

Fall Semester Pre-Assessment

1. Major/career

- a. My intended major is Health Services Administration because I thought it would be a good steppingstone for Athletic Training in grad school. I hope to get my Master's in Athletic Training and possibly a degree in Physical Therapy.
- b. I have always wanted to pursue a career that allows me to take care of/ work with other people. I believe that I am a good leader and am capable of taking charge in certain situations.
- c. Everyone on my dad's side of the family has had medical related careers, so I have always been interested in the medical field. I also injure myself a lot and have been to physical therapy a few times which made me even more interested in the profession.
- d. I would prefer to work around and with other people and for my job to be more hand-on than desk work.
- e. In 5 years I hope to have/ be close to getting my Master's in Athletic Training. In 10 years I hope to have a job in the field and be an Athletic Trainer for a drum corps during DCI season.

1 - <u>Art-Graphic Design</u>
2 - <u>Art-Photography and Print Media</u>
3 - <u>Fine Arts*</u>
4 - <u>Photography & Print Media</u>
5 - <u>Nursing</u>
6 - <u>Cinema Production</u>
7 - <u>Exercise Science</u>
8 - <u>Physical Education</u>
9 - <u>Sport Management</u>
10 - <u>Dental Hygiene</u>
 Art-Graphic Design Meta Major: Arts, Humanities, Communication

- f. I would like to learn more about exercise science, graphic design, and nursing.

2. Transition to college

- a. I expected college to be more independent and allow for more free time. I was right about both, but the "free time" I have I spend doing homework or studying.
- b. My biggest challenge this semester is going to be figuring out my sleep schedule. I'm one of those people who needs to get 8+ hours in order to function and there just doesn't seem like enough time in the day to do schoolwork, relax, and do all the other things I would like to do.

- c. My biggest challenge living on campus is going to be having to get groceries and things for myself when my mom can't get them.
- d. I don't commute.
- e. I definitely want to get a job in the future, but school always comes first so I'm not sure how many hours I will be working.

3. Study Habits

- a. I believe there is a huge difference between homework and studying. Homework is learning the material and doing your reading before class and studying is reviewing the material to help yourself understand the content better.
- b. I plan to spend maybe 5 or 6 hours studying each week.
 - i. I expect to do the most studying for American History.
 - ii. I expect to study the least for Music History.
- c. I plan to study either in the lounge on my floor or in the library maybe.
 - i. I know I might get distracted by my phone and other people.
 - ii. I will try my best to ignore everything.
- d. I study best in the morning because I feel like I can be more productive.
- e. I made my own schedule and allotted myself time to do work for my asynchronous and synchronous classes.
- f. School comes first always, but I will make sure to allow myself to have time to relax and do other things with my friends.

4. Learning Style

- a. I prefer to study visually and to write things out to remember them and study them.
- b. I pretty much use the same study techniques for every class.

5. Connecting to campus

- a. ODU has many tutoring resources/ groups available for us to use.
- b. Every floor in the dorm buildings has a lounge and it has helped me a lot so far when I need to go read or do work in the quiet or by myself.
- c. I think that I will use the library more this semester, especially when my classes get harder and I need to study more.
- d. I would like to learn more about all of the tutoring available for us to use.
- e. I participated in band all through-out high school. I was in the marching band, winter percussion, wind ensemble, and I was also in a club called We Dine Together (we focused on inclusion and making sure that nobody sits alone at lunch and that we make friends with people who may not have a lot of people to go to).
- f. I'm not sure what kind of clubs there are at ODU, but I'm definitely interested in joining one in the future to make new friends.