

Final Reflection (75 Points)

Due Date: Week 15

Assignment Submission: Save as a Word document or PDF.

Submitted in Blackboard.

The Reflection will also be posted to your e-Portfolio

Reflection Instructions

For this assignment, please reflect on the Fall 2020 semester, and your experience as a whole.

For each question, please provide a paragraph length response.

1. Transition to College

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

I expected college to be this easy going, fun loving experience that would help me further reach my goal. I thought I was going to be around my friends and roommate almost every other day. I thought that COVID-19 wasn't going to hinder too much of the things campus could show us and that there would be limitations on certain things and specific protocols to be met. 14 weeks ago I expected college to open up my independent side a little more than it did, but I know that it did its best in trying.

b. What is something you wish you knew 14 weeks ago?

I wish I knew more on how the school was going to run things in detail with COVID-19 and how exactly classes were going to go. If I knew exactly how campus was going to run with COVID-19 and what precautions they would take, it would greatly affect the actions I had taken or decided to take throughout the semester. If I knew that all my classes were mostly online with little work that needed serious ODU access, I most likely would've decided to stay at home instead of on campus as I wouldn't need the ODU technology as much as I would think. Although it was great to have that technology there and waiting to be used.

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

A resource that I found to be very helpful this semester was the ODU Perry Library. When I needed some quiet study time, a change of pace, or a change of scenery, the Perry Library had always provided a good outlet to book down and get my work done. Sometimes I would even spend the entire day or morning at the library and get most of my work done for the next couple of days. Another activity that helped me get by this semester was ODU SAC (students activity council) who made it their goal to assimilate students into college campus life. They tried their best to gather students together to either relieve stress or celebrate a holiday or spirit week. They kept the students together with ODU spirit, and I am grateful for that.

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

I'm pretty sure that there were some things that I have not discovered at ODU this semester that would have greatly improved my academic performance, however I did not indulge myself in discovering those resources. But I do believe that my Resident Assistant didn't go above and beyond helping the students in my dorm involved with ODU college life. She did her job with providing any information that could be helpful for us, however it would usually be after someone had asked her about it. I believe that my Resident Assistant could've been a great help this semester if she did provide more information on what the school had to offer.

- e. Name something you have learned this semester that will assist you next semester?

I did learn about the Academic Counselors and the Academic Success Coaches that are there to help one find ways to improve their academic performance and find ways to successfully engage their students into ODU college life. I believe that interacting with these counselors and coaches will keep me motivated and on a straight path to efficiently continue my path as a college student.

2. Study Habits

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

Unfortunately, I have now come to find one of my bad habits of not studying as much material as before until a few days before an assignment is due. This is bad because it doesn't allow me to question anything that I am studying and find ways to apply it to the material at hand. I feel that now I might spend either a day studying or maybe 6 hours out of the week studying. I do hope to improve these numbers before exams to attempt to achieve maximum efficiency.

- b. How have your study habits changed?

My study habits changed by taking most of my mornings to do work to a few short hours a week to do work. This is a bad study habit as it inhibits my ability to properly apply the knowledge to any of the assignments I am given. Instead of studying every morning from 9:30 am to 3:00 pm, I only studied from maybe 11:00 am to 2:30 pm every other day. However, I did realize that after Thanksgiving Break, I am slowly but surely making my way back to my usual study habits that I had in the beginning of the semester.

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

I believe that taking detailed notes with charts, graphs, and diagrams are best for me as writing it down in one place is great for me to look back upon if I have any questions, especially because I can go back and add more information as time goes on. This doesn't vary too much from class to class although some classes mainly revolve around word definitions and applying it to a situation, others focus on memorization, while others rely on applying practical skills. Because of this, my notes may look slightly different.

Some will look like standard notes, others like cornell notes, some are step-by-step notes, and others are mainly pictures.

3. Health Professions Learning Community

- a. This semester you were 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.

These courses were connected because they all drew on what people did and what people would do in a certain situation. For instance, Sociology focused on how people interacted with society that we then applied to the actions made throughout history to discuss exactly why they made the choices they did. The Health Professions class had allowed us to understand what the world had to offer us which connected Sociology with how society expects us to act in those situations. Chemistry provided us with the actions behind scientific reactions that may have influenced the way in which people think in their time and day.

- 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?

To be completely honest, I was not able to attend any of the events that were held this semester. Mostly because the events interfered with my working schedule and would cut hours out of the time I would use to complete assignments. Some of these events would interfere with pre-established family affairs and wouldn't be convenient for me to attend. But I do believe that the Student Nursing Association would've been helpful to me as a student because I was in between wanting to be a Health Science major or a Nursing major and I feel that this event would've helped to open my eyes to a little bit more information to help me decide with all factors included.

Upload your Reflection in blackboard.

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	Response demonstrates a general	Response demonstrates a	Response demonstrates a lack

	in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	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.	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.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	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.
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.