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The class I seem to be doing my best in academically has been sociology, and for this class my study habits have remained consistent. I read the chapter assigned and complete the practice quiz prior to class. As far as study habits go, I make flashcards and go over the material with my friend in the same class. In my Learning Styles Self Assessment, I mentioned my chemistry class as the most challenging. So far, I have improved in my abilities for that class by discussing each class in a study group once a week. Additionally, I complete the online homework much more in advance of the exam, and review it a few days before the exam. When it comes to location preference to study I will typically choose one of the private study rooms in my hall in Owens.

I certainly had a higher expectation for how many friends or experiences I would have in college. Frankly, the workload is less than highschool and I have much more free time than I imagined. I have adjusted accordingly so far, but the biggest change that has come with moving away from home is my overall routines. Since every detail of my life changed at once, (the friends I have, the food I eat, the gym I attend, my family, and even transportation), it can make the grand scheme of things overwhelming. I simply remind myself that this type of change will happen often in my life so I should embrace it.

Fortunately, I was able to learn about numerous different avenues within the Public Health profession since the beginning of my time at ODU. I am enlightened to know that the focus of Public Health is to evaluate and improve the health conditions in a community. There is now more direction in my goal to pursue a career in this field. I think that I will do well with Public Health because there is room for growth and specialization. With that being said, I am still curious to know more about Exercise Science or Occupational Therapy as a major.

Thankfully, I have not yet experienced a serious challenge while being at ODU. However, when I am confused and need some direction I will usually go to my RA or the front desk at Owens for them to point me in the right direction. I am not involved in a club here on campus, because I feel pressed for time with my academics. So far, I am in the process of applying for a job at the Recreation center on campus. If I were to join a club it would most likely be for Health Sciences or Psychology.

