

Fall Semester Pre-Assessment

1. Major/Career

- a. What is your intended major and why did you choose this major?
- b. What skills or abilities do you possess that make this major/career a good choice for you?
- c. What experience, if any, do you have that relates to your chosen major/career?
- d. In what type of setting would you prefer to work?
- e. What are your career goals (in 5 years/in 10 years)?
- f. Complete the MyMajors quiz: <https://odu.mymajors.com/quiz/>. Provide a screenshot of your results. Of the majors on your top 10 list, which 3 would you like to learn more about?

- a.) My intended major is medical laboratory science. Besides being an interesting subject, it fits me as a person. I want to be able to help people, but don't want to be near patients. By looking at their blood, urine, etc., I'm able to help the doctor determine what's wrong with the patient without actually having to talk with the patient.
- b.) I possess good hand-eye coordination (needed to prepare samples and use microscopes), exercise caution (though it's mostly due to my anxiety, I'm very good at following directions and maintaining a safe environment), and have the ability to think critically and solve difficult problems.
- c.) I don't have any in-field experience, but in high school I was in my school's health sciences academy. I learned a lot about medical testing and even participated in mock testing of diseases (urinalysis, RBC morphology, etc.).
- d.) I would prefer to work individually in a lab.
- e.) My career goal in five years is to be a medical lab scientist, possibly at a hospital. Depending on whether I can perform autopsies and/or be around cadavers, I want to become a forensic pathologist. Since I was in my school's health sciences academy, if I get above a 3.8 GPA and a competitive MCAT score, I have guaranteed admission into St. George's medical school in Grenada.
- f.) If I absolutely had to choose (in order): Cytotechnology, Nuclear Medicine Technology, and Nursing. I'm not quite sure how nursing ended up being my most recommended major since I strongly dislike working with others.



1 - Nursing
2 - Dental Hygiene
3 - Nuclear Medicine Technology
4 - Public Health
5 - Biology
6 - Psychology
7 - Environmental Health
8 - Cytotechnology
9 - Health Service Administration
10 - Human Services

2. Transition to college

- a. What do you expect to be the biggest difference between high school and college?
- b. What do you expect to be your biggest challenge this semester?
- c. *If you live on campus:* What do you expect to be your biggest challenge with moving away to college?

- d. **OR If you commute to class: What do you expect to be your biggest challenge with commuting to campus?**
 - e. **Do you have a job/ or plan to get a job? If so, where? How many hours will you be working per week?**
- a.) The biggest difference will most likely be that I'll have to study harder and the work will be more challenging, along with the completely different atmosphere of a college campus vs a high school.
 - b.) I expect my biggest challenge to be getting used to a heavier and harder workload.
 - c.) Not applicable 😊
 - d.) I only have one class on campus a week, and it's near the parking garage. The biggest challenge/downside is that I don't like driving so commuting isn't that all that fun. Next year, I'll definitely live on campus since I'm only off-campus this year due to COVID-19.
 - e.) With the coronavirus, I'm currently not planning on getting a job this year. My mom has an autoimmune disorder and I don't want to risk her health.

