

Mid-Semester Reflection (100 Points)

Due Date: Week 9

Assignment Submission: Google Drive via Canvas

Reflection Instructions

Study Habits

- What classes are you doing well in, and why?

-I am doing well in my Sociology, Bio, Intro To Health Professions, and Principles of Public Health Class. These classes are easy and do not require much studying.

- What classes did you identify as needing assistance in?

I need assistance in my math class.

- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)?

I started going to tutoring for math so I can improve my grade. I also do math practice problems.

Transition to College

- What expectations did you have coming to college?

I thought my first year would be super easy. I also expected that I would be more involved.

- Have those expectations come to fruition, or not?

No, those expectations did not come to fruition. I found out that my first year wasn't going to be so easy. Also I don't have the time to get involved in different clubs or activities.

- In what way is your college experience different from what you expected?

I did not expect to have to study everyday and all day during my first year of college.

- What has surprised you about your experiences so far this semester?

I am surprised that I became friends with so many good people in such a short period of time.

- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome?
- OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?

The toughest challenge with commuting to campus is trying to beat all of the traffic when leaving campus.

Major

- Name something you have learned about your intended major that you did not know at the beginning of the semester.

I did not quite understand the meaning of public health but learned how big of a major it is. I realized that it is more important than I thought

- Have your feelings changed about your intended major? List some thoughts you are having.

My feelings have not changed about my intended major.

- Is there another subject (major or minor) that you are interested in learning more about?

Another major/subject I want to learn more about is psychology.

Connecting to Campus

- Name one problem or challenge you have encountered this semester, and which resource(s) at ODU you have/can utilize to assist with this situation.

A problem that I have is understanding the math I am learning. I use the math tutoring resource for assistance.

- Is there a friend, roommate, professor, advisor, or group in the ODU community who has helped you so far this semester? If so, how did they help you? A study group in my bio class really helped me. I learned better studying habits and was able to connect with others.
- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?

I Have no attended an interest meeting for a club. I decided to not get involved since I have too many things going on right now.