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Final Reflection

HLTH 101

12/08/2020

1.

- a. Fourteen weeks ago, I was excited for this new adventure called college or university. I was looking forward to a different level of education than what I have grown accustomed too. I expected college to be simpler than high school, fewer classes, more control over my schedule, and in a way less work. My thoughts on the college workload 14 weeks ago were exactly of a Tuesday and Thursday schedule. Somehow, I fell under the impression that I would only have work on the days I had school.
- b. From the beginning of the semester, I wish I would have been more mentally prepared for what is to come. I did not expect college to be based mostly on self-education. Since I am paying for the class my understanding was that I would be fully taught everything that I need to know, but boy was I wrong. It never occurred to be that I would be taking time teaching myself the material, practicing the material, completing work for the material, and testing on it, all on my own. So, the time I allotted myself was not enough and I had to decrease my work hours.
- c. There are a couple different resources or activities that I found helpful this semester. Mainly, the learning community proved to be extremely helpful. I am not sure if it qualifies, but I am considering it a resource. Being able to hear other students talk about similar struggles and frustrations with certain assignments or professors, helped me not feel so alone. Knowing that my peers were having difficulties with the same material assured my that I was not inadequate and it truly a hard assignment.
- d. The math and science tutoring proved to be unhelpful this semester. I was struggling with chemistry at one point, so I made an appointment with a tutor. I have never needed a tutor before or even considered getting one, so it was a big step for me to admit that I needed assistance. After making the appointment, driving the 30 minutes to campus, getting lost trying to find the oceanography building and the classroom, the tutor is not there. No one called or emailed me to let me know and I was depending on them to help me with an assignment that was due the next day. It just left a bad taste in my mouth. I am sure that I will try it again one day, but that was just my experience this semester.
- e. Mental breaks are one of the most important things I have learned this semester. I found myself stressing in unmeasurable amounts. Stressing

about assignments, stressing about grades, stressing about not being good enough to get into the program, stressing about stress. I ended up getting so stressed that I triggered an auto-immune disease, and the stress makes it even worse. I had to learn that it is necessary to disconnect. Walk away from the laptop, stop thinking about blackboard and lectures, and just spend some time doing what I like separate from school because it's so unhealthy to stay all bottled up.

2.

- a. In the beginning of the semester, I was so dedicated to studying that I would double study. To me that means like studying the same material in two different ways. Sometimes I would use quizlet and my notes or occasionally swap notes with someone else to study. Now, I am lucky if I even take notes for the lecture. I never wanted to be that student who just does school to pass instead of learning, but I burnt myself out too early. So, my studying now is pushing myself to be able to take notes and complete the lecture and reading.
- b. Sometimes, I am just winging it. For the classes that I was blessed with a good professor that provides a study guide aka an outline of what will be covered on the quiz or exam, I go back through my notes and power points to create a google doc with each bullet point putting in my own words the understanding I have of the topic that is going to be covered. In Chemistry, I am just practicing problems to make sure that I at least I know how to get an answer. My study habits changed because I either got lazy or I realized there is a simpler way.
- c. I think that saying "practice what you preach" in a way relates to how I study best. I need to practice what is being taught. For sociology, I try to correlate each theory with a real-life example. In chemistry, I go over the equations that I struggle with going back through the lectures and working through problems with the professor.

3.

- a. Honestly, I cannot think of anything to correlate any of the courses. I understand how they are related to health, but nothing stands out to me that was intentionally done by my professors.
- b. Two health chats run a tie in being the most beneficial for me as a student. The Virginia Beach Volunteer Rescue squad was really beneficial because it got me thinking about ways to get hands on experience. I was almost leaning towards doing the program, but recently decided against it. However, either way it was nice to hear opinions from ODU nursing students and very helpful. I also really appreciated the osteopathic medicine health chat. I loved how honest the medical student was. I can't remember his name, but I remember everything we talked about and I'll never forget the advice he gave.

