

Diymond Brooks

Health 101

Professor Tousignaut

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As an incoming freshman at Old Dominion University, I am most excited to learn about the different sororities and what they stand for in hopes that I can one day become a part of one. Transitioning from high school to college can be a bit challenging. I believe my biggest challenge this semester will be time management. Adjusting to the workload and completing assignments while making time for outside activities will be challenging. Aside from classes, other time commitments I have been working a part-time job and participating in learning community events. I expect to spend about 6 hours on them per week. Although finding a balance may be tricky, I have ways to keep up with all of my commitments. For instance, I've got a planner to keep track of everything, so that I don't overload myself with too much. I love to get involved in my community and plan to participate in a few clubs this year. In high school, I participated in the National Honor Society(A club for honor students), Health Occupations Students of America(A nursing club), and Destined Daughters(A club for the minority girls at Louisa County High School). A club that I plan to join this semester is the running club. I enjoyed running track and field from 8th to 12th grade.

Growing up I always wanted to be a teacher, but that changed over the years. After exploring a little, I found that my chosen career path would be Nursing. I've always had a natural tendency and love for helping people. Some skills that I possess that make nursing a

career choice for me are that I'm a good listener, loves kids, a great leader, empathetic, helping, caring, and determined. Some experience I have that relates to my chosen major is volunteering with the Louisa Rescue Squad over the summer. I also took a nursing class at my high school that allowed me to volunteer at the Louisa Health and Rehabilitation Center as a CNA in training. My career goals in five to ten years from now are to be a successful pediatrician who is financially stable and loves my job.

The biggest difference between highschool and college is the workload because there is always more work to be done. After you complete all assignments before the deadline something else comes up. In college, you always have to stay on top of your game. In addition to all the homework, you also have to find a way to remember the material by studying. I believe there's a difference between studying and homework. Homework can be completed while the material is still fresh in your head. On the other hand, studying is more time-consuming and helps you to remember the material later on down the road. I will spend about 5 hours in Health Professions, 5 hours in Dance, 10 hours in Math 103, 30 hours in Sociology, 30 hours in Intro Chemistry, and 15 hours in Intro Chemistry Lab a week studying. My preferred study space would be my room. However, the fact that I now live in a dorm can present many distractions. Such distractions may be the fact that I could get the urge to talk to my roommate, loud noises in the hallway, and my phone. As an alternative to avoid these distractions, I could play music at a low volume or visit a quiet place like the library. I could also receive help from the tutoring center as needed. The best time to study would be in the evening around 2 because I'm fully awake and not sleepy to the point where I will forget the material I covered. A helpful study tool would be creating flashcards

using Quizlet or creating handwritten flashcards. The best way I remember material is by constantly going over it.