

Mid-Semester Reflection (100 Points)

Due Date: Week 9

Assignment Submission: Google Drive via Canvas

Reflection Instructions

For this assignment, please look back at your Pre-Semester Reflection and identify changes that you have made between the start of the semester, and now.

Answer each question using complete sentences and good spelling and grammar. Be thorough and thoughtful in your analysis! **This will be going up on your e-Portfolio. Make sure to add it once it has been graded. You can make edits to it after it has been graded for your e-Portfolio submission.**

Reflect on the following:

Study Habits

- What classes are you doing well in, and why?

I'd say that I'm doing pretty well in all of my classes. I think I'm doing so well because the semester is getting closer to being over, so I'm more focused on what I'm doing, and making sure I'm doing a good job at it, so I don't have to redo it. Unlike how I was struggling in sociology at the beginning, it's gotten easier, and I can say that I'm doing better in the class.

- What classes did you identify as needing assistance in?

While I wouldn't say I needed assistance in sociology, I can say it was the only class that I was struggling with.

- What changes have you made (i.e. amount of time, location, campus resources, study strategies, etc...)?

I've started studying more and utilizing the resources such as the practice quizzes more, which help when it comes to the actual assessments I take in the class.

Transition to College

- What expectations did you have coming to college?

I expected to have a lot more freedom, and to be able to branch out and make more friends, and run into new opportunities.

- Have those expectations come to fruition, or not?

I would say most of the expectations I had, have come to fruition.

- How?

I've made new friends and have had the opportunity to try and do new things around campus. The freedom part was already in fruition after like the first week of college.

- In what way is your college experience different from what you expected?

I don't think there has been many differences then what I was expecting, except for college isn't as stressful as people make it out to be. You can still have fun, have time to relax, and be able to do your work.

- What has surprised you about your experiences so far this semester?

What's surprised me the most is how outgoing everyone is, and that nine times out of ten you're not the only one in your boat. For instance if you are nervous to make new friends, there's always other people who are in that same boat as you.

- *If you live on campus:* What has been your toughest challenge with moving away to college? Easiest challenge to overcome?

My toughest challenge has been being away from home, sometimes I miss it and sometimes I don't. I tend to miss my family, especially my siblings. The easiest challenge has been being by myself, I tend to enjoy the peace and quiet so I adjusted pretty easily.

- 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.

That there is a lot of variety when it comes to the specific area of study that nurses want to focus on. I used to think it was two to five main areas of study, but there is more than what I expected.

- Have your feelings changed about your intended major? List some thoughts you are having.

Somewhat, while I still enjoy my intended major, other majors such as nuc med, or med lab sciences are also very intriguing to me. I don't have any specific thoughts other than I'd like to have more things to do than just nursing.

- Is there another subject (major or minor) that you are interested in learning more about?

Yes, probably nuclear medicine, or medical laboratory sciences. I like the minimal patient contact, to almost no patient contact, and those both fall right in that category. I'd also be fine minoring in med lab sciences, as hematology and immunohematology have begun to interest me.

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.

I haven't run into a problem or challenge yet, but I have had to utilize resources at ODU. I recently had to go to the Career Development Services center to help finalize paperwork, and review documentation so I could begin working at my new job on campus.

- 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?

Yes, me and my roommate have a class together, so we occasionally like to come together and study for the class. Or if it's not studying we just talk and relate to each other, it's nice having someone you can talk to about anything, it's like having a mini support system around.

- Have you attended an interesting meeting for a club? Why did you decide to get involved or not get involved?

Yes, I attended one for Global Brigades. I was very interested in the fact that they travel, all while getting to help others who don't have access to some of the resources we have here. That was a key reason why I decided to get involved with the program. Along with being able to meet new people who also have the same interests as me.

Rubric

Criteria	Excellent (100- 90 points)	Sufficient (89 -80 points)	Minimal (79 -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.	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.
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.

