

I have grown in many different aspects since being at ODU this semester, including financially, socially, and academically. Most importantly, I have learned the value of frequent self-reflection. Since I have not had a job this semester, I have learned how to stretch each dollar and only buy the necessities. I chose not to have a job because I wanted to fully dedicate myself to my education. In doing this, I understood the best times of day for my brain to operate, and different methods that help me retain information best. Socially, I learned its essential to have peers within the same major and that have aligned goals to motivate each other and collaborate. I definitely had expectations of everything coming naturally as far as study habits and the friends I make. The reality is, you have to work for the outcome you want to be. That applies to the people you want to surround yourself with as well as the way you prepare for exams. I wish I could tell myself 14 weeks ago that everything I am anxious and worried about will get so much better and it is best to take each day one at a time.

I spent about 6 more hours a week preparing for classes compared to when I did in the beginning of the semester. I also make sure to review after each class instead of piling all the material into one day over the weekend. Attending the exam reviews offered by going to the tutors is definitely a resource that helped me, and I will continue to use it next semester. I will continue to use creating quizlets, physical flashcards, and attending study groups as a method for preparing for my exams.

I felt that Sociology and Health 101 were very connected courses based on the material and events held. Professor Lopez often connected Sociological terms to different health professions, which we learned more about in Health 101. The first introduction event was the most beneficial because it allowed us new members of the LLC to see the previous students' perspectives. It helped me prepare for certain classes ahead and get the contacts of those who could help me in the future if so needed.