

Final Reflection

1. Transition to College

- a. **What did you expect college would be like 14 weeks ago?**
- b. **What is something you wish you knew 14 weeks ago?**
- c. **What is a resource or activity you have found helpful this semester?**
- d. **What is a resource or activity you have found unhelpful this semester?**
- e. **Name something you have learned this semester that will assist you next semester?**

a.) Fourteen weeks ago, I was terrified. I thought college was going to be really hard and stressful. I thought I would have to write a lot of essays and papers as well. I was prepared for the worst. High school teachers always make college out to be so difficult, so that convinced me it was going to be awful (it wasn't).

b.) I wish I had known fourteen weeks ago that it wasn't that bad. None of my classes were especially difficult or writing-intensive. One thing I really wish I knew what that I could've taken Human Anatomy and Physiology I this fall. If I had known that, I wouldn't have to take it over the summer. The human cadaver lab I really want to do requires Human Anatomy and Physiology I and II as prerequisites so, in order to take the lab in Spring 2022, I have to take them both this summer.

c.) I found Monarch OneSearch to be very helpful this semester. It helped a lot with finding good sources for research. I only used Monarch OneSearch for my English class, but I know it'll be helpful for writing-intensive courses that require a lot of research. Monarch OneSearch only showed me reputable sources and gave me the ability to narrow down resources by year, topic, etc. It was a lot easier to use than Google and I found a lot of great sources.

d.) I found all on-campus resources to be unhelpful this semester. This is mainly because I wasn't on campus, so I didn't get the chance to use them. Hopefully, when I live on campus next year, I'll get to explore and use all the resources that ODU has to offer.

e.) I learned that you really shouldn't push large papers off until the last minutes. By breaking the paper into pieces (research, intro, body paragraphs, conclusion), you only have to do a little at a time over the span of a few weeks, instead of cramming all that work into a few days. In English, I once waited to write a paper two hours before it was due. I finished just as class started, so it wasn't late, but the experience was incredibly stressful so I know not to procrastinate papers anymore. This will assist me next semester because I know I'm taking at least one writing-intensive course, so I need to space out my work and not procrastinate.

2. Study Habits

- a. **How much time do you spend studying for each class now vs. at the beginning of the semester?**
- b. **How have your study habits changes?**

c. What specific study techniques do you think work best for you? How do these vary from class to class?

a.) Since a lot of my classes aren't difficult, the amount of studying I put in at the beginning of the semester hasn't changed. I have started studying slightly more in Sociology, especially with the final coming up soon. The class I study for the most is College Algebra. With only reading over my notes, my test grades were decent, but I knew I could do better. For the third math class I took, I spent the entire day before as well as most of the test day practicing math problems whenever I could. As a result, I nearly got a 100%! Since math is technically the only final exam I have during finals week, I'm going to take the free time I have that week and study a lot!

b.) My study habits haven't changed all that much. I still use the same basic methods of taking notes and reviewing them. If the content can be turned into flashcards, I'll make a set of flashcards to use. I try to study at my desk in my room because it's quiet and I associate my desk with school and learning. I try to study as often as I can in-between classes and assignments.

c.) I think reading over notes is a technique that works pretty well for me. I use this method in classes like biology where there are more concepts and too much important information to put on flashcards. For classes that have vocabulary questions, like sociology, I use flashcards. In math, I have to review problems, practice, and memorize formulas by writing them out a couple of times.

3. Health Professions Learning Community

a. This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.

i. On the surface, these classes do not appear to be connected however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together.

b. This semester we provided events (Health Chats) for you to hear from health professionals from ODU.

i. Which Health Chat was most beneficial for you as a student, and why?

a.) I was enrolled in SOC 201S and HLTH 101 for learning community classes. These courses are tied together by health science. Both classes provide information that will be useful as I continue my path through college as a health sciences major. Sociology taught me about human behavior, which you need to better understand people. Health Professions taught me important career skills, such as making a resume, setting up an ePortfolio to showcase important assignments, and provided the opportunity to meet like-minded individuals.

b.) I think the chat about recreational therapy was most beneficial for me. I had never heard of the field/major until then, and it seemed incredibly interesting. It's something I want to consider as an

alternative major if I don't get into the medical laboratory science program and possibly pursue it as a minor. Without that chat, I wouldn't know it existed and would've completely skipped over it as a potential choice for my parallel major.