

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 every class besides chemistry because of how they are taught and easily learnable. I am also interested in the things that we learn. Philosophy is probably my favorite class. The topics and people that we talk about are very interesting and different compared to what I have been taught. I also really enjoy my English class. The professor is funny and I have made a good group of friends in there.

- What classes did you identify as needing assistance in?

Chemistry, I have tried so many ways to understand, learn, study, and teach myself how to do the subjects but when I go to take an exam it's like I have learnt nothing and it's very disappointing. I emailed my professor and I'm gonna try to go to office hours for more of a one on one. I don't really struggle in any other class but that one because of it being a flipped classroom when I'm more of a hands on and visual learner.

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

I have made changes in my study time and made sure I had plenty of time to go over any topics I don't understand or time to go over and relearn what we have been doing. I like to go to the library for a more quiet environment. I also like to take little mental breaks while doing work like if I get overstimulated I'll go take the trash out or fill our water jugs.

Transition to College

- What expectations did you have coming to college?

I expected college to be hard and time consuming. I was worried about not being able to go home or having any breaks. I also like to work every weekend but considering I am now three hours away from home I can't exactly do that. I also expected it to not be as fun.

- Have those expectations come to fruition, or not?

Yes, some of my expectations have been met. I feel like I'm constantly studying and trying to understand things. I don't get to go home as often but that's okay. I do not get to work as much as I want. I do enjoy college life though because of my friends and all the pop up events.

- How?

Constantly using my time for studying and homework. I never have time to come home and considering the distance I live my car is not stable enough to drive back and forth as much. I also do not have great wifi due to living in the mountains and services don't like to come out as often as an easier drive so if I have a pile of work it's more likely for me to stay at college to get it done.

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

I have more freedom and activities to do. The school provides some good pop up activities. I really like the plushies when there are enough for most people. Homecoming week was nice. I went to almost every activity hosted. I also enjoy the gym classes that are provided like yoga, pilates, dancing, and others listed.

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

The amount of events that are held. I'm surprised with how much help is here, like if i'm having trouble with a class I can easily just go to the library to the student success center. I am surprised with all the friends I have made and the food that is supplied.

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

The hardest challenge is being in a new place and not being able to be with my family and to work. The easiest challenge I have overcome is the feeling of being alone and nervous of a new environment. My friends have helped a lot with that.

- 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.

My intended major is very competitive to get in. There are a lot of expectations to get into the program and specific classes that are needed. The advisors are nice and there are a lot of programs to help you further in the nursing program and if you need help or are struggling.

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

My feelings have not changed at all. I still would like to achieve my goal of becoming a travel nurse and getting in the nursing program. Although I do feel a lot of doubt with how i'm struggling right now but its only one class and ive grown up with striving through struggles.

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

I would like to minor in business marketing but in all honesty my main goal is to reach the nursing program. I have known my goal since freshman year of high school and I am determined to achieve it and spread awareness and help others.

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 struggled with chemistry and I used the tutoring hours and study rooms in the library. I also took advantage of my teachers TA's study sessions before class. I love the common areas it gives me space to gather myself and think.

- 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?

Yes I love my roommate and I have a little group of friends I am with on the daily. They have helped me a lot with the realization of what true friendship is and they have helped me with our classes because we are in the learning community together. They have helped me in some difficult situations. The softball team as well they really clear my mind when I'm stressed and the sport just makes me happy.

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

Yes I have. I play for the club softball team and I would like to get involved with the club basketball team as well. I decided to get involved because I have played sports my whole life and it just felt sort of wrong to not continue the love I have for my sports. Sports are also like a stress reliever and I wanted to make new friends and find a group that had the same passion as me.

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	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are

			instructions. Some are not addressed.	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.