

## **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?
  - In my first year of college, I am doing well in classes such as sociology, chemistry, and chemistry laboratory. I find chemistry entertaining and the labs are fun and interesting. I enjoy learning about science and have tried to put good time into learning the material, since it can get a bit confusing. I feel as if I am making good progress in the course and they have overall been going well.
- What classes did you identify as needing assistance in?
  - I firmly believe that I need assistance in history, I appear to be struggling. History is not one of my strong subjects and the material is confusing to me. The readings are sometimes hard to understand, and I find it challenging to keep up with all the information. I want to do better, but I need help grasping the information and improving my grade.
- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)?
  - I have a history tutor now, and it's really helping me a lot, especially in keeping up with class discussions. I have also been trying to put more time into studying and doing assignments. The tutor explains things in a way that makes it easier to understand and answers questions that I may have.

#### **Transition to College**

- What expectations did you have coming to college?
  - Upon coming into college I believed that it would be easier to keep up with classes and material since I am free for more time and classes are shorter. I also expected to meet a lot of new people and be able to keep up with my work.
- Have those expectations come to fruition, or not?

- I do tend to have a lot of free time in which I try to balance everything out, especially all of the readings for all of my classes. I have met a lot of new people. As for keeping up with my work, I have been trying my best to do so and I am able to for some classes but not for others.
  - How?
- My classes are not too long which leaves me a lot of free time to dedicate to reading, preparing for my next classes, and completing work. I have also gone out and tried to connect with groups or organizations that I felt related to me and that is how I've met new people.
  - In what way is your college experience different from what you expected?
- My college experience is different from what I expected in a way that I believed I would be able to have a lot of free time and be able to get through courses easily.
  - What has surprised you about your experiences so far this semester?
- So far in the semester I have been surprised about the amount of work we get in classes. In some we only have to do readings while in other classes we must do a lot of work and readings in order to be on track.
  - *If you live on campus:* What has been your toughest challenge with moving away to college?  
Easiest challenge to overcome?
- I believe that the toughest challenge with moving away to college has been having to leave my family and friends behind. This includes my boyfriend who is in bootcamp, whom i haven't been able to see or talk to since august. Along with home food, although I am able to cook here, I miss my mom's food and being able to have dinner every night with my family.
  - 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.
- Prior to the semester I didn't know much about all the public health opportunities that there were. Due to my public health class, I have learned about the many pro's and con's in public health. Public health is such a broad topic that includes many ways to help people, the ways people are being helped, and includes the history of public health and how it was established that public health was necessary. The course highlights the importance of health and its resources.
  - Have your feelings changed about your intended major? List some thoughts you are having.
- No, my feelings have not changed about my intended major. I still plan on pursuing a degree in Nursing with a possible minor in spanish. I am still unsure about any kind of concentration but I am still hoping as time goes on I'll be able to better decide. I am still sure that I want to be able to help people, especially those who may be in minority groups. I love the idea of being able to have the knowledge to be able to help someone and possibly even change their life one day.

- Is there another subject (major or minor) that you are interested in learning more about?
- I am interested in learning more about a minor in spanish. Spanish is my first language and it is also so broad that there's always something new to learn. I have also thought about a minor in a science if that is possible or even a military leadership minor.

### 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.
- History has been a challenging course this semester, due to not understanding the material and falling behind. Due to this issue I reached out to my TRIO counselor and she suggested that I do tutoring. I am currently tutoring through TRIO and it has bettered my understanding of the course and I am now working on turning in my work on time.
- 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?
- The TRIO program has been very helpful this semester with any struggles or questions I may have. They have helped me gain confidence in being here at ODU. Upon knowing that I was struggling with history they helped me get set up with a tutor and they have even helped me be better prepared for things such as spring registration, involvement, and acknowledging further resources provided here at ODU.
- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?
- I have attended meetings for clubs. I am currently in LSA. I decided to go to the interest meeting for LSA since I thought it was something that really interests me and is related to me due to latin origins. LSA has been great, I have met many new people and made many new friends. I plan to get more involved in sports club this coming spring semester but as for now I am glad to be involved in LSA now.

### Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -55.5 points)	Unacceptable (55.49-0 points)
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<b>Depth of Reflection</b>	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 applicable, are not provided or are irrelevant to the assignment.	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.
<b>Required Components</b>	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.
<b>Structure</b>	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.