

Brionna walker  
10/21/2020  
Mid semester reflection

## 1) Study habits

- a. **How much time do you spend studying for each class every week?** I spend about an average of two hours per class each week.
  - i. **Do you need to put more time into studying, and for which class or classes?** I had my meeting with my advisor this week and we talked about the time I spent studying, actual time in class and homework. And apparently I don't spend enough time in each class. Looking back on the previous weeks I can see where I could have spent a little more time on chemistry and that probably would have given me a better grade in the class now. Math I spend a lot of time on just because I know I am bad at it, but I still am struggling a bit so I'm considering tutoring at this point.
- b. **Where do you study?** Either in my dorm or I am at the library most of the time.
  - i. **Do you often find yourself distracted while studying?** Sometimes yes, but it is because either I got a lot going on or I am just hungry and focused on eating rather than doing my work.
  - ii. **What could you do to remove these distractions?** I could try to make my life less stressful by taking breaks and bring a snack to the library if I know I am staying long.
- c. **What time of day do you study?** I usually study at night just because during the day I am usually doing homework and writing notes. So the only time to actually learn and get to know the material is at night.
  - i. **Do you feel focused and alert at this time?** I feel good at this time, I have gotten so used to staying up late that I'm not so tired late at night. I feel like I can actually focus on my work better than during the day time.

## 2) Learning style

- a. **What specific study techniques do you think work best for you? How do these vary from class to class?** I have been making flash cards so it can really test me and my memory if I don't have someone to read questions to me. For math I practice when I can even if it is just for ten minutes because that's really how you learn math is the repetition and solving problems. For sociology I try to do the connect quizzes but they are very long and tedious. For history since it is my

favorite subject I don't really study that much because a lot of the information comes easy, but sometimes I do need a little boost so I watch youtube videos on the topics since reading sometimes can take me a while because i am a slow reader.

- b. **What new study techniques have you tried this semester based on what you have learned about learning styles?** Something new i have done to help myself study is trying to find pictures to go with certain topics so i can recall the picture and put the information to it. And I will be starting tutoring for math very soon.

### 3) Transition to college

- a. **Has college been what you expected?** Given that we are in a pandemic i assumed it would be like this. College has not been what I had hoped for for the past 2 years. I knew the workload would be alot but coming from high school where they still babied you till you were a senior it was a little overwhelming at first but i think i will get used to it as this year progresses.
- i. **In what way is your college experience different from what you expected?** I thought i would be enjoying myself with friends but it is rather hard to meet new people during times like this.
- ii. **What has surprised you about your experiences so far this semester?** Nothing has really surprised me so far, my experiences have been normal I guess.
- b. ***If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome?** Toughests thing I had to get used to was not having my mom there to comfort me when I feel discouraged and also the food here is okay. I would much rather eat at home. I do not know what the easiest challenge I have overcome has been.
- c. **OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?**

### 2. Connecting to campus

- a. **Name one problem or challenge you have encountered this semester, and which resource(s) at ODU you have/can utilize to assist with this situation.** One problem i have encountered is my math skills i am and probably will always be bad at math which is fine with me but i realized that it is okay to have help if i am not doing so well.
- b. **Is there a friend, roommate, professor, advisor, or group in the ODU community who has helped you so far this semester? If so, how did they help**

**you?** My old roommate Julie has been a big support to me this semester and I am very grateful that she came into my life.

- c. **Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?** No i have not just because they are probably going to take place over zoom so i feel like well what's really the point of joining one.