

Mid-Semester Reflection (100 Points)

Due Date: November 3rd, 2024

Assignment Submission: Google Drive via Canvas

Reflection Instructions

For this assignment, please look back at your Pre-Semester Assessment and identify changes that you have made between the start of the semester, and now.

Answer each question using complete sentences and good spelling and grammar. Be thorough and thoughtful in your analysis! **This will be going up on your e-Portfolio. Make sure to add it once it has been graded. You can make edits to it after it has been graded for your e-Portfolio submission.**

Reflect on the following:

Study Habits

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

I am doing well in my English Class right now. I am doing well in this class because of how the work is presented and how the teacher teaches. She is very helpful and gives us many opportunities to bring our grade up if needed. She is also my favorite teacher because of how helpful she is. She makes sure that we understand the material before we move on to the next topic.

- What classes did you identify as needing assistance in?

The class that I identified that I need assistance with is chemistry. Chemistry is my worst subject and grade at this moment. It is very difficult and hard to understand.

- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)? **I have gotten a tutor every monday to help me with my chemistry. I have been putting in a lot of extra studying time for this class also. I have changed from studying in my room to studying in one of the study rooms in my dorm.**

Transition to College

- What expectations did you have coming to college?

I had expectations that college professors would be nice and helpful throughout our freshman year since we are just getting here and trying to learn as we go. I also had expectations that we would have more quizzes and work but it is mostly just exams that hold a lot of weight in the class.

- Have those expectations come to fruition, or not?

I have found out that most of my professors are not very nice nor helpful. They really dont tell you what you can do to help your grade; it's kinda like they don't care. I would have thought

they would have helped us a lot more through our transition but that wasn't the case at all. They just throw you in the deep end and hope that you can swim. For most of my classes there are no extra assignments that hold much weight. Everything is based on the exams so if you are failing an exam it would be very hard for you to bring it up because no other assignment holds that much weight.

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

College wasn't different from what I expected it to be really. I knew that the work would be difficult and time management would be my biggest concern. I knew that everything would be put on me and it would be my responsibility for everything here. I have to make sure that I get everything done because none is here to tell me that I need to get it done. Everything I expected really happened.

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

I was surprised how much work my gen ed classes give. For all of my gen ed classes I have the most work for them and take the most time. I thought my chemistry class was going to have the most work but it turned out to be my history class. Which is weird because I really don't need history but it turned out to be my least favorite class with the most work. It also surprised me that I would really have to do things by myself and for myself. I was not really used to doing that because my mom did everything for me so that's another thing that surprised me.

- *If you live on campus:* What has been your toughest challenge with moving away to college?
Easiest challenge to overcome?

The toughest challenge about moving away from home is that I would miss my family a lot and just being home. I miss being able to go in my mom's room and talk to her about anything that was going on in school and she would try her best to help me. I miss being able to spend time with my family also, it feels lonely here without my family being here with me. The easiest challenge to overcome was being able to wake up on time for my classes, especially my 8 am class. This is because I usually would wake myself up for school when I was back home so doing it here wasn't so hard.

- OR *If you commute to class:* What is the toughest challenge with commuting to campus?
Easiest challenge to overcome? **N/A**

Major

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

I haven't learned anything about my intended major that I already didn't know before the beginning of the semester. I did my research on my major because I was planning on switching majors. My intended major before I got here was Dental Hygiene but changed my major to pre-clinical studies. So I knew everything about this major before I switched because I needed to make sure that it was the right fit for me.

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

My feelings have not changed about my major because I know this is something I want to do. I have always wanted to go to dental school and even though chemistry is hard it will not stop me from achieving my dreams. The only concern that I was having is passing chemistry but I am doing everything in my power to make that happen. So no, my feelings have not changed about my intended major.

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

The only other major that interests me is pre-vet. I don't know if that is a major but it interested me. Anything within the medical field interests me. I have always loved animals and wanted to help them but I feel as if I am way too emotional to handle sick animals on a daily basis but it still interests me. The other major would be criminal justice. I say this because In highschool I wanted to be a forensic scientist but decided that it would be a good fit for me in the long run. I did a presentation on what it takes to be a forensic scientist and It didn't seem like it would be something that I could do for the rest of my life.

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.

The challenge that I faced was changing my major. Before my advisor was switched I connected with advising and she helped me get my major changed. She was very helpful and made the process much easier than I thought it would be. I am very grateful for my past advisor because she helped me to where I am today.

- 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?

My roommate and my tutor have helped me so far this semester. My roommate encourages me to study and work hard. We both study together in the study rooms and we push each other to be better. We both are

both in the medical field so we understand each other a lot. She helps me with practice problems and flash cards. She is my number one supporter here. My tutor has helped me a lot also. He specializes in chemistry and tutors me every Monday. He has given me a lot of motivation on what I can do to bring my grade up and be successful in my chemistry classes. We go over practice problems and he explains it more in depth for me. I am so grateful for my support team here.

- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?

I have attended interest meetings for 3 clubs. The first meeting was with global brigades and I found out that this club wasnt really for me. It seemed like it was really just focusing on going out the country and doing medical school things. I didn't think It would benefit me too well since I am trying to go to dental school. The second meeting was for HOSA. I decided that I wanted to join them because It seemed like a welcoming group and I felt like I would do well in the club. The last club was Pre-Health Club. This club is really for me and I decided I wanted to join. They have many different sessions that talk about dental school and I feel like this club will benefit me the most. At one of the meetings a speaker from VCU dental school came and talked to us about what we needed to do to get into dental school. This was so helpful because VCU is my top dental school and It helped me alot. I am most excited about the Pre-Health Club and what they have to offer this school year.

Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -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	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 or are irrelevant to the assignment.	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.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	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.
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.