

Fall Semester Pre-Assessment (50 Points)

Due Date: Week 2

Assignment Submission: Download this document and save it as a Word Document. Save it as your Last Name_First Name. Send it to me as an attachment along with your [Professional Email Signature](#).

Please answer the following questions in complete sentences completely.

1. Major/Career

a. What is your intended major and why did you choose this major?

My intended major is nursing with a minor in psychology. I chose this major because I am incredibly passionate about just wanting help and be that light in someone's life when they need it most.

b. What skills or abilities do you possess that make this major/career a good choice for you?

My grandmother has Alzheimer's and has been living with my family for about nine years now. She is not mobile anymore and has very little communication skills. She also has caregivers that come in during the day and I help out a lot with them. I was taught by her caregivers and the hospice nurses how to properly give bed baths, change soiled clothing/depends, properly assist her in the wheelchair, etc. To be a nurse, or in the healthcare field in general, I believe you need to have a gentle and caring heart as well and I feel that because of the experiences and things that I have went through I definitely have that trait.

c. What experience, if any, do you have that relates to your chosen major/career?

Once again because my grandmother has been living with us for so long I have an abundance of experience working with different nurses from hospice and different caregiving companies and networks.

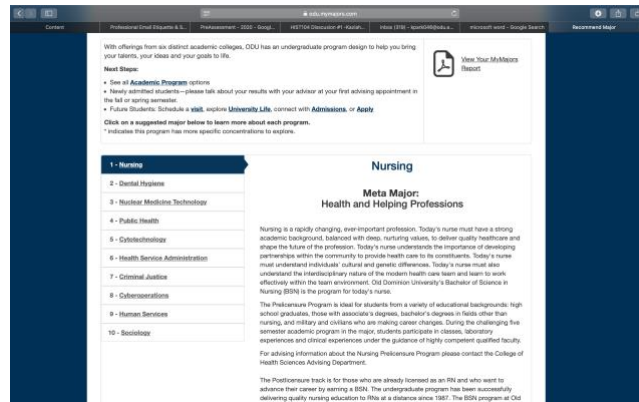
d. In what type of setting would you prefer to work?

I would prefer to work internationally. I'm not really sure if that's considered a "setting" but I would like to help people who maybe don't have the same access to different resources as other people. Everyone's situation is different and people didn't ask to be born in the situation that they happen to be in. Because I am so lucky and blessed for all that I have, I would love to be a blessing to somebody else.

e. What are your career goals (in 5 years/in 10 years)?

My goal for the next five to ten years is to be traveling to underdeveloped countries and helping out children who are born into unfortunate circumstances.

- f. Complete the MyMajors quiz: <https://odu.mymajors.com/quiz/>. Provide a screenshot of your results. Of the majors on your top 10 list, which 3 would you like to learn more about?



I would like to learn more about nursing, dental hygiene, and human services.

2. Transition to college

- a. What do you expect to be the biggest difference between high school and college?

I think the biggest difference from high school and college is definitely going to be the workload and how I manage my time

- b. What do you expect to be your biggest challenge this semester?

Because I am a freshman and this is a new experience, I think my biggest challenge will be trying to manage everything at once.

- c. *If you live on campus:* What do you expect to be your biggest challenge with moving away to college?

N/A

- d. OR *If you commute to class:* What do you expect to be your biggest challenge with commuting to campus?

I'm currently neither. I reside in Stafford, Virginia and I am a fully online student.

- e. Do you have a job/ or plan to get a job? If so, where? How many hours will you be working per week?

I do not plan on getting a job. I plan on solely focusing on my studies this semester.

3. Study habits

- a. Is there a difference between “studying” and “homework”? Explain your answer.

There is definitely a major difference between homework and studying. Homework is something that you get a grade for and don't really have a choice in doing and its to show your professor that you are comprehending the material that you are learning in class. Where as “studying” is something you do for yourself. It's something you do to make sure you understand the material and do better on the assignment that are given.

- b. How much time do you plan to spend studying for each class every week?

I plan on spending 7-10 hours a week studying for each one of my classes.

i. For which class do you expect to spend the most time studying?

I feel like I'll spend the most time studying for my history and microbiology class only because there is so much information that needs to be retained.

ii. For which class (other than HLTH 101) are you expecting to spend the least amount of time studying?

I'll probably spend the least amount of time studying for my theatre class.

c. Where do you plan to study?

I plan on studying at the desk in my bedroom.

i. What potential distractions can you anticipate?

The biggest distraction I anticipate is if the nurses or my mom need help with my grandmother and of course I would have to care for her but that might distract my train of thought or my flow when doing an assignment or studying

ii. How do you plan to avoid these distractions?

I'm not really sure if I can "avoid" those distractions only because it's my grandmother and I love her so of course I would drop everything to make sure that she's okay.

d. What time of day is your best time to study and why?

The best time of day to study is in between classes because your mind is already focused on work so why not get all my work and studies done when I am most focused.

e. This Fall, you are in online courses, some of which do not meet at a specific time, how do you plan to manage all of your assignments?

I would say checking blackboard and my email constantly are my best bet at being successful this semester.

f. Think about all of your commitments i.e. job, family, social life (from a distance and wear your mask! #ReignResponsibly). How do you plan on balancing your various commitments?

I think in order to be successful this semester, especially through a pandemic, I definitely have to my my priorities in line. If it's something that is incredibly important, like school, then of course that comes first. But if it is something that I can do at anytime, like hanging with friends, that might be towards the bottom of my priorities.

4. Learning style

a. What specific study techniques do you think work best for you?

When I was a freshman I was taught an efficient way to study and take notes its called "Cornell Notes". Essentially all you have to do is read a paragraphed section, and from that paragraph or section you take the

main idea of it and you turn it into a question, from there you right down bullet points of different supporting details that support your main idea. Its incredibly effective and effecient.

b. Do you use different study techniques for different classes? Provide examples.

If its more vocabulary based class like anatomy, or biology, etc, then I will make little flashcards.

5. Connecting to campus

a. Name one academic resource at ODU you can use to help you earn “As” this semester.

I can use the virtual tutoring sessions that the campus offers. As well as the writing center.

b. Name one non-academic resource at ODU and how it can help you this semester.

For most of my classes we have a group chat and I believe that is incredibly beneficial because you always have someone to ask if you are confused on an assignment or you don’t remember if something is due.

c. Name one resource you think you will use this semester.

One resource that ODU offers that I will definitely use in the Monarch One Search that the library provides us. I will use this little databases for all the research that I have to do in many of my classes.

d. Name one resource at ODU you would like to learn more about, and why.

In general I would like to learn more about the resources that they have virtually. Because I am a fully online student, I don’t have many of the commodities that some of the other students may have.

e. In high school, what clubs, organizations, or activities did you participate in, if any?

In high school I was in photojournalism for four years and I was editor-in-chief for three years. I played volleyball as well for three years. And lastly, I was a football manager my senior year of high school.

f. Is there a club or organization you plan to join this semester and what do you expect to gain from this experience? If not, why not?

I don’t plan on joining any clubs this semester because I won’t be on campus at all.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
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Depth of Reflection	<p>Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.</p>	<p>Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.</p>	<p>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.</p>	<p>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.</p>
Required Components	<p>Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. MyMajors Screenshot is provided.</p>	<p>Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. My Majors Screenshot is provided.</p>	<p>Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed. MyMajors Screenshot is provided.</p>	<p>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. No MyMajors Screenshot.</p>
Structure	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.</p>