

Mid-Semester Reflection (75 Points)

Due Date: October 26 (Tues) October 28th (Thurs)

Assignment Submission: Blackboard. Save your attachment as a **Word Document, or PDF** and upload it to Blackboard. Save assignment as Last Name_First Name

For this assignment, please look back at your Pre-Semester Reflection and identify changes that you have made between the start of the semester, and now.

Reflect on the following questions. Provide a paragraph-length response to each of the four topics, making sure to answer all the sub-questions, on a separate sheet.

1. Study habits

One class I am doing well in is Music in History and Culture. I believe this is due to the time and effort I put into taking notes and reviewing the listening guides my professor gives us. Another class I am doing well in is Algebra. I make sure to take notes and ask questions when I don't understand a topic and I also do many practice problems to make sure I understand the material. A class I was struggling with is chemistry. Since completing the Learning Styles Self Assessment, I have begun watching youtube videos on the topics I am confused about, which has helped a lot. I also lookup practice problems to do along with the chapter homework to help me understand the material better.

2. Transition to college

One expectation I had coming into college was that the coursework would be a lot harder than it was in highschool and that my time would be filled with doing assignments. However, that did not happen. I feel as though I was given more and harder assignments in high school which is surprising. I also have a ton of freetime which is something I am still trying to get used to. Another expectation I had was that I would stay in contact with my friends from highschool. Though we haven't lost contact, We don't talk nearly as much as we used to. This has been difficult to get used to, but it's understandable given the fact that we are starting a new chapter in our lives. The toughest challenge for me to overcome living on campus has been living with another person. I have never had to share a room with anyone and it's been extremely difficult coming to terms with the fact that not everyone was raised the same way I was. One of the easier challenges I've overcome is stepping outside of my comfort zone. I am an introvert and during the first few weeks of the semester I would stay in my dorm for most of the time so that I wouldn't have to interact with people. However, once I started to see all of the interesting events happening on and off campus I decided to take a chance and go out. This was a great decision because I have had so much fun and met new people because of it.

Major

Before starting the semester I didn't realize just how competitive the nursing major is. It hasn't changed my feelings about the major, but I have begun to try a bit harder in my classes. I've also been looking at other majors I would be interested in if for some reason I do not make it into the nursing

program. I've also been thinking about picking up a minor in a foreign language such as Spanish or French. I enjoy learning about other languages and cultures and it would also help me to be able to communicate with more patients when I become a nurse.

Connecting to campus

A problem I've encountered this semester is not being able to focus while in my room. My roommate talks on the phone 24/7 and the people living on my floor are constantly yelling and making loud noises so it can be very difficult to focus and get my work done. Because of this, I've begun going to the library often to work or even just to relax without constant distractions. A person that has helped me this semester is my friend Nia. She is one of the first friends I made on campus and she is constantly inviting me to different events and introducing me to new people, which has helped me to become more comfortable on campus. I attended a meeting for the Student Nurses Association. I decided to get involved in this club because it relates directly to my intended major.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
Depth of Reflection	Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.
Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally,

				inadequately, and/or not at all.
Structure	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.

Questions adapted from:

https://www.as.uky.edu/sites/default/files/Mod_3B_Learning_Style_Reflection.pdf