

Reflection Instructions

For this assignment, please reflect on the Fall 2024 semester, and your experience as a whole. For each question, please provide a few thoughtful, well constructed sentences.

Your First Semester

- Tell us how you have grown from the beginning of the semester to now.
 - **Throughout my first semester at ODU I've become more relaxed and comfortable as a person. That is not to say that I didn't experience any hardships, as some classes were challenging and chaotic traffic has revealed very unpleasant movements out of me. However, college has made me feel like I have true control of my future, evoking a sense of newfound belonging I have never felt in my previous academic endeavors. Despite all my complaints, I find myself really happy to be a student at ODU and I'm excited to get more involved with the MLSSA. I've learned how to manage my time wisely and successfully commit to a planner to manage assignments and due dates. Although I am not one for presentations, I found it less nerve-wracking which is something I am proud of myself for.**
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
 - **Starting off my semester with six classes, I thought that I would eventually drop a class. My persistence however, is pretty stubborn and I'm content that I've pushed myself to maintain good grades in all of them. My biggest expectations were hard assignments, but all my classes provided me with enough help and time to complete them. In high school, teachers would constantly mention how serious college would be, and to some extent it is, but the people at ODU are really delightful and friendly which pleasantly surprised me.**
- What is something you wish you knew 14 weeks ago?
 - **I wish I had prepared myself for the amount of writing I had to do this semester. Considering my courses, I should have expected discussions, research papers, and presentations but I honestly did not know what to expect for the coursework. If anything, it showed that while I have the capabilities to do tedious papers and research, I much prefer math and**

science. Another thing I wish I had done was take a chemistry course as I am now more aware of the pre-requisites for my intended major.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?
 - **The courses I took this semester did not require a lot of studying, but it did require a lot of assignments. While the workload remains the same, I have spent less time studying as I didn't find it necessary for classes like my history, information literacy, and math. I have spent more time studying and reviewing psychology instead.**
- How have your study habits changed?
 - **The most significant change in my study habits pertained to the location. Earlier in the semester I would study in my living room where I was often distracted. Gradually, I moved to my room and recently started working on a desktop which has overall improved my focus. In addition, I started to play soft lofi music in the background and I found it helpful in keeping a relaxed mood while I study.**
- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
 - **While I did not use the tutoring resource this semester, I definitely expect to do it in the spring. I'm going to take chemistry and statistics next semester and I plan to go tutoring, as I've struggled with those courses in the past. Additionally, I plan to use the writing center when I get the chance as well.**
- What study habits/techniques will you use going into next semester?
 - **First, I am going to continue to use a planner to adjust and accommodate my workload, as it has proven to work well for me this semester. Once I get a feel for my future courses, I will develop a study routine and hopefully stick to it. I also hope to do study groups as I feel like collaborating could be motivating and encouraging.**

Health Professions Learning Community

- This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.
 - On the surface these classes do not appear to be connected; however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together.
 - **I enrolled in HLTH 101, HIST 104H, and HLTH 120G. I found most connections between my history and info literacy courses as both involved research projects. My info literacy class helped me become a better researcher and I was able to apply those skills on my history project. In both courses, the research involved a medical topic so I became acquainted with reading journal articles and primary sources. My HLTH 101 class also gave a lesson on the social determinants of health, which I found helpful in understanding some topics covered in my HIST 104H course.**

Parallel Plan

- a. This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.
 - Which two other majors would you be most interested in? Why?
 - **I was interested in the nuclear medicine major because I found the job description to be cool and I have never heard of it before. As for the other major, I found psychology to be my favorite course this semester. All the things I learned in my psychology class were captivating and I found myself constantly curious, so I may consider to minor in it.**
 - What benefit is there to having a parallel plan (or two) in place?
 - **It would be beneficial to have in case of when you are starting to feel doubtful or burnt out. Having a parallel plan can also make you take courses that would overall improve your knowledge as**

a future healthcare provider or even help advance to higher education.

- **How could one or both of these two majors benefit your current intended major?**
 - **I think that some of the nuclear medicine major courses could align with some medical laboratory courses as well. As for the psychology major, I think that it would give me a completely different subject to focus on, which I would not mind at all since I find it intriguing. Both of the majors have the potential to master different disciplines that would help me become a more knowledgeable and understanding person. As a result, it may help me be successful in the medical laboratory major.**