

Reflection Paper 2

Through being at college for over a month now, I have learned that college is very different from high school. There are many points that make high school different from college: like time, responsibility, schedules, and classes. The main difference about college is that there is more responsibility for any actions done. If someone wants to party a lot, they have to get their work done accordingly or else they will fail their classes.

One of the first few things I figured out was that classes take up a lot of time. Even though my classes now are often shorter than the ones I had in high school, the amount of time I spend on each class is nearly tripled. Classes go by super quick, but homework and studying will be what takes up most free time. Professors will have to fly through their lectures, which means that it is very hard to remember so much material in a short amount of time. I have started to use some of the resources provided. For my calculus and chemistry class, I have been trying to go to more SI sessions so that I could force myself to actually study for the class. After taking my first set of exams, I realised that I needed to be studying more often so that the material stuck around with me. That is why I am trying out new study methods, and they definitely helped during my first exams.

Being in college makes me feel like I have lots more freedom. This is both a positive and a negative. I enjoy having the extra responsibility since I can work on myself without having others try and interfere. I have been learning about how to balance my responsibilities throughout my month here at college. Even though I have gained so much more responsibilities, I feel that I have been able to work on myself and be responsible. I have never been too much of a procrastinator. Everyone has their moments of procrastination, but I often will try to get my

work done early so that I won't stress even more about it later. For me, having less tasks in my reminders makes me less stressed.

I believe that my classes this semester are not going to be too awful for me. I have some difficult classes; however, they are balanced out with classes that are easier and that don't take up nearly as much time. My schedule that I have given myself provides me with a nice balance of difficult classes and classes I can actually enjoy doing. This has also led me to like my choice of major even more. Overall, I feel that I can succeed in my classes; although, that also means that I will need to be on top of my studies.

The biggest aspect of college I have learned about is transitioning from high school to college. It is a big transition that high school does not really prepare for, even though they think they are. After you are sent off to college, everything is on you. Not only do college students now have to depend on their ability to study, but they have to depend on their ability to stay healthy. I have been trying to stay healthy throughout my time here at college. I have not found much interest in the way I used to exercise, since I don't like to run in crowded places, nor do I know how to use any gym equipment properly. However, I have been trying to eat healthy instead. With being on the meal plan, having Chick-fil-a as an option makes it really easy to stop eating healthy. Therefore, I have tried to either eat at healthier places, or have healthy sides along with whatever I am having, I have been eating a lot more apples and salads. Overall, I understand that keeping myself healthy will keep me away from stress.

In conclusion, college is a huge responsibility. It is important for me that I always see that so that I can prepare accordingly. I have learned a lot from just this first month, but I know there are plenty more months to come.