

Final Reflection
Mackenzie Chrimes

1. Transition to College

When I entered college 14 weeks ago, I thought that college would be extremely challenging and that I would make lots of new friends. I was a little bit right with my prior thinking. College can be really challenging, especially with having to do all of my schoolwork and learning through a screen. On the other hand, I didn't make as many friends as I hoped to living on campus because COVID made it hard to safely meet people and interact. 14 weeks ago, I wish I knew how important it was to get outside study help even if I wasn't struggling in a class because at times, especially in chemistry, I have had a hard time grasping certain concepts and it has affected the grades of a few homework assignments. A resource I found helpful was the Health Sciences Learning Community because a lot of students share the same classes as I do, so it makes it easy to find someone to study with or ask questions. A resource that hasn't really helped me is the use of online textbooks and sources. I am a very visual and hands-on learner, so online school has been very hard for me to adjust to. This semester I have learned a lot of different study techniques which will definitely help me in the future. I have also learned more about the different aids and study resources that ODU has to offer for any student. I definitely plan on utilizing some of the aids we have talked about in class next semester.

2. Study Habits

As opposed to the beginning of the semester, I study less but my study sessions have become more productive than they were 14 weeks ago. In August, I thought that I had to spend all of my time reading and memorizing and copying notes. Now I have found that it's not the quantity, but the quality of your study time that matters. I now spend less time focusing on copying notes word-for-word and more time connecting ideas and summarizing the things that I'm learning so that it actually clicks. I have also started studying more often to try and maintain my understanding of a subject and the topic. For me, I like to use my iPad to take colorful, summarized notes to study. Buying an iPad was one of the best things I did to improve my study skills because it allows me to use color, insert diagrams, and keep all of my notes in one place which is really helpful. This is especially useful in Chemistry because I like to insert diagrams and charts that relate to different topics. In History, I like to highlight directly into my book and use sticky notes to summarize each section as I read along.

3. Health Professions Learning Community

I thought that each professor did an awesome job relating the topic of health sciences and public health into their lessons. In history, for example, we did a huge project called the Health Snapshot where each group had a broad and coordinating sub-topics to research about. Each of these topics emphasized the importance and impact of public health throughout time. In addition, Professor Lopez was an awesome teacher and gave us lots of resources to connect the ideas from class that are present in society. One resource is our recent virtual zoo tour of the Norfolk zoo in which we "stopped" at many different locations

and examined why things might be placed where they are and how they could represent different sociological theories. The two classes tied together because sociology is helping me better understand why wars or different things in history may have happened and in turn, history helps connect all the different sociological advances. I thought the session with the VA Beach Emergency Medical services was interesting. It was very helpful to know that possibly volunteering would be beneficial while still going to school and working to get my master's degree in Athletic Training. Overall, the Learning Community was very helpful to me in all aspects of my career in college.