**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 all of my classes, however, some are more challenging than others. For instance, my science courses like chemistry and microbiology have been extremely difficult but that is when I spend more time on those than the others. There is much studying and not only memorization but understanding the concept in these classes that are not just

* + What classes did you identify as needing assistance in?

My chemistry lab class has been the most challenging, although I believe that it is putting what we learned in class into practice.

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

I have begun to spend more time studying for this class. For example, reading the pre-labs and instead of just reading to read them, I have tried to understand why I am reading them for the experiment I will be doing the following day.

**Transition to College**

* + What expectations did you have coming to college?

I thought that it would sort of be easy to make friends because everyone is new and in the same boat.However It has been difficult finding my people and sometimes makes me feel like I shouldn’t be here.

* + - Have those expectations come to fruition, or not?

They have not.

* + - * How?

I have not really connected with anyone or made friends like I thought I would.

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

I thought this would be the time for me to find my people and why I was put on this earth.

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

That not everyone is here to get a degree. Some are just looking to get out of the house, gain freedom, and have a little fun.

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

I am going to be honest, the toughest challenge for me is getting up and doing my laundry when I do not feel like it but am on my last items so I know I need to. The easiest challenge that I overcame would be learning how to get across campus without getting lost.

* + 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 have learned that my classes will be all off-campus at Virginia Beach. But specifically for my major, I have learned they have an ODU Student Nurses Association that I think is very amazing.

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

My feelings have not changed for my intended major. I am nervous that I will not be able to handle all that nursing school throws at the student but that is when I need to find the strength within myself to keep pursuing against all odds.

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

There really is not another subject I am interested in learning more about. I am currently taking classes for a minor Children’s Rights which has been very intriguing to me, especially since I want to go into pediatrics, nicu, or mother/baby.

**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.

I have a disability and the process of going to OEA through ODU made it very easy for me to meet with an advisor and work on accommodations.

* + 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?

Everyone has been so nice and helpful that there is not just one person that comes to mind when I had a question.

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

I did attend an interesting meeting for the Global Medical Brigades club as well as ODU Smile club and I decided to get involved in these because they both deal with giving back to a community that does not necessarily have the means to provide for themselves which I really love.

**Rubric**

| **Criteria** | **Excellent****(100- 90 points)** | **Sufficient** **(89 -80 points)** | **Minimal** **(79 -55.5 points)** | **Unacceptable****(55.49-0 points)** |
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| **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. |