

Mid-Semester Reflection (100 Points)

Due Date: November 3rd, 2024

Assignment Submission: Google Drive via Canvas

Reflection Instructions

For this assignment, please look back at your Pre-Semester Assessment 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 am doing well in my Introduction to Psychology, Information Literacy, and Interpreting the American Past. I find I am successful in these courses because I understand the material, take thorough notes, and complete all assignments on time.**

- What classes did you identify as needing assistance in? **I identified that I needed more assistance in my Honors English Composition class as it is an online course and I found myself struggling to understand some of the directions. I also found that I needed to change my note taking and study habits in my College Algebra course as I was struggling to understand some of the concepts.**
 - What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)? **I was able to get a tutor I see once a week to help me walk through the directions for the assignments in my Honors English course. Also, for College Algebra I started to print each module's note layout given by my professor as well as spending extra time reviewing each topic.**

Transition to College

- What expectations did you have coming to college? **I had the expectation that all my classes would be held in large lecture rooms with a big group of students. Also, I thought that it would be a lot harder to be reminded of due dates for specific assignments and teachers would not be flexible in changing those dates.**

- Have those expectations come to fruition, or not? **The expectations I had before college have not come to fruition yet.**
 - How? **This is because the majority of my classes are on the smaller side and take place in a classroom rather than a large lecture room. In addition, I had originally thought I would not be reminded about assignments due which has not been the case as all my teachers do a good job to make sure we know when work needs to be turned in. Not only do they remind me, but they are also flexible most of the time with due dates of those assignments.**
 - In what way is your college experience different from what you expected? **I expected to also have a lot more big tests and pop quizzes, but so far I have had a minimal amount of high stakes assignments such as those.**
 - What has surprised you about your experiences so far this semester? **I was surprised by how much different college really is from high school time management wise. I felt that I had a lot more free time in high school as I had less homework and fewer classes. While at college, I feel as though I have very little free time outside of school and sports because I am taking more classes and have a greater amount of assignments.**
- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome? **My toughest challenge has definitely been missing home since moving away to college. I have also found it hard to not be familiar with the town I now live in because I had lived in the same place for so long before moving to college. The easiest challenge to overcome was making friends at school as I am fortunate enough to know my whole lacrosse team here at ODU as well as other athletes playing here.**
- 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 there are so many different jobs you are able to get**

with studying exercise science and I had originally thought it could only be used to get a job in physical therapy.

- **Have your feelings changed about your intended major? List some thoughts you are having. As of right now I am enjoying learning more about my major and the jobs you are able to get with an exercise science major. The only thing that is concerning me as of right now is the challenging science classes I must take in order to complete my major.**
- **Is there another subject (major or minor) that you are interested in learning more about? I am not currently interested in learning about any other major.**

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. As the semester had progressed I started to see that I was lacking in understanding some of the directions given for my Honors English Composition class. In order to become more confident with my understanding of the assignment I was able to get an ALA tutor. When solving this issue I used my athletic advisor as a resource because I was able to go to him and explain my issue and from there he was able to set me up with a tutor.**
- **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 teammates and coaches at ODU have been extremely helpful so far this semester. As a freshman I have struggled with being homesick sometimes and they have helped me by listening to how I am feeling and giving me advice.**

- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved? **Unfortunately, due to my lacrosse and my class schedule I have minimal free time which does not allow me to participate in any clubs.**

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 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.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling,

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