



ROOSEVELT UNIVERSITY VOLLEYBALL



Questions and answers from the team!

Meredith Rounds, junior, Vanessa Owusu and Emily Bejma, both freshmen took the time to fill out this questionnaire to give you an idea how the volleyball team has adapted to college life.

First off what are you majoring in?

Meredith 3rd year: Double Major: BS in Biology and Medical Lab Technology

Vanessa 1st year: Biology

Emily 1st year: History, minor in Secondary Education

How do you feel the academics are here at Roosevelt? Are they more or less demanding than high school?

M: I feel that the academics here at Roosevelt are intellectually challenging and stimulating. They are definitely more demanding because in high school, your teachers are likely to pull you aside if they think you are struggling. In college, your professors will expect you to initiate the conversation if you need help. I've found here at Roosevelt that help is always available, but it won't come to you. So don't be afraid to ask!

V: Academics at Roosevelt are more demanding than high school because of the amount of reading and writing. Professors expect you to come to class knowing the material. There's a bigger emphasis on citations, every paper written requires some type of citation. I love the amount of time given to complete assignments. Normally professors give a week or two, which gives me enough time to do a good job.

E: Academics are more demanding than high school but there are so many professors here that really help you if you're struggling. It really helps to have smaller class sizes because you get so much more attention from professors.

Do you feel comfortable with your classes? Why?

M: I feel extremely comfortable in my classes. The professors at Roosevelt encourage discussion and interaction in their classes and provide quick feedback on assignments. They are always available for one-on-one help and I find it very helpful having direct interaction with my professors.

V: The professors give out syllabi, so I never get unexpected work. I'm currently taking my Gen. Ed's which are general courses like Eng 101, and Soc 101. The difficulty level of every class depends on the learned material and the professors. My Eng 101 is challenging. The class consists of writing and reading, two things I don't like to do. I have struggled with this class, but the writing center has helped me improve my writing.

E: Yes, so far I'm taking basic classes, so I'm pretty comfortable. All my professors really make sure that we all know when assignments are due and they are all easy to talk to if I need help.

Do you have trouble managing your time between academics and athletics?

M: Even after three years of junior college I still haven't mastered the whole "time management" aspect of being a student-athlete. Everything must be planned around your practice schedule, starting from waking up to end of the day. Of course, you have to factor in eating and studying around class time, and once those things are in place, you can find room for anything else you want to do. Coming from experience, it would be wise not to try to squeeze things in at the last minute.

V: Managing my time isn't a problem because of study tables. I get most of my work done, and still have time to do other things. As long as I don't wait until the last minute to do work, there's more than enough time.

E: No not really. The fact that we have to do study table hours really helps me focus on my work I need to get done. Knowing that I was going to be so busy during the season, I really made sure that I got my work done or else I would fall behind.

Do you feel volleyball has shaped your life here at Roosevelt?

M: Being a part of the volleyball team shaped my life at Roosevelt. If it wasn't for this team I'd be 10 friends short. We all come from different backgrounds with different home lives, all bringing something unique to the table. Not only did I get to meet some great girls, but being an athlete at Roosevelt I was able to make friends with many of the other athletes. We support each other, going to one another's games, and cheering each other on.

V: I couldn't see myself as anything else but a volleyball player at Roosevelt. I take pride in my team and school. Whenever I go out, I always try my best to represent my team and school in a positive way. I always think about how my actions will affect the team.

E: Being at Roosevelt, it feels like all the athletes are like a small family. We all hang out together and see each other a lot so it's nice to have so many people in the same situation as you.

What is your favorite part about volleyball season?

M: I love that volleyball is a true team sport, where everyone has to work together to support one another. However, my favorite part of the season is putting on a jersey and stepping out on that court, competing with my teammates each game.

V: Preseason was my favorite part of the season. Some days I felt like I was at my limit, but I always had my friend with encouraging words to stay strong. During those two weeks, we all grew extremely close and learned so much about each other.

E: My favorite part about the season was when we had a team bonding where we shared personal stories about ourselves. I really felt like it brought us together and really made us feel like family.

What was the hardest part of adjusting to college life?

M: I went to junior college for three years before transferring to Roosevelt. I had the advantage of knowing what to expect classroom wise, but didn't know how to live on my own. It takes time, but adjusting only takes a few weeks.

V: The hardest part of college life is the numerous reading assignments. I've never liked reading. It is very easy to fall behind in readings during a course. To be successful in college you must keep up with your reading.

E: Balancing school, volleyball, and a social life. Back in high school, I feel like I had really bad time management so adjusting to the balance was something I knew I had to work on. But so far, I seem to be much better at my time management.

Is it weird being on your own, having more responsibility? What was the biggest change for you?

M: Of course it's weird. You're living with people you've probably never met before, not knowing what to expect. And on top of that mom and/or dad aren't there to help with anything and everything you could possibly think of. The biggest change for me was learning to be independent. I was in charge now and it was up to me to get motivated.

V: It's not weird being on my own because, I'm responsible and know my priorities. The biggest change was not seeing my parents every day. I was homesick for the first month of volleyball. I missed my home, and family so much. Almost every night I would get sad after talking with my parents. When we started playing more and getting busier I rarely thought of home. I loved spending time with my teammates, and I began shortening conversations with my parents so I could get back to what I was doing.

E: At first it was weird being away from my family. The biggest change for me was being away from my sister. We are both close in age, so we're basically best friends. But I love having more responsibility. I feel like I finally can make my own decisions and truly grow up.