

## **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 currently doing well in chemistry, mostly because the teacher does a great job helping us understand the material. Actively letting us ask questions without being perceived as unintelligent. He also has study guide templates that we can use for easier studying and there are plenty of students that we can ask for help either in person or through Group Me. I am also doing well in math, but that is mostly because of the repetitive assignments given to us that have us constantly practicing the topic devised in different topics, the app being called ALEKS. It is also due to the fact that I am particularly 'okay' at math though I do despise the subject.**

- What classes did you identify as needing assistance in?

**I need assistance in biology, I have trouble memorizing all the information given in class. I recently failed a test in the class as well. I did well on the first though, and my third test is coming up so I plan on studying really hard to receive a good grade so I don't have to worry about it bring my GPA down and**

**flunking the class and having to take the course over again ultimately wasting my time and money and disappointing my parents.**

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

**I attempt to study a lot for the class, though in relative terms I can definitely study hard in the course relative to studying that on top of paying more attention in class. I want to join studying groups more but the TAs only have time for tuesday and thursday during my math class making it impossible to attend these sessions which I feel would be a great help to myself.**

### **Transition to College**

- What expectations did you have coming to college?

**I expected to do alright in classes, due to that fact I have taken college like classes in high school. I was also hoping to make a lot of friends and explore the area more.**

- Have those expectations come to fruition, or not?

The classes are what I expected and the workload is much similar to high school in a sense, which is a relief. I didn't make as many friends as I wanted.

- How?

**Friend wise, I want to say it's hard for me because I'm an introvert and I find it hard to speak out to strangers. But, I am a total ambivert with my friends. I want to make more friends so I am not in the same bubble everyday. It gets repetitive, but I find it hard to do so.**

- In what way is your college experience different from what you expected?  
**It's different in the sense that I thought others would be more mature about attending an institution of such caliber. We are not adults and attend a university to hopefully get a degree in what we want to pursue for the rest of our lives. There are people who take college as seriously as it is but there are others who just make it more difficult to attend here. I also thought there would be more to do in college, but this area is pretty bland except for the supposed 'parties' that happen every weekend.**

- What has surprised you about your experiences so far this semester?  
**I am surprised that I am struggling in a class, I knew I was not as good in biology. But, I suppose I thought of it like my AP biology class where I could flunk the test, but still get my points back though doing other assignments and quizzes with a curve bump. For this class it's just 5 tests and that's it. I am a bit surprised that 5 tests throughout the semester can make or break me.**
- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome?

**The toughest challenge I have faced with moving away to college is not being near my family. I am 4 hours away from the people that I have known all my life and it's harder than I originally thought it would be. I have learned to cope with this change after the first 2 weeks of school, but hanging out with friends and doing activities whenever the change presents itself. The easier challenge to overcome would be getting used to the new bed space, after the first week I got used to my wobbly bed and the limited leg room I have in my new bed. The limited space reached me to not stay in my bed as much and instead spend as much time out of my room as possible.**

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

**I do not commute.**

## **Major**

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

**I learned about all the course requirements that are associated with my major, that do not all necessarily have to do with biology or science. There are requirements for English, math, and Gen Ed requirements.**

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

**My feelings for my major have slightly changed about my intended major as my first option will still be physical therapy, but I am now also thinking of athletic training and possibly recreational therapy as options. I also am now thinking about debt and how much money I can accumulate to pay for DPT.**

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

**For a minor I am thinking about Public Health or Recreational Therapy.**

### **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 faced a challenge in my biology class. I find it hard to memorize all the duties our organelles and protein, and etc. do for the body. And there are so many terms and other material to memorize. I just joined a google page made by one of the students in my class, that is compiled of notes and study material for the tests. I feel that will really help me in the future.**

- 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?

**There is no one who has helped me so far this semester, I have been doing relatively well on my own. Besides my issue with Biology.**

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

**I have not attended any interest meetings for a club yet, I do go to any activity that they hold. But, I am not yet ready to commit to a club yet, I just want some free time for now. I am interested in some clubs for next year that I can hopefully do.**