

Fall Semester Pre-Assessment (50 Points)

Due Date: Week 2

Assignment Submission: Download this document and save it as a Word Document. Save it as your Last Name_First Name. Send it to me as an attachment along with your [Professional Email Signature](#).

Please answer the following questions in complete sentences completely.

1. Major/Career

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

My intended major is Environmental Health. I chose this study because I would like to gain experience on how life is affected by both social and geographical environments. This will help me in my intended career as an Environmental Lawyer.

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

All my life I have advocated for the protection of this earth. I use my assertive nature to inform and remind those around me about the amazing things we can do to maintain habits that will work toward the betterment of our planet.

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

Throughout my highschool years I collaborated with students and staff to do outside clean ups, informed students about better environmentally friendly habits, and in this realised my passion for the betterment of the planet.

d. In what type of setting would you prefer to work?

I am able to operate within any type of work environment although I personally like to be in an office space. Offices who also do a lot of field work and research is ideal.

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

In five years I will have been accepted and in my first year of law school with an internship that is in the environmental protection field. By the end of the decade I will be bar certified and working at a firm that truly has good intentions for both living things and the land they reside on.

f. Complete the MyMajors quiz: <https://odu.mymajors.com/quiz/>. Provide a screenshot of your results. Of the majors on your top 10 list, which 3 would you like to learn more about?

The screenshot shows a web browser window with the URL https://odu.mymajors.com/quiz/214_determine_major?id=2009513. The page displays a list of 10 suggested majors on the left and a detailed view of the selected major, Environmental Health, on the right. The top 10 list includes: 1 - Environmental Health, 2 - Political & Legal Studies, 3 - Political Science, 4 - Nursing, 5 - Cytotechnology, 6 - Health Service Administration, 7 - Criminal Justice, 8 - Cyberoperations, 9 - Accounting, and 10 - Economics. The detailed view for Environmental Health includes a description of the field, its accreditation, and potential career paths.

Environmental Health

Meta Major:
Health and Helping Professions

Environmental health is the study and management of factors that adversely affect the environment and the health and well-being of humans. The curriculum in environmental health, which is accredited by the National Environmental Health Science and Protection Accreditation Council, encompasses a variety of disciplines in the preparation of environmental health specialists, industrial hygienists, and occupational safety specialists.

Environmental health specialists are responsible for education, consultation, and enforcement relating to local, state and federal laws, regulations, and standards governing the safety and sanitation of air, water, milk, food, solid, hazardous and infectious wastes, sewage, housing, institutional environments, and other health hazards. They are actively involved in the overall environmental quality within a community and prevention of diseases associated with environmental factors. Industrial hygienists conduct health hazard evaluations, perform health effectiveness assessment research, and manage health programs in industries or governmental organizations. They anticipate, recognize, evaluate, control, and eliminate health hazards in industry, the community or the environment. Occupational safety professionals identify, anticipate, identify and evaluate hazardous conditions and practices in the workplace. They design, implement, administer, measure and evaluate the effectiveness of hazard control programs.

Potential Careers:

Environmental Health is my intended major so I am definitely excited about learning more about my future field of study. Political and legal studies is definitely something that I am interested in because I would like to go to law school after I complete my studies at ODU. Political science was a good choice for my interests also, I think the my majors test is a great tool for students like me.

2. Transition to college

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

The constant communication between teachers and students is the largest difference I expect during college. In high school I was able to talk to my instructor on a more consistent basis about my concerns or struggles as a student. College professors have so many students that a personal message about a misinterpretation or concern can seem like a nuisance.

b. What do you expect to be your biggest challenge this semester?

I believe that communication will be my biggest challenge this semester. I am a fully online student and I like to have a strong stream of communication with people I am in contact with which professors can not realistically maintain. There are so many students that they provide for and it is impossible to put too much focus on any particular student.

c. *If you live on campus: What do you expect to be your biggest challenge with moving away to college?*

d. OR *If you commute to class: What do you expect to be your biggest challenge with commuting to campus?*

I neither commute or live on campus as I am a fully online student but I do find it challenging to make my home feel like a study space instead of a relaxing environment.

e. Do you have a job/ or plan to get a job? If so, where? How many hours will you be working per week?

I do not plan on resuming my work until after my first year of college. This will give me enough time to figure out how to navigate through my course load and hone my time management skills.

3. Study habits

a. Is there a difference between “studying” and “homework”? Explain your answer.

There is a huge difference between studying and homework. Studying is the learning process a person goes through versus homework being the application of these learned topics.

b. How much time do you plan to spend studying for each class every week? At least 10 hours.

i. For which class do you expect to spend the most time studying?

I expect to study for my math class the most as I am aware that it is not my academic strong suit.

ii. For which class (other than HLTH 101) are you expecting to spend the least amount of time studying?

I do not expect to study much in my english composition class because it is asynchronous so my work is on me. I do not procrastinate so I will study and complete assignments in a timely manner.

c. Where do you plan to study?

I plan to study in my mother's home office when she is not occupying it and at the dining room table when she is.

i. What potential distractions can you anticipate?

I do anticipate that my grandmother will be a distraction to my study sometimes as she does not listen to the schedule we give her.

ii. How do you plan to avoid these distractions?

I will repeat myself as I always do that I cannot talk or leave at the moment.

d. What time of day is your best time to study and why?

I study best at night. During the day time hours other people are up and cause distractions. At night people sleep and there is less noise and no one expects anything of you so it is truly a person's only time to themselves.

e. This Fall, you are in online courses, some of which do not meet at a specific time, how do you plan to manage all of your assignments?

I plan on completing them before their listed due date or as they vs are assigned. I enjoy the asynchronous nature of my classes because I am free to complete my work and learn in an environment that I am comfortable in.

f. Think about all of your commitments i.e. job, family, social life (from a distance and wear your mask! #ReignResponsibly). How do you plan on balancing your various commitments?

I plan on balancing my various commitments by prioritizing. My studies come first and I will not let anything get in the way of my future. My family and social life are very important to me but that is why I work hard in school so I can be there for other commitments.

4. Learning style

a. What specific study techniques do you think work best for you?

Flashcards and practice questions about the material that I will need to learn is the best way I retain information.

b. Do you use different study techniques for different classes? Provide examples.

Yes, for each class I find the best way to study information. For english and most history classes I do a lot of reading and note taking to remember information. In math and science the use of flashcards and practice questions to better understand the material.

5. Connecting to campus

a. Name one academic resource at ODU you can use to help you earn "As" this semester.

I am very excited about the writing center at ODU to increase the probability of a better grade this semester.

b. Name one non-academic resource at ODU and how it can help you this semester.

Monarch groups is a non-academic resource that can help me this semester through helping me network and build a great resume.

c. Name one resource you think you will use this semester.

I will definitely be using the writing center to increase the formality of my writing. I am very excited to have this resource available to me.

d. Name one resource at ODU you would like to learn more about, and why.

I would like to learn more about how monarch groups is operating and how we can network with other students at this time.

e. In high school, what clubs, organizations, or activities did you participate in, if any?

During my highschool years I was class president 3 out of 4 years, varsity tennis, latin honors society, science honors society, national honors society, NJROTC, and many other extracurriculars.

f. 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 am very excited about the Good Girl Movement on campus. It reminds me of the keyettes group I ran at my highschool. The president contacted me recently and gave me great information about the things they do in the community.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
Depth of Reflection	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.
Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly. MyMajors Screenshot is provided.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed. My Majors Screenshot is provided.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed. MyMajors Screenshot is provided.	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. No MyMajors Screenshot.

Structure	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.
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