

1. Transition to College

- a. What did you expect college would be like 14 weeks ago?
 - I expected college to be a lot different than it was for me. I expected to meet new people, enjoy my classes and go out. I knew there was going to be a lot of work to do so that did not surprise me at all. Covid kind of made it a bad experience for me so I hope it gets better next semester.
- b. What is something you wish you knew 14 weeks ago?
 - I wish i knew just how hard chem and math would be for me and get help right away for them rather than later cause by then it is too late.
- c. What is a resource or activity you have found helpful this semester?
 - Going to the library to study helped me to keep focus and not get distracted by things in my room.
- d. Name something you have learned this semester that will assist you next semester?
 - This semester I have learned some study habits that work for me and what does not.

2. Study Habits

- a. How much time do you spend studying for each class now vs. at the beginning of the semester? I will admit about half way through I was getting off track and not studying as much as I should have. It's stayed with me until now and I don't study like I did in the beginning.
- b. How have your study habits changed?
 - Now I am a lot more focused since I changed them. I also think I am less stressed because of changing some things about how I studied before.
- c. What specific study techniques do you think work best for you? How do these vary from class to class?
 - I know that using a whole bunch of different colored markers doesn't work for me but distracts me a lot. So I only use about 3 colors now and a pen to take notes. Also watching youtube videos on the topics helps me too if i am still lost. I try to do the same things for each class it works for me. The only class I do something different in is math because I need to constantly work on the problems to get it through my head.

3. Health Professions Learning Community

- a. 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.
 - i. 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.

- So i'm not sure if i can make any real connections but in history we did a health snapshot project and talked about different topics dealing with health of women, workers, the fda and many more.
- b. This semester we provided events (Health Chats) for you to hear from health professionals from ODU.
 - i. Which Health Chat was most beneficial for you as a student, and why?
 - I can't say a lot on this one because I only attended one or two. But the one I attended we were talking about bias in the medical field. I think this one was important to me because that's why i am going into this area to help POC feel comfortable and safe when they go to the doctor.