

Reflect on the following:

Study Habits

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

I am currently doing well in my chemistry class. I'm doing well because I noticed at the beginning that I wasn't doing too well so now that I have applied some discipline into myself I am doing better.

- What classes did you identify as needing assistance in?

Chemistry is one of the classes I was struggling in.

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

I've made more time and put more effort in my school work.

Transition to College

- What expectations did you have coming to college?

Coming into college I expected to have a lot of homework assignments and just a lot of things on my schedule.

- Have those expectations come to fruition, or not?

No, I don't have as much as I thought I would have, I usually have no more than two or three assignments due each week.

- How?

Most of my professors don't assign homework or as much homework as other professors.

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

Honestly so far I've expected college to be what it is before I came, there's not to many things that i've thought would be different.

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

I am surprised I have as many friends as I do.

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

My toughest challenge so far has been not being able to eat home cooked meals, while the easiest has been being away from home.

- 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.

I have learned more about the different types of nurses that I can become.

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

No, my mind hasn't changed yet, if anything I've been having more thoughts of why I still want to continue in my intended major.

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

Yes, I would love to get a bachelor in social work, and or a minor in early education.

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 was having a hard time writing a paper so I went to the writing center to get some extra help.

- 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, my sister has helped me numerous times since I've been on campus. She's helped by finding my way around campus, telling me about certain resources I can use and even just talking me through the college transition as a whole.

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

I have attended an interesting meeting. I decided to get involved because I had a lot of free time and I feel as if the group I decided to join was very beneficial to me.