

# Mid-Semester Reflection

## 1. Study habits

- a. **How much time do you spend studying for each class every week?**
  - i. **Do you need to put more time into studying, and for which class or classes?**
- b. **Where do you study?**
  - i. **Do you often find yourself distracted while studying?**
  - ii. **What could you do to remove these distractions?**
- c. **What time of day do you study?**
  - i. **Do you feel focused and alert at this time?**

- a.) On average, I spend about five hours studying for each class every week. I don't spend any time studying for English since we don't have any quizzes or tests, only writing papers. I don't study for my biology lab either since I only have to complete journal entries and small projects. I need to put more time into studying math, but I haven't found a helpful method yet. I could also spend more time studying biology since the concepts are more complex than those in my other classes (besides math).
- b.) I usually study at my desk in my bedroom. Sometimes, I'll study in my bed because I got a new mattress and it's very comfortable. Both studying locations present the same distractions. I often find myself distracted while studying but the distractions can't be removed. The distraction is me. Having ADHD, everything becomes a distraction and even if I don't have a laptop, phone, pencil, or paper near me, I can still get distracted for hours on end. The most I can do is try to force myself to study and tune out everything else in my brain.
- c.) I usually study in the late morning and throughout the afternoon. At those times, I'm as focused and alert as I'll ever be, which is nice because I have a similar schedule to my mom's work schedule. That way, I can still eat dinner with my family and spend a little time with them to unwind.

## 2. Learning style

- a. **What specific study techniques do you think work best for you? How do these vary from class to class?**
- b. **What new study techniques have you tried this semester based on what you have learned about learning styles?**

- a.) Using Quizlet helps 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 in the past. Reading and reviewing notes and sections from the textbook help me a lot more than it did in high school. 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. For most of my classes this semester, I usually read and review my notes as well as PowerPoints. None of my classes are so difficult I need to repeated quiz myself on Quizlet. I have yet to find a good study technique for math though.
- b.) A new study technique I tried this semester was pretending to teach concepts to a kid. This helped in Sociology and Biology since I had to break down large, hard to explain terminology into easy to understand ideas. Not only was I able to review concepts from my lesson, but I was also able to better understand these ideas myself. This is a study technique I'll carry with me and use for my harder classes.

### **3. Transition to college**

#### **a. Has college been what you expected?**

**i. In what way is your college experience different from what you expected?**

**ii. What has surprised you about your experiences so far this semester?**

#### **b. What is the toughest challenge with commuting to campus? Easiest challenge to overcome?**

- a.) College has not been what I expected at all. Most of that is due to COVID-19, though. I'm doing most of my college classes besides my biology lab from home. I never really thought I would do any college classes from home. Lectures are different since all of them are online via Zoom. Zoom lectures make it a lot harder to participate and to form connections with students and professors. I also expected college to be a lot harder, but with my class load right now, it's not that bad. I know as I advance through the upcoming spring semester and my sophomore year, classes will get more difficult since they all build on each other. I haven't taken chemistry yet either and every college student I know says that it's one of the hardest classes. Hopefully, chemistry will surprise me by not being difficult but that's wishful thinking.
- b.) The toughest challenge with commuting to campus is being able to still use the rest of the day productively. The time spent at my lab combined with my commuting time takes up most of my day, making it hard to complete any other work I have or to study. The easiest challenge to overcome was the actual drive. Driving gives me anxiety but after taking the

route a couple times, it became familiar and now I'm not stressed about driving to campus at all.

**4. Connecting to campus**

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

- a.) I didn't do as well as I wanted to on my last math test. Additionally, I don't have an effective way to study for math. The math and science resource center could help me with this. Not only would this resource provide me with tutoring, but they could help me devise a practical study plan.
- b.) My health sciences advisor helped me this semester. He helped me work out my schedule for the spring and summer semesters so that I could take the human dissection lab, a class I really looked forward to. Without his advice, I wouldn't be able to fit the lab into my schedule.
- c.) I attended an interest meeting for the Creative Writing Club (CWC) in September. I decided to get involved since my favorite hobby is writing. The other members were also welcoming and a good group of people to be friends with. We all seem to have similar senses of humor and can share our writing struggles and sympathize. I haven't attended any other interest meetings but plan to next year when I'm living on campus and everything is hopefully more normal.