

## **Mid-Semester Reflection (75 Points)**

**Due Date: Week 8**

**Assignment Submission:** Blackboard. Save your attachment as a Word Document, or PDF and upload it to Blackboard. Last Name\_First Name

**For this assignment, please reflect on the following questions. Please provide a paragraph-length response to each of the four topics, making sure to answer all the sub-questions.**

### **1. Study habits**

**a. How much time do you spend studying for each class every week?**

**i. Do you need to put more time into studying, and for which class or classes?**

**b. Where do you study?**

**i. Do you often find yourself distracted while studying?**

**ii. What could you do to remove these distractions?**

**c. What time of day do you study?**

**i. Do you feel focused and alert at this time?**

- I am still studying for about 1 to 2 hours a day for each class. On Thursday I have three classes so I sometimes don't have the time to study as much as I'd like to so I use Tuesday to make up for the time. On Tuesdays, I only have one class at 8 AM so I have the remainder of my day to study and get homework done. As my grade is a bit low in my math class I have been using a lot of time studying for this class. I need to bring my grade up and studying is the best way to do that. To study I sit at a desk in the home office so I can focus. Our google home system is there so I can put on quiet jazz to help me focus. During the evening is the prime time for me to study. During breakfast and lunch hours I feel that I should be completing work and most times I am in class. Studying at night makes me feel less inclined to skip studying and do work or household things. This makes me focus and let myself feel good about studying.

### **2. Learning style**

**a. What specific study techniques do you think work best for you? How do these vary from class to class?**

**b. What new study techniques have you tried this semester based on what you have learned about learning styles?**

- I have set goals for myself to do more practice quizzes and problem sets in order to familiarize myself with the material. For math, I use the first way of studying along with watching youtube videos to teach me different techniques to complete problems. These videos are a new technique I have been using as I have needed some extra help outside of class to comprehend the material. In history class, I've found that simply

reading documents from the time period helps me best understand the material. To me, it is like the reality television of the past. Also reading history tells me that people are just human and it helps me connect with current events. Sociology for me is repetition. Unlike math and history, most topics are completely new to me and I need to familiarize myself with them. I rely heavily on the connect practice quizzes that touch on the different concepts of each chapter. Repetition is also my go-to for chemistry as I feel most comfortable with a subject after I have applied it to a problem and received the correct answer. Throughout the textbook, there are practice problems that I complete to do this and it helps me feel more comfortable as I take notes

### **3. Transition to college**

#### **a. Has college been what you expected?**

**i. In what way is your college experience different from what you expected?**

**ii. What has surprised you about your experiences so far this semester?**

#### **b. *If you live on campus:* What has been your toughest challenge with moving away to college? The easiest challenge to overcome?**

#### **c. OR *If you commute to class:* What is the toughest challenge with commuting to campus? The easiest challenge to overcome?**

- In many ways, college has been exactly what I expected it to be. I was already aware of the increased workload I would receive but I was not sure of how I would handle it with covid affecting the normal routine of things. The pandemic has completely changed what I believed my first-year experience in college would look like. I decided to stay home this semester to protect both myself and my family. I am fully online as commuting would also endanger me. Being online has greatly affected my learning but I am happier being home. This fact greatly surprised me. I wished that I could be with my fellow monarchs but after seeing the many restrictions there are on campus I was affirmed that my decision was best for me. In saying this I am proud of ODU for how well they are navigating through these challenges but I know that staying in my dorm room is not the best place for learning. At home, I am able to use our home office, have access to food, my own space to protect myself, and promote productivity.

### **4. Connecting to campus**

#### **a. 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.**

#### **b. 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?**

**c. Have you attended an interest meeting for a club? Why did you decide to get involved or not get involved?**

- When I first joined the health professions living-learning community I was very discouraged to realize most opportunities were for nursing students. It was so disappointing because this was one of the driving reasons why I chose ODU. During my call with my peer mentor, I expressed my concerns and she immediately relieved them by informing me of many opportunities for students with my major and assuring me that she would speak with advisors to make other majors feel more included. This was very important to me because I wanted to make sure I get the most out of my experience at ODU because it is different from the traditional way of school. After our meeting, my peer mentor sent out links to different opportunities for majors in the health professions LLC that was not only nursing. This allowed me to become aware of some of the extracurriculars on campus that are not advertised as much. Over the summer I spoke with some members of the Model UN group on campus and I expressed interest in joining my second semester of college. I also will be joining the good girl movement next semester because I believe that the group has amazing potential to do great things in the community. I decided to join these groups next semester because I want to focus 100% of my time on getting used to the college workload.

### Rubric

<b>Criteria</b>	<b>Excellent (75-70.5 points)</b>	<b>Sufficient (70.49-63 points)</b>	<b>Minimal (62.99-55.5 points)</b>	<b>Unacceptable (55.49-0 points)</b>
<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.

Questions adapted from:

[https://www.as.uky.edu/sites/default/files/Mod\\_3B\\_Learning\\_Style\\_Reflection.pdf](https://www.as.uky.edu/sites/default/files/Mod_3B_Learning_Style_Reflection.pdf)