

Midsemester Reflection
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1. Study habits

1. How much time do you spend studying for each class every week?

1. Do you need to put more time into studying, and for which class or classes?

b. Where do you study?

1. Do you often find yourself distracted while studying?

2. What could you do to remove these distractions?

c. What time of day do you study?

1. Do you feel focused and alert at this time?

Each week I study for about 1-2 hours per class. Tuesdays are my busier days, so I don't do as much studying on those days. I also don't study as much in a class when I understand the content more at the time. I tend to need to study more for Music History and American History. For both classes, I work on memorizing information and how certain events/qualities match up with the time period, which is what I tend to struggle with in those classes. I study in my room or in public spaces because if I study alone, I tend to get distracted. I need a white noise to keep me focused. My study secret is actually listening to classical piano music because since it doesn't have any harsh beats or words, it serves as the perfect background noise to keep me engaged and to keep me from thinking about things unrelated to my work. Usually I prefer to study either really early in the morning or late at night because I am most productive then. During the day I tend to get really distracted and sleepy.

2. Learning style

. What specific study techniques do you think work best for you? How do these vary from class to class?

a. What new study techniques have you tried this semester based on what you have learned about learning styles?

When I study, I have to use color whether I'm memorizing or simply looking over the material. I'm a very visual learner, so using color to take my notes helps me remember the content better. In chemistry, I like to draw diagrams and summarize while in History I like to write down more detailed notes so I understand what's going on. I have tried using study groups and digital notetaking this semester and both have helped me so much. This semester I bought an iPad on which I take very visually appealing notes that have helped me study and understand information much better.

3. Transition to college

. Has college been what you expected?

1. In what way is your college experience different from what you expected?

2. What has surprised you about your experiences so far this semester?

a. *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome?

b. OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?

College is both easier and harder than I expected. I like having more freedom and more time in between classes to comprehend what I had just learned. It was sort of expected, but the standards for college are way higher. I am constantly pushing myself to be the best than just trying to get by like I did in high school. I was surprised at how much I disliked living on campus this semester. I had very high expectations for what “college life” would be, but I feel like especially during covid, living on campus isn’t for me since there isn’t as much for me to do. At the moment I’m stuck in my dorm for most of the day which can get very boring and it makes every day seem the same.

4. Connecting to campus

. Name one problem or challenge you have encountered this semester, and which resource(s) at ODU you have/can utilize to assist with this situation.

a. Is there a friend, roommate, professor, advisor, or group in the ODU community who has helped you so far this semester? If so, how did they help you?

b. Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?

I have had an issue with my financial aid and the financial aid office has been very helpful when I contacted them for help. My advisor has been especially helpful in answering my questions and helping me figure out a good path for my classes in the future. In my meeting with her, we discussed the classes I should take and different options/paths for what I want to do in grad school. I have not attended an interest meeting for a club in fear that it would interfere with my studies, but I hope to join one in the future when I get more adapted to the flow of college.