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Health 101

Professor Jacob

11/30/21

When I first came to ODU, there were a lot of things that I wish I knew and wanted to be better prepared for. For starters, I was a big procrastinator when I started, but from past experiences, I knew that I had to approach this semester differently. So whenever I have downtime, I will look at my blackboard to see whatever work needs to be done. Coming out of high school, I would always make A's, so I was kind of expecting the same thing in college. I knew that there would be a drastic change with the transition from high school to college, but I feel that I was somewhat prepared for the things I experienced. Attending a local university during the summer of 2016 helped me prepare for this transition. At the beginning of the semester, I was a bit overwhelmed with all my classes. I had worked both full-time and part-time before while in high school, but being in college feels like a full-time job already. I said that I wouldn't get a job the first semester of my freshman year because I wanted to focus on my schooling and get used to my classes first. However, I decided to work anyway, and it was a big adjustment trying to balance school and work. One thing that I wish I knew 14 weeks ago is that when your teachers give you timed tests, don't rush to try and beat the time. Take a=your time and complete the work correctly promptly. Also, a lot of the time the information from the study guide is very helpful for the test.

After completing my first semester of freshman year, I can truly say that I didn't have much time to study any of the material that I went over in my classes. The only times that I set

down to study for my courses was to prepare for a quiz or exam. I would spend at least 2 hours for 3 days preparing to make sure I have the knowledge I need. At the beginning of the year, I tried to study daily for each class, but that wasn't what worked best for me. So I switched to just studying in advance for the test. I will say that my traditional study habits are using flashcards. Over these past few months, another thing that I have tried that worked for me is pasting all the objectives that would be on the test into a blank doc, jotting down all the information that I know on each topic, and printing it out to use as a study guide. I have also started using my previous homework assignments as study tools too. Towards the beginning of the year, I would use study groups, the chemistry tutoring center, and my teacher's office hours. Sometimes my schedule gets a little hectic and I can't attend office hours and you can't always rely on others to help you study. So next semester, I think I will stick to reviewing my homework and using creating study guides to help me prepare. Also, another tool that I will use is quizzing myself every 30 minutes on the material I reviewed.

This semester, I was enrolled in SOC 201S, HLTH 101, CHEM 105, and CHEM 106. This year, the theme for ODU is Arts and Social Justice. Each one of my teachers followed this theme and connected each of these classes based on Social Justice. For example, Professor Mccoy used the issue with lead in the water in Flint Michigan to connect it to our other classes. It is related to HLTH 101 because there is a specific limit of lead that is acceptable in water. However, the lead levels in Flint, Michigan exceeded this limit and were a danger to the citizens of Flint's health. Consuming high levels of lead from the water has bad health effects. Professor Mccoy compared the lead crisis to SOC 201S because individuals felt that this was a form of environmental injustice. Most of the residents there were the low-income and minority (Black or African American) group who were the poorest individuals in the population. Also, the

government didn't do their part with testing the lead levels to see if they were good. Some people thought this was a form of environmental racism. This relates to sociology because it talks about how members in a minority group are being discriminated against for not receiving clean water unlike others in surrounding communities. Also, the residents in Flint fought for justice and clean water. Sociology is related to Health 101 because it helps us understand how patients with different cultural backgrounds or religions might act in a hospital setting and their preferences about their healthcare. Understanding sociology also helps us learn how to treat patients who are different and understand the reason they choose what they do.

Out of all the events planned for the students in the Learning Community, the very first event was the most beneficial for me. Being a part of this community, I have heard from many different guest speakers about other careers I can pursue in the healthcare field. However, this event took out and benefited me the most, because not only did I hear from guest speakers, but I also got to meet former learning community students who were preparing for the HESI exam. Being a first-semester freshman with an indeed major in Nursing can be very stressful and overwhelming. Hearing from students who were once in my shoes and experiencing the same thing as I was once can be a big relief. I had the opportunity to ask them questions and they gave really good advice about classes and freshman year. Before attending this event, I was nervous about continuing with the Nursing major because of all the possible outcomes. After this event, I left feeling more confident in my decision about becoming a nurse.