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Health Professions

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This semester, I am enrolled in five different courses. These courses are Introduction to Chemistry/ Chemistry Lab, Dance and its Audience, Intro to Health Professions, College Algebra, and Introduction to Sociology. To do well in these classes, I have to come up with different ways to remember the material because what might work for one class may not work for another. Inside of my classes, I take notes and pay close attention to the examples the teacher may give. For example, in Sociology, he will sometimes relate real-world problems to the topic we're learning about to help us better understand. Sometimes, my professors may write out example problems on the board. Because Algebra and Chemistry are math-based subjects, I sometimes take pictures of the example problems my professors provide to give me something to reference. By doing this, I can remember the solving steps and apply them to other questions I may come across in the future. In Dance and Audience, I watch a multitude of dance videos that relate to what we covered in the lecture. As for Health Professions, there isn't much studying I do outside of class. In class, I pay attention to the material, complete all homework assignments for practice, and listen to guest speakers. Outside of class, I make flashcards on Quizlet and take practice tests for Sociology. For Algebra and Chemistry, I review my notes and make up practice problems for me to complete. One class I would say I'm doing well in is Dance and its Audience. This class is interesting to me because I used to be a dancer. Outside of class, I might practice some dance moves from the dance videos to apply what I learned. What works best for me is

analyzing the dance videos she posts because I can sometimes understand the meaning behind the whole dance.

Planning plays a huge role in my success for a class. Although I have managed to do well in my classes so far, one class that presents the biggest challenge for me is Chemistry. I realized that my normal study habits don't always work best for me in this class. A few strategies I have used in this class are attending office hours with my professor to get that one-on-one learning experience and visiting the tutoring center in the Chemistry building. Over the past few weeks, I have learned that creating study groups and talking about what I have learned also helps. I know that my teacher says you should spend at least 3 hours studying for every hour you're in class, but that's not realistic for me. I try to spend at least an hour or more going over the chapters we covered. I feel that a big part of this class is math-based, so most of my study time is spent working on how to solve problems. My number one takeaway from this class is to always ask questions when you don't understand something.

Aside from planning, I also need to monitor my study habits and how well they are working for me. I have already put this into effect. For example, I have done well on my sociology quizzes, but the way the midterm exam is formatted is completely different from the quiz. So, to adapt to this change, I have gotten rid of looking over flashcards and onto drawing out concept maps. I am being systematic in my studying by taking advantage of my time and using it to go over things and focusing more on topics I have trouble with. In my first few weeks here, I did not take advantage of the resources available to me. Now, I feel that I do a pretty good job of taking advantage of outside resources available to me. I know that I will have a better

performance when I ask for help and receive the assistance I need. Some outside resources that I have taken advantage of are the tutoring center, office hours, and the library. It is not very often that I struggle with motivation to study for this course, but when I do, I remember that this is one of the most important classes for my major. One thing that I was confused about was understanding how to write a balanced nuclear equation. I was able to get it clarified by speaking with a tutor and learning the concept behind writing a balanced equation. A confusion that remains is how to solve problems when dealing with half-lives. I plan to get it clarified by doing similar problems until I get a better understanding. If that does not work, then I will attend office hours.

The last step to keeping track of my progress in this course is by evaluating my performance on quizzes and exams. After receiving my first exam grade, I will say that I thought I did better than I did. I will say that the best thing that worked for me this time was creating a study group with peers in my class. This was my first time trying this method and I would do it again because it can help me find different and simpler ways to understand what I learned. I have not yet come across anything that I felt wasn't helpful to me in this process. The questions I missed were simple to fix with the correct setup. I feel that I did great on the exam itself. However, one thing I learned is to always go with your gut feeling and that you don't always need to work in a group.

In conclusion, after researching academic tips and resources I have found a few things that could help me inside and outside the classroom. A resource that can help me inside the classroom is the section on the Academic Tips & Resources page titled "Preparing to be an

online learner”. This would help with my online classes. Another resource I found to help me outside the classroom is using Academic Coaching to help build my academic skills. To add on, being a part of the learning community is a big help to being successful in my classes.