Over the past eight weeks, this class has provided an opportunity for me to significantly reevaluate substantial portions of my college life. The teachings, lessons, and strategies that have been learned in this course all have a certain place in my life, which is why I believe this class has been so advantageous for myself personally. While eight weeks may seem like a small fraction or portion of a collegiate student’s life, it came at a critical time in my life that I think has reinforced the things taught in class. This class, at its core, has a lot to do with following a set of values, ethics, or morals that guide you as a student and as a person throughout the college experience. Highlighting these values and divulging into what makes them important, how they fit into a student’s life, and why they should be followed has lead to myself being very aware of the guiding principles in my life. There are many values that I consider to be important in my life, and this class has most certainly helped me gain perspective on these values and how they relate to my day-to-day life.

One specific value that I consider to be especially important in college would be health. Health of the body and health of the mind must both be maintained and kept to a standard in college. In my past experiences at Indiana University, I have found there to be a direct correlation between my academic success and happiness with my mental and physical health. When I found myself in a place where I’m not maintaining my mental and physical health, I have noticed that my grades and my own well-being simply suffer. This class has reinforced many habits and strategies that encourage positive mental and physical health, such as sticking to a routine, developing a ritual, and time management. I have found great success this semester in terms of my health, and I am now in a great position for future success because of the things I
have learned. Another core value I follow would be that of integrity. Integrity has been a guiding value in my life ever since my parents emphasized to me as a child that honesty and hard work are important for living a fulfilled life. This class has done nothing but reinforce that message that my parents expressed to me, for several reasons. Having integrity in what you do results in you living a genuine and truthful life; one free of having to live a dishonest life. With no façade to maintain, it becomes second nature at that point to find what drives you in your life, and to draw inspiration from it. I have found that being honest with myself has resulted in me maintaining integrity to my best ability. After first semester of this year, I had many honest conversations with my family regarding what my intentions and goals were for college. This was kind of a reality check for myself at the time, and it made me change my perspective entirely on what I needed to achieve ahead of me to find true success. Having an honest conversation with people I trust such as my family and friends gives me a support group that I believe is very important in college. This honesty extends to my schoolwork, and is why I believe my study habits, time management, and my engagement in class have all improved greatly because of this class. Through looking at my mistakes of the past, I realized that there were moments where I was not being honest with myself, and therefore became too comfortable with plateauing and not trying to improve myself. I became lazy and began to overthink things, when in reality things would be greatly simplified if I just stuck to expressing integrity and being genuine with myself. By being honest and maintaining integrity, it gives me a drive to do something with myself as a college student, and to be the best worker that I can. Seeing how much success I can achieve by living through this moral code has inspired me to continue these beneficial habits and strategies through my college experience, as it has resulted in me living a very fulfilled and happy life.
Overall, this course has proven itself to be one of the most beneficial resources I have experienced in my adult life. It came at a pivotal point, where I found myself at the crossroads of my life, not entirely sure where to go. It demonstrated to me that I have the power to create my own success, that I have the ability within myself to make the world a better place around me. It changed my academic habits, which directly resulted in me having the most academic success I have had since high school. It reinforced values that I may have knew about, but I was misinterpreting or mishandling in my day-to-day efforts. And most importantly, it has made me appreciate and embrace the process of deep learning. My life has simply been more fulfilling and satisfying with this class guiding me through this semester and showing me the way. I couldn’t be happier in the position I am in right now in college, and I am convinced that I will continue these strategies that have impacted me so beneficially past my college experience and into my adult life.