

Pre Semester Reflection

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My transition to college was a significant difference from my home life to new life. Travelling from Pittsburgh Pennsylvania to Norfolk Virginia, there is a lot to be excited about. For my first semester of college, I am most excited to be living an independent life. Balancing school, gym, social life, and keeping my dorm room clean, is an exciting juggle because I am doing it on my own. Although it has been going well so far, I think my biggest challenge this semester will be keeping up with homework. There have already been a few assignments a friend mentioned that I didn't realize we had. I do not have any commitments outside of school however, so it needs to be my number one priority. I hope to be able to make enough time to continue lifting at the gym five days a week. I only lift for about 1-2 hours a day, making that 5-10 hours a week. I plan to manage my time by putting school first, if there is time left over then that is perfect. I usually always have a job, since I was 14, but I will not be working this semester in order to focus on school and treat it as my job. In high-school I did track and field, lacrosse and tennis for fun with my friends. I was a competitive gymnast for about 8 years before that. This semester I do want to join a club or organization but I need to learn more about them first. I hope to find one that does something productive and interesting to gain life experiences and knowledge.

My intended major is health services administration. I chose this major because I worked at a retirement home called the Waters of Wexford for about two years and am interested in overseeing the health services of a community likewise. I am good at being a leader in work environments and problem solving, making me a good fit for the career. My career goal in the next 5 years would be to be hired as an administrator assistant or something smaller to start me off on my journey to becoming a hospital's CEO.

High school and college already have major differences. For one, there are not eight back-to-back classes every day for 7 hours straight. The biggest difference is going to be the amount of studying required outside of class. For every hour in class, three hours is expected to be put into studying for that class. Studying and homework are indeed different, but homework could fall into the three hours needed per class. Homework is the assignments assigned by Professors but studying is taking the time to go over what has been taught and really memorize the information. I have six courses, Interpreting the American Past, Chemistry, and online English on Monday, Wednesday and Friday all for 50 minutes. I need to study for these classes about 7.5 hours outside of class. On Tuesdays, I have Intro to Health Professions, Intro to Sociology and Chem lab. These classes are about an hour and 15 minutes except for Chem lab which is an hour 50 minutes. I need to spend about 7.5 hours studying for these classes as well. I plan to study for these classes at the library. Distractions from studying will likely include my friends and my phone. I need to have my phone off when I need to focus and probably shouldn't study with my closest friends and rather a study group dedicated to schoolwork. The time of day I spend studying will depend on my schedule and energy levels of that day. I am not sure of what study techniques work best for me yet, but I am going to try my best to figure that out as soon as possible. I am excited for this new journey!