

## **Your First Semester**

- Tell us how you have grown from the beginning of the semester to now.

At the beginning of the semester I was very timid and only focused on getting to campus and back home. As I met new people I wanted to widen my experiences and explore more of ODU.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.

At the beginning of the semester I already had pretty low expectations since I had two older sisters who had gone to ODU, so I knew the first semester wasn't going to be an easy transition. This semester really showed me how fast paced college life really is.

- What is something you wish you knew 14 weeks ago?

I wish I knew how many assignments would end up overlapping each other as the semester progressed. For example, although an assignment for one class is due a month away there would end up being 4 other assignments for other classes due right before that initial assignment.

## **Study Habits**

- How much time do you spend studying for each class now vs. at the beginning of the semester?

At the beginning of the semester I was not spending a lot of time studying for my classes. As the semester progressed I began to study more often and find a study routine that keeps me accountable and focused.

- How have your study habits changed?

I have gotten better at keeping my study environment distraction free by turning off my phone and putting on my headphones. I have also learned to constantly look over my notes long before any tests or quizzes.

- Tell us about a resource that you have used/learned about this semester that will assist you next semester.

I have learned more about the perry library and how diverse the environment is according to which floor you are on. This will be especially helpful next semester as I can sit in the library to do homework, and if it gets too noisy for me I can go to a higher floor. Here I will also be able to readily find resources I could potentially need for my classes.

- What study habits/techniques will you use going into next semester?

Next semester I plan to have set times each week where I will study and catch up on any of my online class work. I will also, at least, begin those longer assignments when I first get them instead of starting a week or so after.

### **Health Professions Learning Community**

- 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.
  - 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.

Learning about historical context was essential in understanding sociology as it provides insight on how past events shaped present day trends. The opposite is also true as sociology is able to incorporate the analysis of social structures and the implications they had on societies.

### **Parallel Plan**

- a. This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.
  - Which two other majors would you be most interested in? Why?

Nuclear medicine and recreational therapy. Nuclear medicine was interesting to me because of the different types of machinery and other tools that help to detect any illnesses a person may have. For example, one way they may do this is they will inject some radiation into food and allow for the patient to eat it so that any illness would be revealed. Recreational therapy is also interesting to me because each patient encountered will require different treatments. There would not be a specific thing for each patient as they all have different needs.

■ What benefit is there to having a parallel plan (or two) in place?

The benefit to this is that after college I will be able to choose between different career paths instead of only being confined to following one. Another benefit is that having a parallel plan would allow me to increase my knowledge in other topics. This would make someone a larger asset in their career of choice as they are not limited to a single thing.

■ How could one or both of these two majors benefit your current intended major?

Nuclear medicine could benefit me as an intended nursing major because I would be able to effectively communicate with patients about any nuclear treatment they are to potentially get. I would also be able to monitor those patients during and after procedures.