

## **Mid-Semester Reflection (100 Points)**

**Due Date: Week 9 - 10/25**

**Directions:** Please respond to the questions in paragraph form. Use the template below to type your assignment. Save it as your Last Name\_First Name Pre Semester Reflection

**Assignment Submission: Google Drive via Canvas**

### **Reflection Instructions**

For this assignment, please look back at your Pre-Semester Reflection 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 math class, my LLC classes and in my public speaking class. I am doing well in these classes because I am completing every assignment that I get. This helps me keep my grade up in those classes.

- What classes did you identify as needing assistance in?

I know that I need more assistance in my chem class and in my art history class. I understand a lot of what is happening in those classes but I'm not the best test taker and these are my harder classes. So I may need some assistance in the future.

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

I started to use the library to study more because it helps me focus. It makes me sit down and just do work that I need to accomplish which helps to keep focused. This helps me turn in things on time.

## Transition to College

- What expectations did you have coming to college?

I expected college to be more inclusive with students. Our college is great with school spirit but it lacks being more inclusive to all students. I also thought there would be an easier way to make friends but it is kind of hard since I don't have many classes.

- Have those expectations come to fruition, or not?

The expectations in some ways were proven right and wrong. I still feel it's not as inclusive as other schools are, but it's just like any other college. I have made some friends but I think making friends just comes with time as well.

- How?

The school has made an effort to be more inclusive with students and I think that it is great. There are also a lot of school events and things that you can do with people at the school that you can make friends at. It seems like a very nice college.

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

I miss my friends and family from home a lot more than I expected to but I believe that is it. I pretty much-expected college to be what it is. Seems hyped up the right way.

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

All my experiences have been super fun so far at college and nothing has really surprised me much. It is just the same as in high school just in a different place at a harder level. It just feels almost the same.

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

My toughest challenge with moving away to college would probably be not knowing everywhere around me. When I was home I knew where everything was because I have lived there my whole life. Now that I am somewhere new I don't know where everything is and I have to constantly use a GPS. My easiest challenge would probably be moving everything in and

moving everything from home to here. I love to decorate so it was fun to move everything and decorate everything in my dorm.

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

### **Major**

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

I learned that there are internship opportunities for exercise science to do as a freshman. I thought that I had to wait till I was a junior or senior. But I learned that I can start getting my hours now which is a lot nicer than waiting till I'm either a junior or senior.

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

My feelings haven't changed currently about my intended major. The only thing I do not like about my major is that I have to take so many different chemistry classes. I am not very good at chemistry and I'm not particularly good or interested in the class but I have to take it.

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

I think it would be interesting to learn more about oceanography. It seems very interesting to learn about and I feel like I would be very interested in it. I could eventually take some classes for it but I currently am not sure I will.

### **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 challenge I have encountered at ODU is that I have had to study incredibly hard for my chemistry class. I have used my professor's office hours and used friends as sources. There is tutoring available that I can also go to if I ever really need help.

- 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?

I have a good friend that I used to work with who has helped me a lot so far this semester. She has helped me make new friends and shows me the dos and don'ts of college. I also have learned a lot from her and other friends since they are older and know more about the environment here.

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

I haven't attended an interest meeting yet. I plan to look into more clubs next year but for this year I want to take it easy before adding a lot to my already busy schedule. I am really interested in joining a choir and I may do it in the near future.

### Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -55.5 points)	Unacceptable (55.49-0 points)
<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	Writing is mostly clear, concise, and well	Writing is unclear and/or	Writing is unclear and disorganized.

	<p>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.</p>	<p>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.</p>	<p>disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.</p>	<p>Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.</p>
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