Everett Sjostrom

UNIV 150

9:00am MWF

**Do you anticipate making changes to your study habits as the semester unfolds?**

We all have to make changes throughout our lives, and sometimes we don’t really like them. However, I definitely will make adjustments throughout my four years at Old Dominion when it comes to my study habits. In high school, I would always come home right after school and do my schoolwork whether it was homework or studying. College is not like that because my classes are not right after each other like they used to be in high school and plus, I have breaks of different time frames in between some of my classes too. I already understand that during those breaks I should be and will be doing schoolwork, it is just a better use of time, and it also allows me to have more free time. Therefore, I will not be stressed if I wait till the last minute to complete an assignment.

For example, if one of my professors assigns me a paper to write and I wait until the last minute to complete it and have a question, there is an unlikely chance that they will respond to my email. However, if I work on the paper a few days ahead of time and have a question then I am certain that my professor will respond to my email with the answer to my question. Primarily my goal will be to not procrastinate; if there is work to be done then I should do it because it will be a lot better for me in the long run. Other people may view this prompt differently from me and they may prefer to wait until the last minute to get their work done, but maybe that’s just how they like to do their work. Each person at this university is different when it comes to doing their assignments and when we like to work on them.

I am already aware that it will sometimes be hard for me to go to class when there are plenty of other things I could do be doing such as going to the gym, hanging with friends or just sleeping; however, I really need to go to class because if I don’t I could fail them which would mean that I would have to repeat them in order to get credit. I am on my own here at ODU; I wake up, eat food, go to class and go to bed whenever I want. When I was in high school, college sounded like so much fun, but now that I am actually experiencing the real thing, it can be scary at times. I never quite knew the feeling of freedom until I came here on August 22nd, but I cannot take advantage of that; I still need to focus, make smart choices, and also figure out what is best for me. But I am super excited for college and what it has to offer me and for my future.