

Final Reflection

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At the beginning of the semester, I was expecting to be able to walk through college like I walked through high-school. I maintained a 3.8 GPA in high school without ever really studying or making school a number one priority. I have grown, because now I am prepared and determined to work harder next semester and make my grades my number one priority. I wish 14 weeks ago I would have not held these expectations of college. I wish I would have known that school is going to require a lot of time put into it. I was told it would but did not really believe I needed to spend that much time on it. I do.

Now, I spend more time studying for each class, but not as much as I should. My study habits have changed from spending minimal amount of time on class work, and usually completing it in my dorm, to studying in study rooms or outside at the desks in front of Owens. The library is also a nice place to work a good resource. I have learned about office hours and how helpful they are, and I am going to attend more of them next semester. I will be using the technique of reviewing for class for about 30 minutes after class to help retain information.

There were connections between each classes, such as social injustice. Sociology and history were the most connected in this aspect. Also, health was related to in every class. In history our presentations had to relate to a health aspect, in chemistry we learned about different ways chemistry relates to the health field, and the same thing for sociology class. There were also events provided to hear from health professionals from ODU and the most helpful one for me was Art Therapy. I was able to destress and learn about a new career field I never heard of before. I did not even know art therapists existed.