

Fall Semester Pre-Assessment (50 Points)

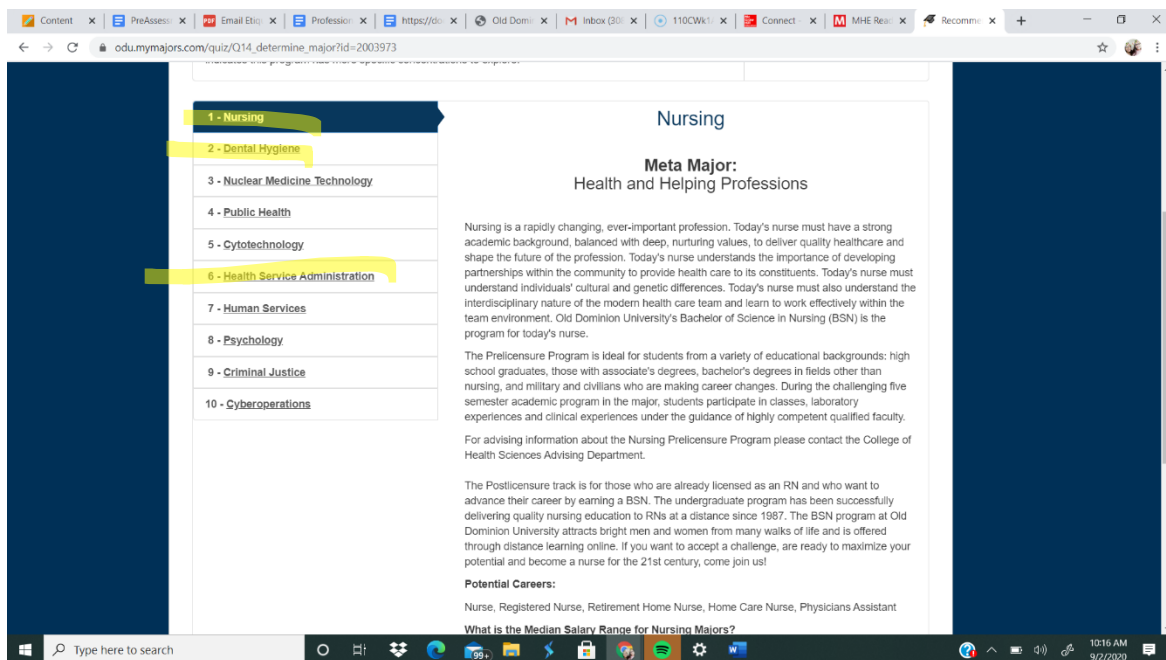
Due Date: Week 2

Assignment Submission: Download this document and save it as a Word Document. Save it as your Last Name_First Name. Send it to me as an attachment along with your [Professional Email Signature](#).

Please answer the following questions in complete sentences completely.

1. Major/Career

- What is your intended major and why did you choose this major? **Nursing and I choose it because after looking at a variety of different careers in different fields, Nursing was everything that I felt my calling in life was in one career.**
- What skills or abilities do you possess that make this major/career a good choice for you? **I just love people and working with them. Plus, I genuinely just want to help. I have also always excelled and found interest in the sciences.**
- What experience, if any, do you have that relates to your chosen major/career? **I was in the Medical Program at my high school, so I got the opportunity to see a lot of things that just confirmed what I wanted to do even more.**
- In what type of setting would you prefer to work? **Probably a Hospital; rather than, a clinic.**
- What are your career goals (in 5 years/in 10 years)? **After I get some nursing experience, I want to either go for my masters or head the Physician Assistant route.**
- Complete the MyMajors quiz: <https://odu.mymajors.com/quiz/>. Provide a screenshot of your results. Of the majors on your top 10 list, which 3 would you like to learn more about?



