

Final Reflection.

Transitioning from high school to college has been difficult. Taking classes more seriously and staying focused was hard in the beginning. As time progressed, I do feel like I've grown a lot as a person. I've gotten better at explaining my thoughts and finding resources to help me. In the beginning of the semester, I did not like asking for help. I felt it made me feel weak but asking for help is okay. I've grown to be more comfortable with letting others help me and understanding that I do not have to do everything on my own. My expectations for this year were high. Old Dominion University is very persistent on letting everyone know that they care. I understand that but my expectations were not met with this statement. The professors are kind, but I believe there should've been more tutoring resources. I say this because if I only gotten the correct information to the tutoring sessions, I could've gotten help with chemistry instead of having to withdraw from the class. Something I wish I knew 14 weeks ago would be to be sure to explain my answers in extreme detail. In high school I was so used to giving vague brief answers to questions that it really affected the beginning grades in my college career. I also wish I knew how to cite my references correctly, in high school I struggled using *Noodle Tools*.

My study habits haven't really changed since the beginning of the semester. I still use YouTube videos to help me. I study about 6 hours per week. I know it's not the best, but I am trying, and I hope to study more next semester. Some resources that I've learned about that I will use is the Math and Science Center in the library. I will try to attend more of those sessions so when I retake my science class, I will be caught up on the things I need. Some study habits I will use going into next semester would be forming study groups with friends and actively using the study room provided. I will also use music therapy as well as painting to keep my brain focused while doing work.

I believe CHEM 105N and CHEM 106N tied together. A lot of the information from lectured was also stated in the lab. Both were hard concepts to grasp for me although I tried my hardest to understand the material. Chem lab referred to the lecture on multiple occasions. I believe both history and sociology tied together as well because of learning how society is built. Professor Lopez also brought up my history professor many times as well.

The most beneficial event to me was the paint night. It reignited my passion for painting and creating things. It also helped me with coping with tough situations by being creative. I can express myself on paper and cope in more healthy ways. It was also a fun experience and I met so many creative people. I wish I had attended more events, but I was caught up in other things. Next semester will be better though.