

## **1. Transition to College**

### **a. What did you expect college would be like 14 weeks ago?**

- i. 4 weeks ago, I honestly didn't expect to be in as good a place as I am now. I was really nervous about college and I kept doubting myself but I'm really proud of where I am.

### **b. What is something you wish 14 weeks ago.**

- i. Something I wish I knew 14 weeks ago is how to properly study so I wouldn't have to figure it out along the way.

### **c. What is a resource or activity you have found helpful this semester?**

- i. A resource I found incredibly helpful this semester was Quizizz. Quizizz is a website where you can play games that help you study. I used it to study for sociology and microbiology.

### **d. What is a resource or activity you have found unhelpful this semester?**

- i. Because I didn't live on campus this semester, some of the resources that some students had weren't available to me like the library so I would say the resources that were only available on campus were the most unhelpful this semester.

### **e. Name something you have learned this semester that will assist you next semester.**

- i. Something I learned this semester that will assist me next semester is learning how to properly study and how to study effectively.

## **2. Study Habits**

**a. How much time do you spend studying for each class now vs the beginning of the semester?**

- i. In the beginning of the semester, I used to spend about 2-4 hours studying and doing for each class but I soon realized that was really unrealistic so now I spend about 6-10 hours roughly a week on each class, studying every day.

**b. How have your study habits changed?**

- i. My study habits have changed a lot from the beginning of the semester vs now. I didn't do much studying and didn't really know how to study. Now, I study every single day by using flash cards, Quizlet, and Quizizz.

**c. What specific study techniques do you think work best for you? How do these vary from class to class?**

- i. For sociology and microbiology, I use Quizizz and flashcards the most because I find it the most useful. For history and theatre class I use Quizlet.

**3. Health Professions Learning Community**

**a. This semester you enrolled in at least SOC 201S, and HLTH 101.**

**Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White**

- i. **On the surface these classes do not appear to be connected however this semester each professor was intentional about**

**drawing connections between content, and subjects discussed.**

**Discuss the ways in which these courses are tied together.**

1. I'm not in chemistry but I am in microbiology and there are so many connections that I can make between microbiology, history, and sociology. I'm doing a project in history about the AIDS crisis of the 80's and this ties directly into both microbiology and sociology. This ties into microbiology because it's a virus that destroys CD4 cells. It ties directly into sociology because many who were apart of the LGBTQ+ community faced a lot of discrimination and were often at the receiving end of hate crimes.

**b. This semester we provided events (Health Chats) for you to hear from health professionals from ODU.**

**i. Which Health Chat was most beneficial for you as a student, and why?**

1. The Health Chat that was most beneficial for me was the Health Chat that introduced the many types of jobs you could do in nursing. This was the most beneficial for me because it helped me narrow down exactly what specialty I want to go in.