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Mid-Semester Reflection
HLTH 101
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1. How much time do I spend studying for each class every week? I probably do not study as much as I should or maybe I just do not allot myself the time that I need. The amount of time wasted on Tiktok, Netflix, hanging out, or anything else other than studying and doing my schoolwork. I honestly always plan on spending more time studying, but by the time I do it is already late and I am pulling all nighters. So, every day I spend about five to six hours studying and most of them are in the late hours of the night. I spend most time studying for chemistry and sociology and not necessarily because I struggle with those courses, but because I want to do the best of my best. When I put all my effort into studying for chemistry and sociology, I unintentionally put History on the back burner and now it is my biggest struggle. I study practically any place where I am comfortable meaning on the couch in the living room of my house or my bedroom. Sometimes, I can get easily distracted when I study in the living room because of my family or I continuously want to grab a snack, coffee, or drink from the kitchen. When I am in my room, I get distracted with literally someone walking down the hall or the noise outside. My phone is the biggest distraction of all, so I literally have to purposely either let it die or leave it in a completely opposite room from where I am. The place where I go to get away from all the distractions and still be comfortable enough to study is usually outside on the deck or I'll go to a coffee shop that I love in Ghent. Going outside is great because no one else is usually around, so I do my best work when I am alone and in just the quietness of the outdoors. I love going to the coffee shop because a majority of the people there are also students doing work, which helps motivate me to do the same. The best time for me to study is at night because even though yes, I am tired from the day, my brain can stay more focused and it is more peaceful for me. During the day, all the things that I have to do are constantly on my mind, but at the end of the day all those tasks are done and it's just me and my work. Plus, that 11:59 due date always puts on some good pressure and all of a sudden I do not have writer's block.

2. My learning style has practically been the same my entire life and I never realized how important it plays in how I retain and understand information until I got to college and began to take a majority of my courses online. I am a visual and hands on learner. I need to see someone do it and then have the opportunity to do it myself. I need to be in the room with the teacher as he or she writes on the board and explains the equation or the theory. My best studying technique is note taking. I strongly believe that taking good notes, not only makes studying one hundred times simpler, but it is like studying in itself. For any class, like History or Sociology, where it can be textbook and lecture heavy, I read through the textbooks taking notes in different colors and only writing down information that seems important. Then, I'll go through the powerpoint or lecture and write on a sticky note any information that I missed and stick the note in the section of my notes that it adds to. So, when I go to study I do not have to go read the entire chapter in the textbook and rewatch the entire lecture because I have my notes that cover all the information. If there are any topics that I don't have an understanding of, then that is when I will try to find answers for my questions in the textbook, lectures, or outside

sources like YouTube and Quizlet. For Chemistry, I take notes of the lectures and make sure to include pictures and examples. I study best for STEM classes with practice. I'll go back through the homework sheets and try the equations again or try to find things online to help me practice the same topic. My newest study technique this semester was to try to figure out how to turn a teaching style that I was very unfamiliar with into a learning style that worked for me. I struggled with sitting down and staring at the teacher for hours and I was not learning anything from it, so I began to listen to the lectures while showering, washing dishes, folding clothes, or even driving. and for some reason listening to the instructor while focusing on a simple task helped me tremendously.

3. Has college been what I expected? No. College is nothing like I expected. For some reason, I was under the impression that yes, college was a lot of work, but for some reason I did not expect to be doing work constantly. Whether it is writing a paper, taking notes, studying for a quiz, homework, etc., I don't have as much time on my hands as I expected. Even before school started, I lowered my hours at my job to "work around my school schedule", but the time that I allotted myself was nowhere near enough for the amount of time I truly needed for school, so I had to go and lower them even more. With all this COVID-19 going around, I did not expect attending my 8:00 am on zoom from my couch, which seems great, but I wanted to be able to go to campus and sit in a lecture hall with my classmates and be able to see their face without a mask. I am a commuter. As a commuter, It has been hard commuting to campus because everytime I get there I get lost. Whether it is on the way to class or on the way back from class to the Webb Center and then to my car, I always get lost. If I had more classes on campus, then I am sure I would learn it, but I only go once every other week because of COVID-19. It is kind of embarrassing sometimes because I have to use my gps to get almost anywhere, but I think I am starting to get the hang of it.

4. One of my biggest challenges this semester was a paper I had to write for one of my classes. I am not sure if it was because I was struggling in the class itself or because I had never written a paper of that nature before, maybe it was both. I struggled writing that paper up until the last two minutes before I turned it in. I wish I would have utilized the writing center because I've heard so many good things from my classmates about how helpful the writing center was with their papers. There is not one person that I can say really helped me, but I do appreciate the organization of Professor Mohan for English because it taught me how to organize my assignments on a schedule for my other courses. I have yet to attend an interest meeting for a club, simply because I am waiting to get more involved until it is more safe to meet with people in person. I prefer to do things in person; rather than, virtually. I really dislike this whole virtual thing, so I'll be sure to join some clubs when it dies down a bit.