

# FIQWS Mid-Semester Reflection

1. As much as possible: **utilize and cite the assignments done in this class and others from this semester** (assignments utilized or cited should also show up on your CAC Site).
2. You "cite" by mentioning your assignments and highlighting them each time like this.

Email \*

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## Reflection Questions

Minimum of 40 words per response.

What are you better at now than you were at the end of the previous academic year? Name all of \* the (course and general) ways that these improvements were made possible.

I feel like I am better at communicating and networking with others. In my last academic year, I was pretty reserved but due to speech class and change of environment, I feel more comfortable in making new connections.

What are you most proud of from the past academic year? Why does this make you proud? \*

What I was most proud of was the achievements I made through my grades. Because of my achievements, I was able to get several rewards displaying my academic excellence, great triumph in my sciences and math and became valedictorian.

What went well this past academic year? What tools, supports, or resources aided your success? \*

What went well was definitely club life and academics. The club fair introduced me to a lot of new people and clubs. Because of that fair I joined the undergraduate student government and WCCR. Academics were also supported by great professors and the writing center, making work a bit easier.

What did not go well this past academic year? What was missing that made this experience challenging or undesirable? \*

What didn't go so well was finding out things later than I wanted to. A couple of clubs, programs and resources were not well known to me during my first couple of weeks or months here. I would have been nice to have a proper guidance throughout the college that explain and express the underrated resources across this school.

What insight did you gain about your own needs for mitigating challenges? Where or how can you fulfill these needs in the future? \*

I realized that faith, patience and hard work are all I need to mitigate a challenge. After a lot of hard work and studying, I think a break will be able to help me refuel on all the energy I expended so I can maintain a healthy mindset of having patience and faith in myself.

What did you learn from overcoming challenges? How will you remember what you learned and apply it when a similar issue arises? \*

I learned patience and not to procrastinate. Next time an issue arises, I will be patient and wait things out but not to the point where I am procrastinating and wasting valuable time.

Who and what helped you to grow so far this year? \*

The person that really helped me grow this year were my friends and family. They always gave me motivation or advice to help me keep pushing forward and do the best I can in my studies.

Who and what made getting to this point in the semester possible for you? \*

As I said before, friends and family really helped me kept pushing. Along with them, it was also just motivation and the resources that were available at this college that helped me get to where I am.

What experiences are you grateful for? How can you acknowledge or express that gratitude? \*

I'm grateful for the whole college experience. Being able to commute from home and school, learn more, meet new people, etc. I can express that gratitude by not only simply acknowledging it but giving back to the people that helped me get here.

When did you feel happiest or most at ease this year? How can you experience those moments more frequently? \*

I felt the happiest at the beginning of the semester and during speech class. Those moments were moments of ease and relaxation. I could experience them more frequently if I put my myself in a relaxed mindset more often.

What moments are you proud of? What can you do to celebrate yourself? \*

Moments I'm proud of is passing all of my classes but specifically doing good on my psychology papers. I usually celebrate by going on and doing even better on the next assignment.

What new ideas, information, resources, or research made a positive difference for you this year? What was helpful about these things? \*

A resource that was super helpful for me was the writing center and the people I met in my classes. For the writing center, it helped me several times to relearn the basics of writing, learned different ways to write papers, received extra credit and overall, got great criticism from the writing center. The people I met so far have been insightful in terms of how to navigate the school and enjoy student life not only as a CCNY student but also in NY.

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