

Mid-Semester Reflection

Study Habits

Looking back at my Pre-Semester Reflection, I have not done anything that I said I was going to, relating to study habits and where I will be studying. Instead of going to the library to study, I usually do it in my dorm room. Also, instead of using flashcards, colored notes, and rereading textbook chapters, I have just looked over my notes and practiced questions from my textbook. I also have learned that I still procrastinate, which is what I said I need to fix in my Pre-Semester Reflection.

I am doing well in Chemistry, Sociology, and Interpreting the American Past. Besides history, there is less homework which makes more room for me to practice content-related information or review my notes. Interpreting the American Past is easier because I have already been taught the information, so it's just a matter of applying it and analyzing. The only class that I need assistance with is Principles of Public health. Although I have an A in the class, the professor keeps docking points off for APA. I have gone to the writing center and used all the resources that she has posted, on top of emailing her, but nothing is correct. Some changes that I have made include, using the resources provided by ODU such as the writing center or office hours, as well as different study strategies including electronic note-taking.

Transition to College

The expectations I had coming into college were you'd be studying a lot more than high school, exams were going to be more essay type rather than multiple choice, and that you will have so much more free time. Some of these turned out to be true, but others did not happen. It isn't necessarily true that you would be studying more, although it probably should be that way,

but it is merely 20-25 minutes of review each day after lectures. Exams in college, for me, tend to include both multiple choice and essay questions. Therefore, this aspect of expectation turned out to be true. Finally, it is true that you have so much more free time, however, I am constantly tired so I end up taking naps everyday. My college experience is different than I expected due to the type of coursework. I came into college thinking that class organization would be similar, however, every professor has their own ways to teach and give assignments. The other difference includes friends. I thought I would make several friends, however that's not the case. I have close friends and different friend groups, however, outside of class or sports, we don't really hang out. What has surprised me about my experiences this semester is how laid back and open the professors are. My toughest challenge with moving away to college is leaving my friends and family behind, including my dog. My easiest challenge that I have overcome was finding a system that keeps me organized, so I can turn in my assignments on time while still finding time to play volleyball and have free time.

Major

I haven't really learned anything new about my intended major, as I have not spoken to anyone relating to that field. The only thing I can say is that the scope health administrators work with is more diverse than I thought. For example, health administrators not only work with staff in hospitals, but they work with the public, agencies, etc. My thoughts have not changed about my intended major, as I still have the passion to pursue a career in it. I have two minors that I'm interested in learning about; entrepreneurship and accounting.

Connecting to Campus

One challenge that I have encountered this semester is citing sources, whether it is APA 7th edition or Chicago. For example, my Public Health course is one of the classes that proposed challenges to citing sources. I have utilized the Writing Center, which I can continue to go to to get feedback. Also, ODU's website has other great resources that help in the proper formatting of citations. My friends within my classes that I share with have helped me so far this semester. Usually, if any of us have questions, we ask each other and compare answers. I believe this is beneficial because it gives us different perspectives, while also factually checking our answers. They have helped me within the classroom, achieving good grades. My suitemates have also helped me by pushing me to study harder or relax and have a good time. I have joined the Club Volleyball team, which has helped me take my mind off of studies. Also, I had planned on joining the Global Brigades, however, my schedule is too conflicting with their meetings. I decided to get involved because I could meet new people, play a sport that I love, and get exercise.