

## **Mid-Semester Reflection (100 Points)**

**Due Date: Week 9 - 10/25**

**Directions:** Please respond to the questions in paragraph form. Use the template below to type your assignment. Save it as your Last Name\_First Name Pre Semester Reflection

**Assignment Submission: Google Drive via Canvas**

### **Reflection Instructions**

For this assignment, please look back at your Pre-Semester Reflection 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 am doing well in philosophy. I think I am doing well for basic reasons such as I am engaged and enjoy learning how philosophers think society works and connecting their thoughts/theories to recent experiences and events like the elections.**

- What classes did you identify as needing assistance in?

#### **Chemistry and Spanish.**

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

**For Spanish, I have taken notes differently, and it showed significant improvement on the last exam I took. For chemistry, I tried studying with a partner so we could both figure it out together and use each other's knowledge to study together. I personally feel like I study better alone after that. I am also taking advantage of the Chemistry tutoring center.**

#### **Transition to College**

- What expectations did you have coming to college? **I expected it to be the same course load as community college. It is like a few more tedious assignments than community college. I expected to sleep less and to fall into “party land”.**
  - Have those expectations come to fruition, or not? **For the most part, no.**
  - How? **I have a daily planner of all the things I need to get done, so I can sleep. It makes me realize that I do not have time to party, but I don't mind that at all.**
    - In what way is your college experience different from what you expected? **I expected there to be a group of people that everyone knows in all corners of college, and there is not a single person that I know and someone else knows them too. Also, making friends has been the easiest it has ever been.**
    - What has surprised you about your experiences so far this semester? **Dealing with the struggles of being used to being the tutor to now being the one that needs to be tutored was a really humbling experience that I am happy to be going through. It made me realize that I don't know everything, and that is okay.**
- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome? **I do not live on campus.**
- OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome? **Virginia traffic is a nightmare in itself. I live about 30 minutes away and I leave an hour before class starts to make sure I am punctual and on time. The easiest challenge is thinking I would not meet anyone and go to ODU campus events, but I have met plenty of people of different majors/backgrounds.**

## Major

- Name something you have learned about your intended major that you did not know at the beginning of the semester.

**When applying to nursing school, you have to do an interview. I am frightened of that actually. I feel like I may freeze or lose the train of thought.**

- Have your feelings changed about your intended major? List some thoughts you are having. **I don't have any feeling changes about my major, but I do want to partake in a minor that is outside of nursing to see if I have other interests that I happen to be good at.**

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

**HGTV is my life. I love watching them start at the bones of the house and making it a home. With that being said, real estate has taken some interest and caught my eye.**

## 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. **A challenge is there are clubs that I see around campus, but I am not sure who to reach out to to join the club or when the interest meetings are. The club page on ODU.edu is where I can go to find more clubs that I would be interested in.**

- 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?

**My classmates help me the most just because we're all going through the struggle of time managing, learning about all ODU has to offer, studying, etc. Getting through it together makes the process easier.**

- 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. With my schedule next semester, I am hopeful to have more free time to really dive deep and explore all the health science clubs.**

**Rubric**

<b>Criteria</b>	<b>Excellent</b>	<b>Sufficient</b>	<b>Minimal</b>	<b>Unacceptable</b>
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	(100- 90 points)	(89 -80 points)	(79 -55.5 points)	(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 question is addressed thoroughly.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	Response excludes essential components and/or does not address the requirements indicated in the 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.