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 because there's an abundance of different areas that nurses work with and they all require different requirements. For this reason, I chose nursing as my major because I am genuinely interested in nursing and there are multiple areas in which I could nurse if I change my mind. However, at the moment I'm leaning towards nursing in pediatrics.
    b. What skills or abilities do you possess that make this major/career a good choice for you?
       Skills that I possess that will help me with this choice is my patience, being able to keep a level head, and the ability to connect with the people around me.
    c. What experience, if any, do you have that relates to your chosen major/career?
       Unfortunately, at the moment I do not have any experience in this field.
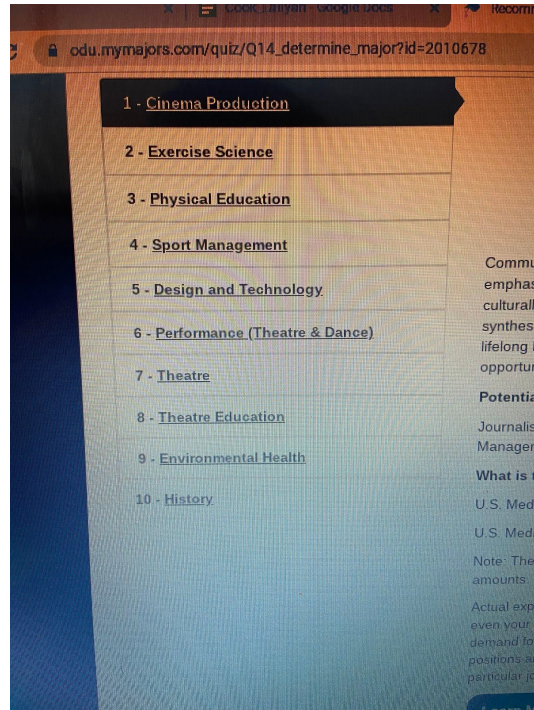   d. In what type of setting would you prefer to work?
       I would prefer to work in a somewhat quiet and organized area that's not too hectic. I wouldn't mind a little noise as long as it's not the entire time I'm working.
    e. What are your career goals (in 5 years/in 10 years)?
       In five years, I plan to get a basic nursing job so I can start to make my way up to a position that I would prefer after I have acquired the experience I need to help me choose if that is what I want to do for the next couple of years. In ten years, I would hope that I would have a steady job that I enjoy and depending on circumstances in that moment, I would choose if I would want to continue in the job that I'm in or if I would like to reach higher for a higher paying job.
    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? Environmental Health, Physical Education, Exercise Science. However I would rather learn about Kinesiology, Nursing, Pediatrics, and topics that relate to that as that is what I somewhat plan to do in the future.

2. Transition to college
   a. What do you expect to be the biggest difference between high school and college?
   Learning the due dates and gathering information by myself instead of the teacher just handing it to me on a silver platter.
   b. What do you expect to be your biggest challenge this semester?
   Time management and procrastination once I get comfortable and feel as if I can let things slide. That or me getting too caught up in financials and social activities.
   c. *If you live on campus:* What do you expect to be your biggest challenge with moving away to college?
   Not much as I'm not too far away from my house and family to feel completely isolated but enough to feel independent.
   d. OR *If you commute to class:* What do you expect to be your biggest challenge with commuting to campus?
   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 am currently working at Moe's on Wards corner averaging at about 24 hours per week.

Study habits
   f. Is there a difference between "studying" and "homework"? Explain your answer.
   Yes because you study to understand further and you do homework to test your skills of what you have learned.
   g. How much time do you plan to spend studying for each class every week?
      i. For which class do you expect to spend the most time studying? Chemistry
      ii. For which class (other than HLTH 101) are you expecting to spend the least amount of time studying? sociology

h. Where do you plan to study?
   i. What potential distractions can you anticipate? My friends being a little too loud and rowdy to actually get stuff done without wasting time.
   ii. How do you plan to avoid these distractions? Go home back to my dorm or the library and tune everyone out by cutting myself off of my phone so I won't be distracted by any unnecessary distractions.
i. What time of day is your best time to study and why? Morning because i'm not rushing because I feel as if I have the entire day to complete the assignments and still have time to relax within the same day as to not feel overwhelmed.
j. 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? Attempt to do them when they are assigned or set a specific date to do them as to not forget about it and have it done in a timely manner.
k. 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? Setting time aside for each as to not feel isolated to some extent and fulfilling random phone calls to friends and family that I don't see on the daily.

3. Learning style
   a. What specific study techniques do you think work best for you? Tuning people out and focusing or talking it out while taking notes of some form or worksheets
   b. Do you use different study techniques for different classes? Provide examples. It depends on the assignment that's given and the class. I could either do it by myself, complete with a friend as we both try to give tips to help one another, using flashcards and random little study quizzes

Connecting to campus
   c. Name one academic resource at ODU you can use to help you earn "As" this semester. The library
   d. Name one non-academic resource at ODU and how it can help you this semester. Peer study groups as it will allow me to bond with the people in my classes along with learning new ways to view certain subjects and study.
   e. Name one resource you think you will use this semester. I am already familiar with the Perry Library to a small extent, however I would like to explore all the amenities they provide that would help me this semester. I know for sure that the Monarch Onesearch will come in handy and the librarian for my major would help better direct my focus.
   f. Name one resource at ODU you would like to learn more about, and why. No comment at the moment as I have not found anything of interest.
   g. In high school, what clubs, organizations, or activities did you participate in, if any? In high school I was a cheerleader, a member of the Thespian Society, the Rising Phoenix Recycling Club, the Garden Club, and I was a member of the Medical Health and Specialties Program

h. 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? We have clubs this year, wow. But I would like to join cultural clubs because I love to learn about them and hope to find some ways to relate it back to my life. I also wouldn't mind joining any volunteer groups or environmentally friendly groups as I do enjoy giving back and making a slight difference in the world.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
Depth of Reflection	Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	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.	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.
Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. MyMajors Screenshot is provided.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. My Majors Screenshot is provided.	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.	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.

Structure	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.	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.	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.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.