

Final Reflection:

1. I feel as if I've grown dramatically since the beginning of the semester. From the beginning of the semester until now, I feel as if I have developed ways to study that have allowed me to fully understand material better, and to a deeper understanding. I have developed ways to study in ways I never thought I would be capable of. My expectations for this year were way different than what actually happened. I felt as if this semester was way harder than expected, and I was not ready for it. I was expecting a lower course load, but I was deeply surprised. Something I wish I knew 14 weeks ago would be to prepare in a different way. At the beginning of this semester, I started studying for tests that were not until weeks from then. Doing that put way too much pressure on me, and I was constantly stressed and overwhelmed.
2. I spend a lot of time studying for important exams. At the beginning of the semester I studied way more than I do now, and although that usually is a good thing, it really ruined my mental health. There is such a thing as over preparing, and I definitely did that. I like the way I study now because I prepare a decent amount, and I actually study the material the professor gives to me now. My study habits have changed a little bit because now, the night before an exam I will reserve a study room at the library and study on the white bollards with colorful markers. I have learned that over studying does not allow me to know the material more than I already do, so study in periods. I learned that I need to study the study guides that the professors give to me, and not necessarily the notes I take, because when I take notes, I tend to take notes on unnecessary information, leading me to telling myself that the information I took notes on is important, and then studying unhelpful information. Some helpful study habits that I inherited would be writing on white boards in the library, using Google Docs to take notes in class, and going to tutoring as much as possible, because even though I may know the material, it's always good to get a level up on that material.
3. The courses I took for the Learning Community are all connected in some way. For example, History with Lee Ann talked about social determinants of health and the upbringing of medical importance over time. In sociology we talked about medical inequities, social injustice, and racism, and this could all lead to me being a successful nurse in the future. In chem, we talked about the instance of the Flint occurrence, and how this talked about social injustice as well as talking about certain instances in other classes. I felt as if the paint night was the most beneficial to my understanding of social injustice and social determinants of health because it allowed me to dive into personal goals and experiences, and tie it into what we have learned in class.