

Mid Semester Reflection

The transition to college came with several overwhelming expectations. I expected to interact with many diverse and unfamiliar people as well as face challenges regarding time management. In many ways my expectations did come to fruition. I met many new people from various places, many of whom shared the same interests and major. They helped inspire my love for nursing and provided guidance when I struggled with a certain curriculum. Although I initially expected and found college work to be rigorous, I found that it was manageable with proper time management. Despite learning how to prioritize school work, the hardest challenge I faced was learning how to study efficiently. In contrast, the easiest challenge was overcoming homesickness. I routinely communicate with my parents and other loved ones far away in order to overcome this.

At the beginning of the semester, I was unaware of competitiveness within my major. This has caused some discouragement, but I am still optimistic and eager to learn more about nursing. I am interested in nutrition as a minor due to its connection to various other fields such as therapy and culinary.

A challenge I encountered this semester was learning how to critically analyze papers using a method appealing to my teacher. To address this issue I asked my teacher for guidance and tutoring in which they provided. Many of my friends in the living and learning community have helped me understand concepts taught in class that I initially found challenging. They have allowed me to understand material to a degree in which I can apply it. I have attended an interest meeting for volleyball to further connect with other students but decided not to join due to a lack of time.

I am doing well in my classes such as sociology and literature. This is because my teacher in these classes has established a routine effective in helping me absorb the material. Additionally, I find genuine interest in these topics making it easier to study. In contrast, I tend to need assistance in chemistry because of its pace. Although I find this class more difficult than others, dedicating more time to the course has proved to be beneficial.

In connection to the theme of this semester, I have learned various sustainable practices including composting food and eliminating single use plastics. I would like to start reducing my food waste. I plan on doing this by only buying what I know I will eat and buying in bulk to reduce harmful packaging. I would like to learn more about sustainability in relation to energy. I feel like that is of most importance since it is abundant.