

Mid-Semester Reflection (100 Points)

Due Date: Week 9

Assignment Submission: Google Drive via Canvas

Reflection Instructions

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.

Answer each question using complete sentences and good spelling and grammar. Be thorough and thoughtful in your analysis! **This will be going up on your e-Portfolio. Make sure to add it once it has been graded. You can make edits to it after it has been graded for your e-Portfolio submission.**

Reflect on the following:

Study Habits

- What classes are you doing well in, and why?

I'm doing well in Chemistry 105 because my professor, Dr. Moloney is very good at breaking down difficult concepts to help us understand. I'm doing well in Philosophy 155 because all we do is annotate readings which is easy for me. I'm doing well in sociology 201 because it's pretty much just remembering the vocabulary and then applying it to real life situations. I'm doing well in Psychology 203 because I study my notes and finish the assignments as soon as they open.

- What classes did you identify as needing assistance in?

The class I would need assistance with is my chemistry lab.

- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)?

At the beginning of the year, I would write down notes that the professor says that isn't on the slides. Outside of class I rewrite my notes and make them cute and colorful. I read over the notes I just wrote. My problem was that I would try to study for all 6 of my classes in one day. This started

to overwhelm me so I spoke with my peer mentor to get my study habits organized. Coming to the end of the semester I have slightly changed my study habits. Now I study for certain classes on certain days. For example, Monday and Friday I would study for chemistry 105 and my lab. On Wednesday and Thursday I review my other classes.

Transition to College

- What expectations did you have coming to college?

I expected college to be hard, especially the work. I expected the professor to be super firm and mean like they make them seem in movies.

- Have those expectations come to fruition, or not?

Those expectations were false and I was very anxious coming into college.

- How? My professors are really sweet and they are helpful outside of class as well. The work isn't as hard as I thought it would be. Studying makes the work a lot much easier.
- In what way is your college experience different from what you expected?
I expected myself to go to all the parties. I don't have time to spend at parties at the moment, especially with my major, nursing. Nursing is a heavy workload so I spend a lot of time studying.
- What has surprised you about your experiences so far this semester?
I'm surprised I made tons of friends since being on campus. Everyone is so open and welcoming.

- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome? The toughest challenge is not having a job. Back at home I had a job, I had my own money. I hate to keep asking my family to help me financially but I know they will always support me regardless. The easiest challenge was actually getting comfortable with living with a stranger. My roommate and I are really close with each other. We eat dinner together and hang out.
- OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?

Major

- Name something you have learned about your intended major that you did not know at the beginning of the semester.

I learned that nursing is very broad. After you graduate with a nursing degree you can branch off into various advanced practices.
- Have your feelings changed about your intended major? List some thoughts you are having.

My feelings haven't changed for my major, nursing because this is something I really want to pursue in life. Sometimes I do doubt myself because I know nursing is not easy but this is something I really want to do. I'm very passionate about helping my people.

- Is there another subject (major or minor) that you are interested in learning more about?

I never really thought about other majors because my mind has always been set on nursing. If I had to choose I would learn more about nursing economics and finance.

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.

My biggest challenge was trying to stay organized and time management. I went to the Student Success Center and they paired me up with a peer mentor. My peer mentor, Lee, helped me set up a schedule for my study times.

- 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?

Just being in the learning community has helped me. Being in the learning community most of the same people are in all of my classes which help build connections with my peers. We created study groups, we helped each other, and hang out together.

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

I haven't attended a club yet because I feel like I don't have time to at the moment.

Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -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	Response includes all components and meets all requirements indicated in the	Response is missing some components and/or does not fully meet the requirements	Response excludes essential components and/or does not address the requirements indicated in the

	question is addressed thoroughly.	instructions. Each question is addressed.	indicated in the instructions. Some are not addressed.	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.