

## **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, History, and Philosophy. I think I'm doing well because I'm participating the most in those classes, and studying for those classes the most. I go to my History professors office hours when I know I need help reviewing something. I study my Chemistry notes everyday and re-read my philosophy notes when needed.
  
- What classes did you identify as needing assistance in? I think Sociology the most, because I just get a consistent B on every major assignment we have in that class.
  
- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)? I study in my dorm room most of the time, but I listen to a specific playlist that helps me focus, I make quizlets for the classes I have the most trouble with and I try to make myself not too comfortable so I'm not tempted to get distracted with something else as well as put my phone on do not disturb. I study for about 3-4 hours a day, but throughout the day.

## Transition to College

- What expectations did you have coming to college? I expected it to be a little hard to get used to and I expected to have more troubles than I am right now, but thankfully my schedule keeps me busy and focused on school majority of the time.
  - Have those expectations come to fruition, or not? For the most part no, I think I'm doing way better than I expected for myself.
    - How? I think my study habits and the way I organize my schedule has really helped me focus and keep everything I need to do in order.
    - In what way is your college experience different from what you expected? I thought it was going to be way more distracting than it is. I also didn't expect ODU to have so many activities and clubs, but luckily I'm still able to enjoy myself and the college experience while focusing on my school work and exams.
    - What has surprised you about your experiences so far this semester? I was surprised how much free time I have between my classes, and that is hard to balance sometimes, because I feel like I have too much free time sometimes, but I find ways to make use of it like studying or finding events to go to.
- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome? My toughest challenge has just been being away from my mom, but thankfully I don't live too far away and I'm able to visit some weekends. The easiest challenge was getting planning out my schedule and not getting distracted from what time I'm supposed to be in class and at other events.

- 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 there are many different connections and opportunities when it comes to nursing, at least more than I thought I knew. I didn't know there were so many different fields (not specializations) that we could go into using a nursing degree depending on the type of degree.*
- Have your feelings changed about your intended major? List some thoughts you are having. *Not really, I realize how competitive it is probably even more so being here, but it just pushes me to work harder and find more opportunities to make myself stand out more.*
- Is there another subject (major or minor) that you are interested in learning more about? *I'm interested in learning about the Pre-Health minor and History minor.*

### **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. Finding certain books in the library has been a struggle because it's so big and has way more floors than I'm used to, but the ODU Library website has been a great help in finding the specific author, or genre of book I'm looking for.
- 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 roommate and I are in the same learning community and majority of the same classes, so it's helpful to bounce answers and questions off each other and when I have trouble understanding something she understands it's definitely a benefit I am grateful for.
- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved? I've attended an interest meeting for the HOSA club. I decided to get involved because I was President of the club in my highschool and it's a club that I am familiar with and one I enjoyed..

### 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 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.
<b>Structure</b>	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a	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	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling,	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax

	coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	more than three spelling, grammar, or syntax errors per page of writing.	grammar, or syntax errors per page of writing.	errors throughout the response.
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