

My First Semester

I feel that I have grown a lot since the beginning of the semester. I have learned a lot from my experiences. I have learned that I need to stop procrastinating and I am doing a lot better now that I am working on that. I have found a good amount of time to study throughout the week and I have stopped hanging out with my friends as much as I used to, which is helping me focus more and get more work done. My expectations this year was to pass all of my classes, make new friends, and work on my mental health. I did not meet my expectations, and it's all because of me not being able to focus. I had to withdraw from 3 of my classes which made me kinda doubt myself but I plan to retake them over the summer. I also did not meet my expectations of making friends. I made 4 friends but they ended up not being my type of people and now I am stuck with my bestfriend that I have had since birth, but she is supposed to be transferring next school year so I am kinda forced to make friends now. Something I wish I knew 14 weeks ago is that if I was to do the work days before it was due I wouldn't be as stressed as much versus doing it 30 minutes before it's due or later.

Study Habits

At the beginning of the semester I was only studying 3 hours a week versus now I study at least 7 hours a week. My study habits have only changed a little bit from the beginning of the semester. When I study now I try to space out my studying and study only one part at a time until I get the concept and then I move on to the next. A resource that I would use next semester would be the library. The library has study rooms where you can schedule a time to come in and I think it is better than using a study room in a dorm because you never know when someone is using the study room. They also have resources to help you with your papers. I will probably use the same study habits that I used this semester for next semester because it seems to be working pretty well.

Health Professions Learning Community

The first connection that I made was in Sociology class and health professions class. In health professions class we had speakers from public health and they talked about the social determinants of health and they mentioned a few things that I had heard in sociology class. Some things that we learned in sociology class helped me better understand what was going on in my interpreting the american past class.

Parallel Plan

Two majors that I am the most interested in are public health and speech pathology. I am interested in public health because it would help me better understand where my patients come from. I am interested in speech pathology because if my intended major does not work out I think I would like to pursue a career in speech pathology. It helps to have a parallel plan because if one plan fails you will always have something to fall back on. As I said before, public health would help me better understand my patients and where they come from and why they might be the way they are.