

Mid-Semester Reflection (100 Points)

Reflect on the following:

Study Habits

- What classes are you doing well in, and why? The classes I'm doing well in are Sociology, Interpreting America's past, and English. I think I'm doing well in these classes because they're less rigorous and less study time.

- What classes did you identify as needing assistance in? The classes I need assistance with are my Chemistry lab and chemistry 105. These classes have more information that you have to retain. Also the literature is at a fast pace so that's what makes these classes more difficult.

- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)? One of the changes I've made for studying is my location. I try not to study in my room because I've realized that I have more distractions in my room. Another thing I changed was splitting up my work instead of trying to do it all at once and burning out. I also started a small study group with the people in the classes I struggle with to go over material.

Transition to College

- What expectations did you have coming to college?

I first expected college life to be very hectic; which it can be at times, but not to have as much free will. The second thing I expected was the high expenses and sometimes out of pocket. Also the freedom to do what you want on your own time with consequences of course. Lastly, I thought that it would be harder to adapt to the new environment.

- Have those expectations come to fruition, or not?

Some of these expectations did come to fruition but most didn't. Most of the bad expectations I had didn't come to fruition because there are a lot of resources and communities to help.

- How? With the new people I've met from teachers or friends they've been able to help figure out certain things.
 - In what way is your college experience different from what you expected? My college experience is way different from my expectations because it's more strict but calm at the same time.
 - What has surprised you about your experiences so far this semester? What surprised me the most about my experience is how many resources we have on campus.
- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome? The overall toughest challenge moving away was simply adapting to a new environment. The first week I could rarely get any sleep; It was tough. But once I started getting into college life and classes I feel more comfortable here now.
- OR *If you commute to class:* What is the toughest challenge with commuting to campus? Easiest challenge to overcome?

Major

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

is that it is expensive. For instance, the tool we use, the dress code, etc but I understand it's to provide the best service.

- Have your feelings changed about your intended major? List some thoughts you are having. I still somewhat have the same feelings about my major. I still feel like I want to try to become a dental hygienist. However, I've also been thinking about alternatives in case it isn't for me.

- Is there another subject (major or minor) that you are interested in learning more about? I'm interested in learning more about speech pathology.

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.

One problem I had this semester was with my finances. I was trying to pay my bill but it wasn't enough and the financial office sent me a scholarship. By using the financial aid office I'm still able to attend school because of them.

- 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?

So far my success coach has been a big help for me. With the occasional meetings we have she provides resources with me and advice.

- Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved? I attended a interest meeting for the good girls club. I decided not to join currently because of my schedule and I'm still trying to get a hang of it.