

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 feel I am currently doing well in my Math 102M (College Algebra) class. I diligently study for this course by taking detailed notes in and outside of class and completing practice problems to help apply my understanding of the concepts.

- What classes did you identify as needing assistance in?

I am encountering some challenges in the subjects of Biology and Information Literacy for Health Professions. I find the material we learn in Biology interesting, however, the content is more rigorous and stressful to understand/study. As for Information Literacy for Health Professions, I struggle with research-based projects and drafting my research information accurately.

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

In Biology, I plan to start reviewing each chapter periodically and study in smaller increments to help me feel less overwhelmed when preparing for the lecture exams. I can also attend office hours or go to tutoring sessions if needed. For Information Literacy for Health Professions, I have communicated my struggles with my professor and asked for feedback to ensure my work will fit the guidelines for the intended project.

Transition to College

- What expectations did you have coming to college?

I expected my first semester of college to be a period of adjustment as I was moving away from home for the first time and learning to live independently. Regarding academics, I expected the courses to be more challenging, both in terms of content and the additional time required for studying outside of class.

- Have those expectations come to fruition, or not? **YES (See below)**

- How? **The increase in the rigor of the course load for college classes was an adjustment, however, I am learning to properly time-manage and adjust my study habits accordingly. Additionally, living independently was also a struggle at first due to missing my parents and the sense of “normalcy” I felt in my hometown.**
- In what way is your college experience different from what you expected?

I did not expect the grading structure of most college classes to be heavily weighted on exams rather than participation/in-class assignments. However, I understand this aspect will vary for each course and by the professor.

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

During my experiences this fall semester, I was genuinely surprised by the extent of my personal growth and forming my independence. For example, managing my schedule, balancing coursework, and making decisions without my usual support system forced me to develop stronger time-management skills and better stress-management strategies.

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

One of the simplest challenges I faced when transitioning to college was building a connection with my new roommate. I believe our personalities balance each other nicely, and we've developed a great friendship so far. Additionally, we both have good communication skills so if a problem arises, we can approach the issue with a mature conversation.

My toughest challenge with the transition to college is moving away from my friends and family. Although I still like to keep in touch with everybody through texting or Facetime calls, I do deeply miss seeing my loved ones every day either at school, dance, home, (etc.).

- 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.

Most jobs in exercise science only require a bachelor's degree, but for more advanced roles and/or clinical practice, a master's degree in exercise science is often preferred or required. Essentially, a master's degree in exercise science will significantly increase your job opportunities and earning potential within the field.

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

I am currently in the process of deciding if I would like to change majors. I originally chose exercise science as a major since I was interested in numerous possible career choices including strength and conditioning coach (for dancers), physical therapy, occupational therapy, and possibly physician's assistant. However, I am still undecided and would like to explore more healthcare professions to study within ODU's College of Health Sciences.

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

I am interested in discovering new pathways in the healthcare field to help finalize plans for my career after graduation. I would like to learn more about majors such as Recreation Therapy or Pre-Clinic Health Sciences and the job opportunities a bachelor's degree would offer.

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.

One minor challenge I have encountered this semester is effectively preparing for my biology lecture exams. These exams include extensive material and require numerous hours of studying. To address this challenge, I started attending weekly SI Exam Review sessions which enhanced my understanding of the biology concepts that would be tested on the exam.

- 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 friends have been a great support system for me during my first semester. Since my roommate and I are both freshmen in the Perry Honors College and College of Health Sciences, we can both understand how overwhelming school can become at times. Fortunately, we are there for each other during these difficult times and help one another as needed.

- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved? **Yes; I recently attended the first general body meeting for ODU's Pre-Health Club. I am interested in getting more involved in school clubs that can relate to my career goals and will help me develop effective skills for success in healthcare. I feel Pre-Health Club will allow me to accomplish this goal through the numerous networking and volunteer opportunities offered to become active in the community.**

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 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.
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.