3. Study habits

- a. **Is there a difference between "studying" and "homework"? Explain your answer.**
 - b. **How much time do you plan to spend studying for each class every week?**
 - i. **For which class do you expect to spend the most time studying?**
 - ii. **For which class (other than HLTH 101) are you expecting to spend the least amount of time studying?**
 - c. **Where do you plan to study?**
 - i. **What potential distractions can you anticipate?**
 - ii. **How do you plan to avoid these distractions?**
 - d. **What time of day is your best time to study and why?**
 - e. **This Fall, you are in online courses, some of which do not meet at a specific time, how do you plan to manage all of your assignments?**
 - f. **Think about all of your commitments i.e. job, family, social life (from a distance and wear your mask! #ReignResponsibly). How do you plan on balancing your various commitments?**
- a.) Studying is a review of what you've already learned in class/from your notes. Homework is applying what you've learned in the form of answering questions or writing essays. Homework is assigned, whereas it is the student's choice to study or not.
 - b.) I plan on studying about 1-3 hours a week for each class, since I don't count homework as studying.
 - a. I expect to spend the most time studying biology. It's an honors course as well as a science course, meaning the content is more difficult.
 - b. I expect to spend the least time studying college algebra. In my experience, a quick review before tests is sufficient in math. I get most of what I need from homework.
 - c.) I plan to study in my bedroom since it's the most convenient location and it has a desk.
 - a. Potential distractions I can anticipate are almost anything since I have ADHD. I don't need a phone, computer, pencil, paper, anything to be distracted, my mind does that automatically.
 - b. The best I can do to avoid distractions is to force myself to focus and keep a schedule with allowances in case I don't finish something in the allotted time.

- d.) The best time for me to study is between 9:00 am to 4:30pm because I have no family obligations.
- e.) I plan to keep a detailed schedule to make sure I don't fall behind in any classes. I'll update it daily to keep track of due dates and quiz/test days.
- f.) Luckily, I don't have many commitments. I don't have a job or social life at the moment. Regarding my family, they understand that I'll be spending less time with them so I can study and do homework. I have a block of time I spend with my family which is rarely compromised by schoolwork. Then I have a smaller block of time that I can spend with my family or doing homework, whichever I need to do more.

4. Learning style

- a. What specific study techniques do you think work best for you?**
- b. Do you use different study techniques for different classes? Provide examples.**

- a.) Using flashcards and Quizlet (or tactics like that) help me memorize information well. I can put either vocabulary or questions on the cards and repeatedly quiz myself. That technique really helped me in difficult classes such as Pathophysiology I when I had to memorize symptoms, vocabulary, and other information. Reading and reviewing notes and sections from the textbook don't help me as much because I get bored easily, but sometimes certain classes require that type of studying. Sometimes, listening to music while I read or use flashcards helps me memorize information better since my brain subconsciously associates facts with lyrics. Then when reading test questions, my brain will recall the lyrics and I am able to remember the information I need to answer the question.
- b.) No, I tend to use the same study techniques for different classes. In health class and Pathology I, I use Quizlet. Math and English, I skim my notes for important information. Classes that are more difficult or have lots of information to memorize, I use flashcards/Quizlet. Classes that don't require a lot of studying, I read my notes and possibly the textbook if I have time.

5. Connecting to campus

- a. Name one academic resource at ODU you can use to help you earn "As" this semester.**
- b. Name one non-academic resource at ODU and how it can help you this semester.**
- c. Name one resource you think you will use this semester.**
- d. Name one resource at ODU you would like to learn more about, and why.**
- e. In high school, what clubs, organizations, or activities did you participate in, if any?**
- f. Is there a club or organization you plan to join this semester and what do you expect to gain from this experience? If not, why not?**

- a.) One academic resource I can use at ODU is the Learning Center. This resource could provide extra help to better understand difficult concepts I struggle with in class.
- b.) One non-academic resource I can use at ODU is the Counseling Services. If I get overwhelmed and stressed, this resource could provide me with ways to destress while still completing work.
- c.) One resource I think I'll use this semester is the Learning Center if I start falling behind or not doing as well as I hoped on quizzes/tests.

- d.) I would like to learn more about the Writing Center since I have English and literature class this year. I might need some extra help with writing college level essays.
- e.) I participated in HOSA (future health professionals); National, medical, and Spanish honor societies; editor-in-chief for the literary magazine; gay-straight alliance; and several volunteer activities.
- f.) I'm not completely sure what clubs and organizations I want to join this year, but I know for sure I'm going to join the Creative Writing club. I hope to meet others as passionate about writing as I am, as well as possibly share some of the pieces I've written. I don't want to join too many clubs this year that aren't virtual since I'd have to drive to meetings.