

Mid semester reflection

My study habits have gotten so much better in these past few weeks. Most of my classes have gotten hard, so I have had to work on my study skills. My hardest class is chemistry lab and chemistry introduction, so I study for those classes every other day for 4 hours. My second hardest class is history and I study for that class twice a week for 3 hours. Sociology is a class that requires some attention, but not too much. Most of the quizzes and tests are straightforward, so in this class I study once a week for 3 hours. On the other hand, English is a class that I mainly have to write papers in, so I do not have to study for this class. My grades dropped down a few months ago because I was not studying enough for tests and quizzes. Now that I worked on my study skills and have gotten a little more organized in my classes my grades are starting to get better. The only extra time I need to put in for studying is for both of my chemistry classes. I have been getting into study groups and asking my tutor for help. The main place I like to study is in my room. I need to find a new study spot, because studying gets boring overtime, and anything could easily distract me. My phone and T.V are my main distractions. The way I make them less distracting is by turning them off. I'm the most focused and alert when I first wake up and after I eat my dinner. I try to study around these times, but I mainly like studying in the morning.

Since I started ODU I picked up some new study techniques. I get rid of any distractions, listen to calming music, and make sure to get enough sleep. One thing I need to do is switch up my study environment my tutor told me that I should consider going to the library and studying there. I read a study on the internet that stated that listening to music can help you focus. Getting a lot of rest before a test helps me feel refreshed in the morning and confident to take my tests. The specific study technique that works best for me is listening to calming music. I have bad anxiety and music calms me down a lot. For my challenging classes I use all the study techniques that I picked up this semester. On the other hand, the classes that I consider easy I only listen to calming music to help me study.

The transition from high school to college was very overwhelming. From moving in my dorm to adjusting to my classes. College has not been what I expected so far. I expected college to be like how it was in movies, but sadly it's no where near. Due to Covid protocols everything is different, so that takes a toll on my college experience. I knew my classes were going to be hard, but I did not expect them to keep me up until 5 in the morning. I thought my roommate and I were going to get along well, but things do not always turn out how you want them to. The only thing that has surprised me this semester is how many incidents my dorm building has had. We have had our water cut off, an incidental fire, and 14 students get Covid in my building. I liked Whitehurst at first but for my next semester I want to move to a different building. My favorite thing about campus is the variety of food places they have at the Webb center. The restaurant I love going to now is Panda Express. The one challenge I have at the moment is walking everywhere. My walks vary from 10 to 25 minutes. When it starts to get cold outside, I am going to have to wear double layers, so I do not freeze to death.

Adjusting to campus has been intense, but I have learned to conquer my obstacles. My first big incident this semester was my roommate. Me and her did not get along and I did not like how she carried herself. I contacted the housing department, and they handled the situation immediately. I also could have contacted my RA about the situation so she could prompt me on what to do next. I have had a few friends help me this semester when I was having trouble. They helped me form study groups and get to know campus a little better. My RA Maddie has also helped me this semester. She helped me stay up to date with assignments and new activities going on around campus. I have attended a dance club this semester. I decided to join this club because I love to dance, and it is a fun way to lose weight. In conclusion I have had a few bumps in the road this semester, but I love ODU and I could not see myself at any other college.