

Study Habits

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

So far I have been doing well in all of my classes. I have been taking notes and studying everyday.

- 2) What classes did you identify as needing assistance in?

I don't think that I need assistance in any class, but I will have to work harder at studying for sociology because there is a lot of material to remember.

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

I have not changed the way that I study. If I see a problem with the grades I get then I will change how I study.

Transition to College

- 1) What expectations did you have coming to college?

I expected that making friends would be easier.

- 2) Have those expectations come to fruition, or not? How?

Those expectations have not come to fruition because I am not good at making friends. I am very reserved and I don't take the initiative to go up to people to talk to them because I'm nervous to talk to people that I don't know.

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

I didn't expect how independent I have to be. If I need something I am going to have to be the one to get it.

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

How easy it can be to procrastinate. I do everything I can to do my assignments and set boundaries for myself.

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

The toughest challenge for me was not being able to see my family everyday. The easiest challenge to overcome was to get used to a new bed to sleep in

Major

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

They will work with lots of other types of health professionals in their daily job.

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

No, I am still happy with pursuing Nursing.

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

I am interested in pursuing the Health and Wellness minor.

Connecting to Campus

- 1) 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.

I have not encountered a problem so I have not asked anyone.

- 2) 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?

No, I have not asked anyone to help me so far. If I need help then I will ask.

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

I have not attended any meetings for clubs, but I want to. I need to look for clubs that I would like to join.

Themester: Sustainability (Environment)

- 1) What new sustainable practices have you learned about so far this semester (think back to our guest speakers Dr. Hawkins and Dr. Hoglund!)?

Being patient with people. Everyone is trying to communicate or do something the best they can so you can help them by being patient with them.

- 2) What sustainable practices would you like to begin participating in?

I would like to practice being patient with people.

3) Is there anything more you would like to learn about sustainability for the rest of the semester?

Yes, I would love to learn more; I just don't specifically know what yet.