

My name is Josephine Carcamo and I am a second-year changing my major to microbiology. Some background information about me is that I had an easy time in high school which I attended in Lewis Center, Ohio, 20 minutes north of campus. I also held a job at my town's local pizzeria, played field hockey, and ran track. I did not have to study much or do homework outside of school. This led to my study skills being subpar and this severely impacted my first semester.

I did not put much time or effort into studying which led to me receive poor grades on my midterms. I also did not look for outside help like tutoring or office hours as I was in my high school mindset of "I'll figure it out on my own at some point." I continued this way until I received my second midterm back. At this point, I saw that my ways were not going to get me through the semester but it was too late and I just tried to pass my classes. I ended my semester failing my math class and just passing my chemistry class. I pushed studying off till the last moment and did not spend much time outside of class reviewing any learning objectives that gave me any problems. At this point I need to find a way to fix my habits or I would not be able to get through my classes.

This is the point where I learned about the SpringForward program. I added ESEPSY 2059 to my schedule along with my other classes this included my math class I was retaking using grade forgiveness. I was able to learn many different study skills so I could use the ones that worked best for me. I also picked up the use of a planner which was extremely helpful in keeping me on track when we were sent home after spring break. I also was able to overcome some of my pride and ask for help when I see I need it. There is a reason there are so many tutors for classes like math or physics, many people need them for these classes. I ended my semester in a much better position than my first semester. I passed all my classes and was able to remove my failing math grade from my first semester. I spend the semester less stressed out as I was performing very well in my classes and not on the edge of failing.

I then participated in the SpringForward summer program let me meet a group of people who were in the same position as I was. We were able to study together in our classes and have some else to talk to about classes and joke and cheer each other on. On chemistry midterm days there were a lot of post-midterm gifs that were sent in the group chat we have. The program helps you create your own community on such a large campus and helps you stay focused while having a group of people you can hang out with.

ESEPSY 2059 helped me see that I was not the only student that struggled to adjust to the ways of college. This class introduced me to many different strategies and I was able to test out the ones that would work best for me or modify them to fit my learning strategy. I applied and was accepted to become a SpringForward Ambassador so I would be able to help students who faced similar problems that I did and help them before they reached the position I found myself in. We are able to help the university staff see the issues through a student's view. This program not only helped me in my school work but helped me in adjusting to living on my own and reaching out for help when I need it. College is a big adjustment and it is better to get the help you need in the beginning than to wait till it's too late.