

**Mid-Semester Reflection (75 Points)**

**Due Date: October 26 (Tues) October 28th (Thurs)**

1. Study habits

During my first semester of college, I've been trying my best in all of my classes. Classes that I'm doing especially well in are CHEM105 and STAT130. For both chemistry and statistics, I review the slides of all the powerpoints and do practice problems. Doing both of these actions not only helps me understand the information but also helps me in applying what I know. However, a class I identified as needing assistance in is HIST104. I needed help because I was having trouble knowing what to do in order to understand the topics. I have taken more time studying the slides as it helps me retain the information. In addition, as I am a commuter, instead of just studying at home, I also study while I am at the school. To be successful in all of my classes, I plan to continue with these study plans.

2. Transition to college

Going into college, I thought it would be easier. I expected there to be less work, and I thought I would be going to school for less during the week. My expectations did come to fruition because there are less assignments due per week and there are less quizzes and tests overall. Even though I do go to school for shorter hours in a day, I didn't expect to still go every day. Something that has surprised me is how tiring it is walking around campus to get to classes. I expected to have more energy since there's less work to do and less hours to be spent on campus; however, the shift from being in one building in high school to having to walk from building to building is definitely something to get used to. Also, I did not expect commuting to be as exhausting as it is. The toughest challenge with commuting to campus is having to drive on the highway back and forth, especially when there is traffic. With the gas being very expensive and me being tired from walking around campus...driving, although Norfolk is not far from Virginia Beach, is inconvenient and time consuming.

3. Major

Something I have learned about your intended major is the extent of its competitiveness: only eighty students can get into the nursing program. My feelings have not changed about my intended major because I know I can get in as long as I keep working hard. Although, I was very shocked to find out this information. It's worrying how so many people are majoring in nursing, but only a few can actually get into the program. Having a specific alternate plan would be great to have in the case that I do not get into the nursing program. I do not have any subject that I would be interested in learning more about for a major or minor, but health administration sounds enticing if I do not get into nursing.

4. Connecting to campus

One problem I have encountered this semester is giving myself time to take a break. I always want to put school ahead of everything else to the point that I sometimes drain myself out. Resources at ODU that I can utilize to assist with this situation are the ODU Office of Counseling and the ODU Academic Resource Center. Going to a counselor could better my mental health, and the resource center could help me organize what I need to do to allow myself to have breaks. Someone who has helped me in the ODU community is my friend Iyonna. She has helped me out emotionally as I can convey any thoughts I have when I want to rant about anything. We have many classes together, and with our

Alizza Sarmiento  
HLTH101

communication, we are able to keep each other in check and ask for help when we need it. To continue doing well in my classes, I have not attended an interest meeting for a club. I decided not to get involved as I am a commuter and the clubs that I initially wanted to join had meetings that were late. Despite this, I may consider joining clubs in the future.