

Mid-Semester Reflection (100 Points)

Due Date: Week 8 - October 19th

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?

The classes I'm doing well in are actually all of them, but I have the highest grade in psychology & english. I have a high grade in psychology because the work and course load is not extremely hard. English was always a subject that was never too tedious for me.

- What classes did you identify as needing assistance in?

I think I would need more assistance in Chemistry because it's a lot you have to remember, so it takes extra study time / assistance to grasp the chemistry concepts.

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

I definitely made a difference in my studying time and spending more time at the library. I also have been using my resources such as study lounges & the writing workshop.

Transition to College

- What expectations did you have coming to college?
 - That I will be able to wake up early, when it's actually hard because a highschool 8am and college 8am are very different.

- This wasn't really an expectation , but I did not expect myself to be this tired/burnt out.
- I thought adjusting to college would be somewhat easy , but it's not.

■ Have those expectations come to fruition, or not?

Yes, they did come into fruition.

- How?

I found it hard to wake up at 8am just like one-two times since school started , but I had to get myself in the mindset that not everything will be to my liking because I had no choice , but to pick my 8am class. The fatigue/tiredness is real in college because there is so much to do everyday and all the responsibilities. The adjustment has not been easy leaving your family, hometown friends, my room , etc has been very hard for me because I do get home sick.

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

The freedom was a big thing for me , I knew I was going to be by myself but the realization really hit me once I got into college.

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

You actually have to be on top of everything, especially your schoolwork , because one little backtrack can mess you up grade wise in your classes.

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

My hardest challenge was saving money , because I know when I grow into adulthood I will need to learn financial literacy/saving. The easiest to overcome is being by myself and learning to be on my own.

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

I do not commute to class.

Major

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

I learned that Dental Hygiene is a very versatile career that doesn't only limit you to work in clinical environments/spaces. You can work in corporate, education, & public health.

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

My feelings have remained the same about Dental Hygiene , which is I'm excited to grow more in love with it and I can't wait to see where I am in the future with Dental Hygiene.

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

I thought speech pathology and psychology were very interesting and what I learned about those two majors were very interesting and intrigued me wanting to learn more about it.**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.

My financial aid was something that was an issue , I had alot of corrections I had to fix and thankfully Old Dominion has a great financial aid office that helped me out alot.

- 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 success coach has really helped me alot , we have monthly meetings and we talk about all things academic & personal success/growth. She helped me with things such as financial aid, any holds I have on my account, and any general questions I have about college.

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

I didn't go to any interesting meetings yet for any clubs , I plan to join clubs my sophomore year of college.