

## **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 very well in Chemistry, Interpreting Music history, and English. I'm doing well in these classes because I understand the topics quickly and the professors are very well at explaining what we are learning. They also give us lots of practice and all that in the classes.

- What classes did you identify as needing assistance in?

I needed assistance in Sociology because the professor didn't really explain the subjects well and only went off on the PowerPoint. Also he only puts quizzes and exams in the grade book and won't give us any practice to understand what we learned.

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

#### **Transition to College**

- What expectations did you have coming to college?

Some expectations I had coming to college were lots of work, being held accountable for my assignments, and all that.

- Have those expectations come to fruition, or not?

These expectations have happened.

- How?

The professors expect you to do your work on time without them telling you or constantly reminding you. They also give a good amount of work that you have to do but it helps me understand the topic more.

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

I like college, when I started I wasn't sure if I was gonna like it because I didn't know anyone but I have gotten to know more people and made a good friend group.

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

Something that surprised me about my college experience is how everyone loves to get lunch after classes and loves to form small study groups for my classes.

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

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

The toughest challenge with commuting to campus is getting up at 5:30 for 8 AM classes, it's a struggle because I want to sleep in longer. The easiest challenge was finding parking every day in Elkhorn because those parking spaces filled up quickly.

## Major

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

Something I have learned about my intended major is that it's a competitive major and takes a lot of time.

- Have your feelings changed about your intended major? List some thoughts you are having.

My feelings towards nursing haven't changed, I still want to do it and find it cool. I feel like it's gonna be challenging but if you want to be a nurse you would be willing to give it your all.

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

A minor that I'm interested in learning more about is Psychology

### **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.

One problem I've had on campus is figuring out how to use the printers and the resources I used were the librarians and they showed me how to use them.

- 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?

My friends have helped me a lot so far this semester because they took me under their wing helped me with my studying and gave me good advice on classes and studying.

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

I attended the Pre-Med club interest meeting and I decided to not get involved because I wanted to see how my schedule went for my first semester and how to balance things.

**Rubric**

<b>Criteria</b>	<b>Excellent (100- 90 points)</b>	<b>Sufficient (89 -80 points)</b>	<b>Minimal (79 -55.5 points)</b>	<b>Unacceptable (55.49-0 points)</b>
<b>Depth of Reflection</b>	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.
<b>Required Components</b>	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	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are

			instructions. Some are not addressed.	addressed minimally, inadequately, and/or not at all.
<b>Structure</b>	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.