

Final Reflection

I have enjoyed every second of this semester at ODU and I am so sad it has to come to an end. My study habits have decreased since the beginning of the semester. At first all I did was study and cram work in at the same time, and that caused a lot of stress in my life. For both of my chemistry classes I study for at least 2.5 hours. At the beginning of the semester I spent about 4 hours studying for these two classes. I do not spend that much time studying because the material is getting a little bit easier to understand. For my history class I study for about 2 hours. This is not a really big change, because at the beginning of the semester I studied for 3 hours. My sociology class still requires a lot of attention, so I still study for three hours. For my English class all I do is write papers, so I do not study for this class. My study habits have remained the same, but I did find new techniques to help me. I like to remove all of my distractions from my study area to remain focused. My biggest distractions are my phone, TV, and friends. I am easily distracted because studying is boring and anything fun can catch my attention. I like to start with my hardest subject, so I can get that out of the way first. I like to have a study partner, so that they can keep me on topic and quiz me afterwards. I have a few study techniques that work well for me. I like to listen to music and switch up my study surroundings. I listen to calming music to help me focus on the task at hand. Switching up my study environment improves my concentration levels. For each of my classes I need to get a good night's sleep in order to be prepared for upcoming assignments. I like to use the same study techniques for all of my classes. By me doing this I feel more accomplished.

My transition to college was very overwhelming at first. I feel like every new transition in my life is a little scary. As I get used to the change in scenery it feels like a walk in the park. 14 weeks ago, I thought college was going to be the best experience ever and full of so many activities. I thought I was going to attend ODU's big football games and participate in homecoming. Sadly, that was not the case because of the corona virus. This semester there were no sports activities and no games to attend. I also thought I was going to be very active and join clubs. Hopefully, next semester I get to do all of the things I was not able to in the fall. There were a few resources this semester that were helpful to me. At the beginning of the semester I joined a dance class and that taught me that teamwork is important. It also was my first activity that I did at ODU and it made me a little less anxious. I also thought that the writing center was very helpful. I went there a few times and I learned a lot from it. My Gmail is something that kept me on track this year. Every time my teachers had an update or when they posted new assignments it was in my email. There was also one resource that was not so helpful. The library is that resource and it was my least favorite place on campus. Every time I went it was always a group of people chatting and being a little too noisy. I tried to study and get some work done, but I could never concentrate with the constant chattering. Do not get me wrong the library does have nice up to date equipment, but I just would not go there again.

Even though this was very short I still learned a lot through it all. There are a few things I wish I knew when the semester first started. I wish I did not procrastinate with my assignments. I only did this because it was some assignments I did not get, and I just put it off at a later date. If I did not do this and got some help then my grades would probably be a little bit better. I also wish I would have got a tutor for chemistry. Both of my chemistry classes were hard, and a tutor would have been very helpful. I also wish I knew how fast the semester was going to go by and to enjoy every second of it. There are three things I learned this semester that will assist me next semester. The first thing I learned was that I can talk to my R.A anytime and ask her for help with whatever I need. I also learned to ask my peer mentor

for help with assignments and upcoming events. This semester I was not involved as I would have liked to be. For next semester I plan on joining a club and getting to know students on campus. I am so happy I chose to get my degree at Old Dominion University.