

## **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 have been doing well in my biology class and my history class which are the most challenging classes for me. I have found study habits that make me successful in those classes and give me a timeline to ensure I know all the information I need to know. Both of those classes are also very interesting to me which helps with my motivation and attentiveness.

- What classes did you identify as needing assistance in?

I am not struggling in any of my classes and would say I do not need assistance in any of them. If anything English is the biggest struggle because it is just a subject I do not particularly enjoy. However, I am still doing well in that class. I just know that I need feedback from my teacher for essays and writing assignments so I can continue to improve on each one.

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

I have changed my studying strategies and have learned the order in which I need to watch lectures, reread notes, and practice questions and quizzes. This strategy has been especially helpful for biology. I have also found that taking notes in a lot of my classes helps me retain the information better than just listening to the teacher's lecture. I have also finally figured out how to time out my day and plan my schedule with academics and lacrosse to stay ahead of my assignments and not have to rush to get a lot done at the same time.

#### **Transition to College**

- What expectations did you have coming to college?

I expected college to be a more difficult course load, but with a little more free time. I expected some classes to be a little more difficult than those that I would have taken in high school. I was expected to be busy with lacrosse, but still have time to relax and settle down.

■ Have those expectations come to fruition, or not?

I think I was a little wrong about free time because so far that has been very slim because of having lacrosse, class, and then study hall hours. I think there is a lot less time in the day than I expect there to be and I also think that some of my classes are at a similar level or lower than what I took in high school.

● How?

I think being a student athlete there is so much on my plate that there isn't a lot of extra time and it was just not something I was expecting to deal with. I also think that lacrosse taking up my whole morning makes the day move faster than expected. I also think that about half of my classes are classes that can be compared back to high school just with the information I am learning and the work that is expected of me.

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

I expected my classes to be in between being really hard and then what I had in high school, but I don't feel as if that is the case. I feel as if some classes are really easy and others are very difficult and there isn't that in between. I also expected to have a couple hours in a day where I could relax, but that is certainly not the case.

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

The amount of accountability you have to have for yourself because there is not much leniency with anything even in athletics as well as academics. Having to plan a schedule out for yourself every day and then having the accountability to get everything done without someone pushing you to do it.

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

The toughest challenge with moving away to college is just not living with your parents and having that constant motivational person that would get you through the tough times. My mom was always that person for me that helped get me through everything and just not having her when I need it for anything is tough. However, I have easily been able to overcome missing home per say. I have accepted that this is just a new chapter in my life and one that I need to cherish and enjoy no matter how hard it gets. I know its sad not being with my family, but I have realized it just makes being with them even more special.

- 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 have learned that my intended major has many more outlets and jobs connected to it than expected. Being an exercise science major also comes with certain jobs that I never expected could be a possibility. We have learned about the different paths like that of biomechanics and about paths that could include psychology.

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

I still feel very confident in my intended major but have realized that it is going to be a lot of work along with having a sport. However, I feel up to the challenge and know that this is something I really want to do in my life. Seeing my athletic trainer or strength coach for lacrosse every day really shows me that this is something I think I would very much enjoy doing every day for the rest of my life.

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

I am interested in political science and government, but I don't quite know if this is something I would be interested in minoring in. I also find interest in nutrition and that side of a health aspect. I don't know if I see myself doing something for a minor that is that much different though than exercise science and adding one more task to my plate every day.

## 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.

One challenge I have encountered is just dealing with people wanting you to come out and hang out when I have school work to get done. I have just used my parents and upperclassmen as resources to know and reassure myself that it's okay to not hang out because school does come first and while it may be sad to not hang out with your friends it's something you have to give up even if it's one night.

- 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?

A lot of the seniors on my lacrosse team have helped me through this semester because I know that I can go to them with a problem and they have the experience to give me advice. Their houses always have an open door policy and I know that whenever I need someone to talk to I can just walk in and they will be there to listen. They have helped me already through a couple of things that upset me and I felt so much better after simply and hour or so of talking to them.

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

I have not attended a meeting for a club because of being on the lacrosse team. I feel as if I do not have time for that. If I were to join a club I would lose even more time to study and academically get done what I need to do, so it wouldn't be a good use of my time. Through my lacrosse team I am able to make connections with people around campus and make friends without needing a club. A club I feel would take up more of my time that I do not have to spare because there is already enough I have to get done throughout the day.

### Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -55.5 points)	Unacceptable (55.49-0 points)
<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	Response includes all components and meets all requirements indicated in the	Response is missing some components and/or does not fully meet the requirements	Response excludes essential components and/or does not address the requirements indicated in the

	question is addressed thoroughly.	instructions. Each question is addressed.	indicated in the instructions. Some are not addressed.	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 coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	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 more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.