

Transition to college-

Each time my younger self imagined the transition to the full responsibility and independence of college, there was not much feeling of excitement. Instead, I felt apprehensive about all the challenges to come. That is until I arrived on campus and each new person I encountered immediately put me at ease. I can now say I am most excited for the knowledge I will retain through the traditional in person learning style. I am eager to dive deep into my interests and meet people who feel likewise. Time management will most likely be my greatest challenge considering that, due to covid circumstances, my schedule has been looking drastically different for the last eighteen months. Although, I do not have much on my plate as far as a job, or other extracurriculars, I do plan on getting involved in either a sorority or some activity based club. In high school I juggled a job, a social life, lacrosse, and my academics. The way that I balanced my schedule then will most likely be the way I spread myself this semester. It works best for me when I divide my energy and time into how I have ranked my priorities. For example, if a certain class seems to require more study time than another I will cut out more of my free time in the week for that class.

Major/Career

At the moment, my intended major is Public Health, but it might change to Exercise Science in the near future. The Health Field, more specifically nutrition and exercise, has always been of interest to me. When it comes to the quality of someone's health, I believe it begins at the source with how one chooses to fuel and move their body. As far as skills and abilities for this major that I possess, include empathy, desire to improve others well-being, and strong interest in the causes and effects of certain substances we put into our bodies. I would like to discover more what Public Health has to offer exactly, because I currently only have a broad and general understanding of the professions it could lead to. In five years I would like to be shadowing either a nutritionist/nutritional counselor or a personal trainer. In ten years I would like to be completely involved in a practice dedicated to aiding others in their diet and exercise goals.

Study habits-

Ironically enough, I assume my increase in free time will be the biggest difference in affecting my study habits now, compared to high school. When I think of homework I picture the completion of either a worksheet or a set number of problems to solve. However, studying is the extra time you put into repeated practice of the material in order to grasp a legitimate understanding, usually in preparation for a test or an exam. So far, I have determined Sociology to be my prioritized class which means I will be spending anywhere from 8-10 hours a week studying. I will set aside 3-5 hours a week to study for both Chemistry and Biology. Intro to health professions will be mostly assignment and maybe 5 hours a week for extra studying. I plan to study at my desk in my room, because I am fortunate enough to have a single room. If I am not in my room to study I will be with a group in a study room or the library. I anticipate lack of energy or the desire to spend time with my friends to be the biggest distraction against completing my work/studying. My intentions are to plan my study time around when I feel most

productive in my day, which is usually easy mornings, because I'm an early riser. I also plan on taking breaks and spending time with my friends once I have made a dent in my work. Oddly enough, my best study technique is to speak the material out-loud to myself as I write it out and create flashcards. Consistency and repetitive practice is really necessary for my to retain new information, especially in subjects I find less intriguing.