

1. Your first semester:

- a. I do not believe that I have grown that much from the beginning of the semester to now. I actually feel as if I have declined since I've started. Being here has shown me that school is not for everybody. The mental health aspect is greatly overlooked. I feel like it needs to be prioritized more all over campus and talked about more.
- b. My expectations for this semester were to stay on top of my classes, school work, and grades, make friends, make memories, and enjoy myself. Honestly, most of my experiences did meet my expectations. Ever since I was young, I have heard stories about all the adventures that people have been through and I have compared their experiences to the ones I have had so far. So far they have lined up their stories. I have always been told that the friends you make in college help you and change your life, and the friends that I have made motivated me to do more and focus on my mental health and school; for them I am forever grateful.
- c. As I have stated earlier, the aspect of mental health is overlooked completely. I wish that it is talked about more. Being in college you are held at such a high standard by professors, family and friends, and society. Therefore, we are holding a lot of weight on our shoulders, on top of trying to juggle relationships, our grades, and social status. So something that I wish I knew 14 weeks ago is that my mental health is a priority and I have to keep it a priority because it isn't anyone else's responsibility.

2. Study Habits

- a. I do not spend time studying for my classes now, and I didn't study at the beginning of the semester. I never knew how to study effectively
- b. They haven't changed because I have not found any ways that help me do better.
- c. In the student success center there are many resources that are helpful. The ones that I will utilize is the academic coaching, tutoring, study rooms
- d. At the moment I am not sure which ones I will be utilizing

3. Health Professions Learning Community

- a. In Soc 201S, Lopez tried to emphasize the connection between social justice and nursing. There are many issues that society goes through that are really interconnected. Lopez really tried to make sure that we understood how they can be viewed.
- b. The most beneficial event that I went to is the sip and paint. It was relaxing and really nice. It was nice being able to not have to do tedious work or anything like that. It was refreshing to be a part of something like that.