

Reflection of Fall Semester 2024

Your First Semester

Tell us how you have grown from the beginning of the semester to now.

In the beginning of the semester, I was unaware of how to balance school work. With work after school and different work loads for each class, I found myself turning things late. By mid-semester I learned how to take advantage of my time gaps between classes while adding in a routine for self care. I got used to the distances between my class locations and familiarized myself with campus buildings. I've also believed I've shown growth socially, where I feel more comfortable reaching out to my peers.

What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.

I expected myself to be persistent in keeping perfect grades and attendance, but I am content with where I got to. My expectations this year mostly focused on the transitioning between high school life to university life. The change can still be overwhelming, but I found that the key to it is to learn my limits. My experience almost met my expectations, but it is not 100% on the same page. It's not a perfect experience; however, the flaws of it have helped me learn bigger lessons. From the flaws of this semester, I can conclude that making mistakes is scary, but I shouldn't let it get in the way of success.

What is something you wish you knew 14 weeks ago?

I wish I knew the importance of having experience in my intended major. Even as a freshman, I've noticed how different everyone is career pace wise. But I also wish I knew how it's more than okay to put my mental health first above all else instead of being comfortable enough to put it as a second priority.

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Study Habits

How much time do you spend studying for each class now vs. at the beginning of the semester?

Studying can be tedious depending on the class, but I've learned new ways to efficiently study compared to the beginning of the semester. I spent about an hour or two for each class, sometimes three if there is information that needs to be obtained in one reading. The beginning of the semester I spent a lot of time taking heavy notes, but now I found that I learn better by diving straight into it and asking questions along the way. The notes are helpful too, but the improved method for me is hands on and a variety of strategies when approaching problems.

How have your study habits changed?

My study habits have improved, and it's more efficient where I could fairly distribute time for every class requiring additional studying. My study habits changed for better time management and prioritization for each class.

Tell us about a resource that you have used/learned about this semester that will assist you next semester.

This semester I heavily relied on YouTube and I used it often to watch various videos for certain classes. Looking for new methods in terms of practicing for classes such as chemistry was most effective. Being open to new methods of learning and exploring new places on campus for study spaces provides me with more motivation for next semester.

What study habits/techniques will you use going into next semester?

One of my study habits is taking advantage of the campus location. Instead of studying in the same places I try to explore new places. Additionally, instead of getting everything in one sitting, I spread out the assignments I have to complete. One study habit/technique I will be using next semester is taking breaks in between assignments, and using active reading strategies.

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Health Professions Learning Community

This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.

On the surface these classes do not appear to be connected; however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together.

This semester, I was actually enrolled in all of those classes. Chem 105 and 106 we're connected through lectures and the labs performed correlated to class assignments. Soc 201 and hist 104 we're noticeably connected in many ways. The topics discussed such as economic differences, demographics, education, and politics were both discussed in hist 104 and soc 201. The connection between the two made class discussions more open minded, and it contributed to a soc 201 project where I had to identify correlations between classes. Hlth 101 made connections between both soc 201 and hist 104 through our class discussion about the social determinants of health. Overall, the classes made connections through discussions of religion, education, and environment.

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Parallel Plan

This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.

Which two other majors would you be most interested in? Why?

I was most interested in nuclear med and RN nurse. I found nuclear med extremely interesting and I haven't heard much about it until recently. I wasn't aware it dealt with a lot of technology, and the description of an average day in the job excited me. RN nurse was also an interest of mine because the presenter explained how open it is to other career paths. The thought of being able to move around and not just stay in one career attracted me because having the opportunity to explore different jobs opens new doors for me.

What benefit is there to having a parallel plan (or two) in place?

The benefit of it includes it to serve as a compass for future goals. Having a parallel plan creates a layout where freshman students like me could pivot from one major to another easier. It opens options in similar fields if our minds change and ensures we have chances to explore new career options.

How could one or both of these two majors benefit your current intended major?

If I choose to include nuclear med as my minor or if I change it to be my major, then there won't be too much of a difference in terms of the classes I've taken. I would still be almost right on track. This would benefit my major because of how similar the fields are. The similarities would make it easier for both majors to correlate with one another. Additionally, it might result in not having to retake many classes.

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