

1. I feel like I have grown a lot since the beginning of this semester. I am, of course, way more comfortable with how college works and I know what to expect. I have made many new friends and have tried my best to stay involved. I stopped working my part-time job as well because I wanted more time for school and to focus on being involved. I think that I reached most of my expectations. I am meeting new people and I am also doing my best to get involved but I want to join more clubs next semester. Something I wish that I knew 14 weeks ago was that I could join any club that I want because it doesn't even matter if you're personally part of them but you can still support their mission.
2. I feel like I study the same amount now as I did before. The only difference now is that I manage my time better and know what I am doing. My study habits have changed in that I take better notes, I am more organized, and I know what exactly I need to study for. Some resources I found that have helped me would be making friends in classes and having study groups. I also think that going to office hours and exam reviews help a lot with understanding the material. Next semester, I want to learn more study techniques I need to do more research on.
3. I had sociology, chemistry, and health this semester. I could definitely see the connections between each class. Each class was connected to health or nursing in some type of way. In chemistry, Dr. McCoy talked about the Flint, Michigan situation and how it affected the people and health care workers. We took samples of water from our own homes to test for lead. In sociology, we did article reviews and mine was on the discrimination against minority nurses in the U.K. Professor Lopez also would always give examples of how we would use sociology in our field. In health professions, there would be guests that would come in to talk about different careers in the medical field. I would say the movie night was beneficial because it was fun but also told me a lot about how it is in the hospital. It showed how you should not get too cocky and always realize what others are going through; never lose sight of who you are caring for and stay humble.