Final Reflection

1. Transition to College
   1. 14 weeks ago, I expected college to be a lot different than what it actually was. I expect a college to be harder and more fast paced.
   2. Fourteen weeks ago, I wish I knew my chem lab class was going to be as difficult as it was, I would have prepared a lot more than I did.
   3. A resource I found most helpful this semester was YouTube, it helped me fill in the blanks that my teachers left open.
   4. This semester I didn't use any of the tutoring resources, I don't think that they were unhelpful, but I just didn’t use them. One resource that was unhelpful was the study resources, I already know how to study properly so it wasn’t helpful to me.
   5. This semester I learned to start my assignments early so I won't have to stress and rush to turn in my work because the due date is approaching. By starting my assignments early next semester I should have a more stress-free semester.
2. Study Habits
   1. Not much changed with my study habits from the beginning of the semester to the end. I still spend about only really studying for each class, maybe 2 to 3 hours each week. I spend at least 3 hours studying for my chemistry and sociology classes each week. I spend about two hours studying for my history class, and I don't study much for my English or health professions class it’s not needed.
   2. My study habits have not changed since the beginning of the semester. I still tend to study wherever is quietest so if that’s downstairs in my room then I’m in one of those places.
   3. What works best for me is repetition. highlighting, color coding, and applying what I learn to real life situations. These techniques work best for me. Like for my chemistry class highlighting and color coding works best for me no, and in my sociology class repetition and applying things to the real world works best for me, the more I look at it, say it and make it make sense for me the more I retain it.
3. Health Professions Learning Community
   1. 1. My sociology class and health professions class and history class were all connected in a way because each one took the material and connected it to the real world and also the health world. In each class the teacher found a project, a homework assignment, or a lesson that would show us students the importance of the class material and HAL they relate to the health jobs that we are seeking.
   2. 1. The health chat that was most beneficial to me this semester was to chat where all of the nursing faculty came and talked about their jobs and lives as nursing individuals, teachers, or just medical professionals. It gave me a better insight into their everyday lives as nurses. It solidified me wanting to go into nursing. I got to hear about the good parts of nursing as well as the bad parts of nursing I got to hear all the different career paths I could go into and it was all very beneficial.