Rewind

 Throughout my 65 years of life, I have had more than a thousand people tell me that once time has passed by, you can never go back. I believed them. I really did - until today. It might sound ridiculous, but it’s the truth. Today was my last day at work as a nurse; I’ve been a nurse for almost 30 years. Just before I left the hospital after my retirement party, a co worker stopped me and gave me a retirement gift - a tiny box. He told me not to open the box until I’m ready because once I open the box it’ll take me back to the past, whenever and wherever I concentrate on. I didn’t want to believe his seriousness when he was telling me this, but I decided to give it a shot. The question is, when and where do I want to go back to? That wasn’t a tough question to answer at all. I want to relive my first year as a college student . I feel like if I knew the things I know right now, back then, I would have enjoyed my freshmen year more, instead of running around like a headless chicken. I got in my car and I pulled out the little box from my pocket immediately, took a deep breath and concentrated on my first day of freshman year. I slowly opened the box, and the light that shined from inside it was so bright that I had to close my eyes. When I finally opened my eyes, I was standing in the middle of University Circle. Everything felt exactly like my first day of college. I thought to myself, “I’m actually back to the past.” When I walked in my English class I saw many familiar faces. I saw one of my great friends who moved from Los Angeles to Turlock who I haven’t seen since he moved back to Los Angeles during sophomore year. I was so excited to see him that the first thing I said to him was “What’s up, bro? I’m surprised that you’re not late today.” I totally forgot that I was in the past and this is the first time we met. It was such an awkward situation. As the day went on and ended, I felt a sense of accomplishment. This continued on for the next few months. I got a chance to relive my freshman year as a college student, and I took this opportunity to make changes that I never considered making before.

**Procrastination**

 I’ve often said that procrastination is my best friend and my worst enemy; I’m sure a lot of other college students would agree with me. Procrastination is definitely one of the biggest problem for college students, myself included. I remember I used to tell my friends that “if it’s due today, then it's DO today.” I wished that I had friends or family to tell me the importance of finishing my homework on time or “don’t wait to do them until the last second.” I learned the hard way. During my first year of college, I would always do my homework the night before it’s due or I would do them before I go to that class. It worked hard for a few weeks but procrastination became a habit. Every time I got home from school the first thing I would do was play video games, even when I knew that I had huge assignments due the next day that had gone untouched. When finals were around, I would stay up all night trying to finish projects that were assigned since beginning of the semester. Now that I was able to relive freshman year, I changed for the better. Every time I got home from school, no matter what was going on, the first thing I did was to work on my homework. It really made a big difference in my grades and it made my life less stressful. When I finish my homework early, I had a good amount of free time to hang out with my friends or play video games. My best method of avoiding procrastination was to have a calendar and to write down the things that I wanted to accomplish and when it was due so I know that I have to do it at that time. Time management was key in making sure I had a successful school year.

**Priorities**

 Knowing how to set priorities would have made me more efficient; it was definitely something I wish I knew as a freshman student. My past experience made me realized the difference between high school and college. When I was in high school, most of the time the teacher would set priorities for me and the class by telling us what we should do and when we should have it done by. Once I explored the land of college, no one was there to “hold my hand and walk with me” anymore. I had to know my priorities between school, family, social life and work. I remember the last time I was a freshman I did not know the power of setting priorities. I just knew that I have to get my work done and sometimes I would stay up all night for it.That was ineffective. In these few months of being a college freshman again, I learned to how to set priorities. I started with setting priorities on my homework assignments. That might sound small and unimportant, but it's actually very helpful when you have five classes that have assignments that are all due the same day. For example, I would prioritize the homework that was assigned first and work on it right when I received the assignment. Also, I would set priorities based on my class schedule. Another aspect that paid attention to this time was how to set priorities on social life and school work. I reflected on my first time being a freshman college student, and I realized that a lot of time I was really caught up with socializing with people and putting my school work aside. For example, I would go play basketball with my friends even when I knew that finals were the next week and I was not fully prepared. That caused me to receive bad grades in a couple of my classes. Now, I know that I can avoid those mistakes by setting priorities and in the end, I will be more relaxed, a better decision maker, and more organized.

**Prewriting**

Being able to go back to college again made me realize a lot of the mistakes I made before, but it also made me realize some of the right things I did. One of them was the practice of prewriting. I entered in college with a low self-confidence in writing; I would do anything to avoid writing. One thing I did that helped me was to prewrite every paragraph. That might sound time-consuming but it really helped me to become a better, skillful writer. Now I’m back to college again I choose to do what I did before. If it ain’t broke, why fix it? Every time my English professor gives us a writing assignment the first I do is prewrite. I would first write down all the random ideas that I have for the topic and keep adding details to it. Next, I would set a timer and use the ideas that I wrote down for brainstorming to free write. It definitely benefited me throughout my freshman year of college. With this practice, whenever a writing assignment is thrown at me, I know I will hit it out of the park.

**Conclusion**

It was amazing and unbelievable that I got an opportunity at the age of 65 to time travel back to Fall of 2015 and relive my Freshman year as a college student. The past few months reliving it made me realize that college can be fun if you’re responsible, take initiative, and persevere. And as they say, “time flies by when you’re having fun!” I’m really glad that my co worker gave me that retirement gift, it changed me and how I used to felt about college. Now I am having so much fun in college because I know that I’m not making the mistakes that I used to make. But it got interrupted by a familiar voice from my mom, “AYE WAKE UP ! TIME TO GO TO SCHOOL, YOU BETTER NOT BE LATE TO YOUR FIRST DAY OF COLLEGE !”

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| **Reflection essay****200 points total**  | **132- 119****Rhetorical Conventions** | **118 -105** | **104-91** | **90 -**  |
| 200/200 | excellent fully explored and developed paper. Introduction that provides context and draws the reader in. Clearly identifiable thesis body of paper completely and meaningfully reflects on freshman experience including reading writing or English classcompletely developed conclusion.  | Accomplished. developed paper. Introduction that provides some context and may draw the reader in. identifiable thesis body of paper meaningfully reflects on freshman experience including reading writing or English classcompletely developed conclusion. | Adequate – somewhat developed paper. Introduction may give some context but not enough. Thesis is implied body of paper only describes freshman experience but does not reflect may not include reading writing or English classConclusion not developed | Developing – no clear/identifiable thesis.. Introduction does not provide context body of paper has no signs of meaningful reflection on freshman experience no reflection on reading, writing or English classconclusion. Is not developed |
| **Conventions**  | **68 -61** | **60 - 54** | **53-46** | **45** |
| Coherence at paragraph and paper levelCorrect comma usageSecond person Sentence fragmentsRun on sentencesProof read for obvious errors (I, capitalization etc)~ 5 pages | 1-2 errors per page | 2-4 errors per page | 5-7 errors per page | 7 or more total errors |