2. Transition to college

- a. What do you expect to be the biggest difference between high school and college? **Seriousness of being responsible because the decisions that are made or not made can directly affect you career.**
- b. What do you expect to be your biggest challenge this semester? **Figuring out the whole online school thing and how to succeed even if online is not the best way I learn.**
- c. *If you live on campus:* What do you expect to be your biggest challenge with moving away to college?
- d. OR *If you commute to class:* What do you expect to be your biggest challenge with commuting to campus? **Getting to class on time without catching the train**
- e. Do you have a job/ or plan to get a job? If so, where? How many hours will you be working per week? **I work at home depot and probably work about 30 hours a week with Tuesday, Thursday, and Sunday off.**

3. Study habits

- a. Is there a difference between “studying” and “homework”? Explain your answer. **Homework is practicing what you learned or are learning. Studying is ensuring that after the lectures and homework that the information is in your head and you understand and comprehend the material.**
- b. How much time do you plan to spend studying for each class every week? **I think in this first semester probably like 10-15 hours a week or maybe less I am not sure. I think it is too soon to tell with some of my classes.**
 - i. For which class do you expect to spend the most time studying? **Probably Sociology and Chemistry.**
 - ii. For which class (other than HLTH 101) are you expecting to spend the least amount of time studying? **English**
- c. Where do you plan to study? **I usually study at like a coffee shop or home if I am alone**
 - i. What potential distractions can you anticipate? **People, my phone**
 - ii. How do you plan to avoid these distractions? **Go some place where I can kind of sit alone and focus**
- d. What time of day is your best time to study and why? **morning/afternoon is great because my mind is fresh, I don't feel rushed since the rest of the day is ahead of me, and the natural light really keeps me focused for some reason.**
- e. This Fall, you are in online courses, some of which do not meet at a specific time, how do you plan to manage all of your assignments? **First, I got a planner for the first time to try to keep myself organized, but for the most part I am going to try to do work on the same day I was supposed to attend the class on campus.**
- f. Think about all of your commitments i.e. job, family, social life (from a distance and wear your mask! #ReignResponsibly). How do you plan on balancing your various commitments? **I am going to try my best, but I am sure that with the stress of school trying to the best I can in all my classes, my other commitments are probably going to take some sort of hit. If it gets too much with work, then I will be lowering my hours even more than I already have.**

4. Learning style

- a. What specific study techniques do you think work best for you? **Flashcards and focusing and what I do not know or don't have a clue about.**
- b. Do you use different study techniques for different classes? Provide examples. **When I took intro to Anatomy my sophomore year, my best study technique was to build my own paper man, so I could visually picture the different organs, bones, muscles, etc. When I took AP Psychology, that's when I fell in love with flash cards and I made them each Unit with different vocabulary words, theories, and people, so when the exam came around it was so easy to go back and study. For math, I try different**

problems for the different equations I am expected to use and then find videos or look at notes to teach myself anything I still did not understand.

5. Connecting to campus

- a. Name one academic resource at ODU you can use to help you earn “As” this semester. **Tutoring**
- b. Name one non-academic resource at ODU and how it can help you this semester. **Peer Mentors because a lot of them have been in the same classes that I am in right now, so they can give me advice on how they succeeded.**
- c. Name one resource you think you will use this semester. **Peer Mentor**
- d. Name one resource at ODU you would like to learn more about, and why. **Probably the tutoring or the writing center because I know as the semesters go by I am going want to take advantage of someone else looking over my paper or give me some extra help in the classes that can determine if I get into the program or not.**
- e. In high school, what clubs, organizations, or activities did you participate in, if any? I honestly didn’t participate in too many other than National Honors Society and attending the sports games
- f. Is there a club or organization you plan to join this semester and what do you expect to gain from this experience? If not, why not? **I’m not sure only because I don’t have too much information on how everything is going to work with this COVID stuff, I much rather wait until it dies down and little and then begin to get involved in different clubs and events.**

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
Depth of Reflection	Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.

Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. MyMajors Screenshot is provided.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. My Majors Screenshot is provided.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed. MyMajors Screenshot is provided.	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally, inadequately, and/or not at all. No MyMajors Screenshot.
Structure	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.