

Your First Semester

- Tell us how you have grown from the beginning of the semester to now.

I think the biggest way I have grown over the semester is by learning how to be independent. The transition from highschool to college was hard, especially learning how to live on my own and force myself to be responsible. At the beginning of the semester I was extremely overwhelmed because everything was so new. It was hard for me to get comfortable living in a new city where I did not know anyone. I struggled to keep a routine and be productive, but as the semester moved on I realized that I had to learn to be independent and not rely on others to make me get my work done and take care of myself. I made and set a daily routine which has been really helpful when it comes to taking care of my mental health and my grades. This semester has really helped me improve on being independent and shown me that I can do anything I put my mind to.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. What is something you wish you knew 14 weeks ago?

At the beginning of the year I had no clue what to expect from college. I knew that going from living at home with my parents to living by myself in a dorm would already be a huge change. I also knew that my school schedule would be different but didn't know what to expect when it came to teachers' teaching methods. In highschool my teachers had told us that in college teachers would not be as helpful or as forgiving and that was true. This semester was extremely different from high school and not what I expected coming in. Something I wish I knew 14 weeks ago was that once you fall behind it is extremely hard to catch

back up. It is extremely important to stay on top of your work and make sure everything is turned in on time.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?
At the beginning of the semester I put a couple hours or the week aside to study for each class. I only put a couple of hours to the side for each class because what I was learning in classes was not very intense and I was doing fine keeping up. Now that we are at the end of the semester I am having to put hours of each day aside to study. I have to spend so much time studying now because with finals, exams and projects stacked up on top of each other it is very important to make time for all of my subjects.
- How have your study habits changed? My study habits have changed a lot. I have learned ways to remember things more effectively and to make studying more enjoyable. At the beginning of the semester I preferred to study alone because I found it easier to concentrate but now that we are at the end of the semester I find it a lot easier to study in groups. I prefer to study in groups of people who are working on the same subject because then we are able to share effective methods that help us and learn from each other. I think studying in groups also motivates me more because I feel the need to be productive when I see others being productive.
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- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
- This semester I learned about the Chem success center that offers tutoring. The success center was definitely a resource that was helpful and that I will continue to use next semester. I went here for tutoring and to complete homework I was struggling with, they were helpful most of the time and made me feel more confident in my work.
- What study habits/techniques will you use going into next semester?
Moving on to next semester I will continue to use the success center and the tutoring offered there. I will use this resource to stay on top of my work and achieve my goals. I will also continue to study with other peers who are in the same courses. Setting a timer for 25 minutes of work and then giving myself a 5 minute break has been extremely helpful with me and making sure that I do not get overwhelmed.

Health Professions Learning Community

- This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.
 - On the surface these classes do not appear to be connected; however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together. The courses SOC 201S, CHEM 106N and HLTH 101 are tied together in a couple ways. In each course we learned about the basics of the course and how it ties in with working in a health professions field. In HLTH 101 and SOC 201s we learned about sustainability. We were able to learn about being sustainable and why it is important to us when it comes to working in the health field. In history I worked on a project where I

learned about nurses and their impact on WWI, then in sociology I had the chance to do a project about how nurses' morals affect their work. So being able to learn about the history of nursing and its effect on the world and then compare it to how their morals affected their work was very cool. I enjoyed being able to learn about both parts because it gave me a better understanding of the knowledge gained.

Parallel Plan

- a. This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.
 - Which two other majors would you be most interested in? Why?
 - At the end of the semester I am interested in elementary education and human services. I have always been interested in elementary education because I have a passion for working with kids and giving them the education that they deserve. Human services is a major that I learned about from my interview with a health professional. I am interested in this because I enjoy helping others and seeing others succeed in life. Human services is also a very broad major making it so I could go in many career directions with this major.
 - What benefit is there to having a parallel plan (or two) in place? You benefit from having a parallel plan in place by having options. Not everything goes as we plan and there's a lot of factors that are not in our control. By having this parallel plan in place we have something to fall back on if something unexpected happens to our major. Having a parallel plan also gives you

the chance to learn about the other opportunities offered at this university. Knowing this information could also persuade you to minor in something that could be helpful or that I might enjoy more.

- How could one or both of these two majors benefit your current intended major?
I think that Human services could benefit me and my intended major of nursing because It could give me the opportunity to expand what I did in my career field. In my interview with a health professor she had a minor in human services and said that helped her in her career since she deals with lots of patients. As a nurse I will be dealing with lots of patients and their families, so having the proper education and knowledge on this is extremely useful. Elementary education is different from nursing but relates to children which is a passion of mine. So although these two majors are different they relate to each other in a way.