------------	--------------------------------	----------------------------------

Depth of Reflection	Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.
Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. MyMajors Screenshot is provided.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. My Majors Screenshot is provided.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed. MyMajors Screenshot is provided.	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally, inadequately, and/or not at all. No MyMajors Screenshot.
Structure	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.