

## **Self Assessment (100 Points)**

**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 Doc via Canvas

Please answer the following questions in complete, thoughtful sentences. Make sure to check for grammar, syntax, and spelling!

1. Transition to college

a. What are you most excited about for your first semester of college?

**I am most excited to meet new people who I share a major with, and become friends until the end.**

b. What do you expect to be your biggest challenge this semester? (Think about living on your own, time management, procrastination, making friends etc...)

**My biggest challenge is finding the confidence to be involved. I am typically a person that stays to myself, so I am on campus and off campus pretty quickly. I am hopeful that'll change.**

c. How many hours per week have you spent studying so far this semester? Total? Total per class?

**I would say I spend around 2.5 hours on average daily outside the classroom. I do my best to try to complete homework assignments during class because I do have a lot of schoolwork to keep my eyes on. A huge chunk of time goes to chemistry, as that class is no joke.**

d. What other time commitments will you have during your first semester (job, sports, student organization etc...) **I am a full-time worker.**

- i. How many hours do you think you will spend each week with these commitments? **I work 32 hours weekly.**
- ii. How do you plan to balance all of these commitments?  
**I love “calendering”. I like to plan my weeks out on paper, as writing it down helps me remember something. I have an organized planner.**

- e. 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? **I do not have any clubs at the moment that I have my eyes on. I think I might join some health-related clubs later on once I have my feet wet with balancing school-work-life.**

## 2. Study habits

- a. What do you expect to be the biggest academic difference between high school and college?

**We don't have the “hands on” experience as we did in high school. In the majority of my classes, I do have to teach myself everything, but that, itself, is time consuming.**

- b. Do you read the assigned readings before class? Why or why not?

**I am a believer in reading before class because then I won't be left in the clouds about what is being lectured about in class.**

- c. If you read before class, what techniques do you use to help you understand the material (highlighting, taking notes in the margins, skimming, etc.)?

**I read and take notes at the same time in a separate notebook. I find that writing what I read is more helpful in terms of comprehension.**

- d. Describe your current methods of studying. How do you study for each class?
- i. What specific techniques do you use in class? **In class, I am writing down important viewpoints or highlighting what the professor is putting emphasis on because it is likely to be tested on.**

- ii. What specific techniques do you use outside of class?

**I write everything down from memory, and then write in another color, all the things that I missed about whichever topic is being covered in the class.**

- e. Identify one class you feel most challenged in so far this semester. What has been most challenging and why?

**Chemistry, I think for obvious reasons. In my opinion, chemistry is its own language. There is a lot to remember for each exam. I don't necessarily think the material is hard. It's just the amount of said material to remember at once.**

- f. Have you used any campus resources (tutoring, academic success peer mentoring, writing center, SI)? **Not at this time.**
- g. If yes, which resource(s) did you use and how did it benefit you?

3. Major/Career

a. What is your intended major and why did you choose this major?

**Nursing; I like this field because there is so much flexibility with which career I can take an interest in.**

b. What skills or abilities do you possess that make this major/career a good choice for you?

**I find myself always caring for others before caring for myself, and I say this with pride. Additionally, I have the ability to communicate in a well mannered tone and with professionalism. Lastly, I am a person who can get creative and do some critical thinking and solve major problems with little/short notice.**

c. What experience, if any, do you have that relates to your chosen major/career?

**For most nursing students, they have a background as a medical assistant or a nurse aid. Personally, I am a pharmacy technician, so my background could possibly be categorized as pharmacology.**

d. What are your career goals (in 5 years/in 10 years)?

**5 years: Graduate nursing school and have a job working in the emergency room.**

**10 years: Graduate from either Nurse Practitioner school or from Nurse Anesthesia school.**