

Final Reflection (100 Points)

Due Date: 12/6, Last Day of class!

Assignment Submission: Google Drive via Canvas

The Reflection will also be posted to your e-Portfolio.

Reflection Instructions

For this assignment, please reflect on the Fall 2023 semester, and your experience as a whole. For each question, please provide a few thoughtful, well constructed sentences.

Your First Semester

- Tell us how you have grown from the beginning of the semester to now.

At the beginning of the semester, I felt uncertain about balancing the course load. Throughout the semester I have come to the realization of using my time throughout the day wisely which has taught me many lessons.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.

My expectations were to make other friends within my major to create a support group. Being in the health professions community did help me meet my expectations. I created a bond with others from my class and we have all been supporting each other.

- What is something you wish you knew 14 weeks ago?

One thing I wish I knew 14 weeks ago is how hard college could get and how isolated you can feel. I never thought after always wanting and saying I couldn't wait to go to college, that when I finally go there I would second guess myself and if I was able to handle it.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?

At the beginning of the semester I wasn't really used to studying at all. Now I make sure that I take the time to study for all my tests and quizzes within 2 weeks of advance .

- How have your study habits changed?

I used to study alone and just read powerpoints. Now I take the time to write the key points of the powerpoints and study with others. I also started making flashcards to help remember certain things.

- Tell us about a resource that you have used/learned about this semester that will assist you next semester.

I've always struggled with science, and one resource I know can help me next semester is the tutors in the chemistry building. Gaining insight and getting a deeper understanding from people who have personally taken the classes you are currently taking really helped me.

- What study habits/techniques will you use going into next semester?

Next semester I will continue to seek help from others who have already taken the course I need extra help with and I will take advantage of using my professors office hours to ask for help and deeper understanding into the course content.

Health Professions Learning Community

- This semester you were enrolled in at least SOC 201S, and HLTH 101. Many of you were also enrolled in CHEM 105N and CHEM 106N, and some of you were enrolled in HIST 104H with Professor White.
 - On the surface these classes do not appear to be connected; however this semester each professor was intentional about drawing connections between content, and subjects discussed. Discuss the ways in which these courses are tied together.

All of these classes were tied together by connecting how science and society all connected the health profession and how it would be used in our future medical careers. In chemistry our instructor constantly had powerpoints of how chemistry tied back to health professions. In sociology our class was basically giving the introduction to sociology but mainly focused on how it played a key role in our major.

Parallel Plan

- a. This semester we had presentations from different majors in the College of Health Sciences as well as from different majors on campus. This was to give you an idea for possible parallel majors to your current intended major.

- Which two other majors would you be most interested in? Why?

Two other majors that I was most interested in were sonography/radiology and Practitioner. I was interested in these two majors because I've always thought about becoming an ultrasound tech and as a Practitioner I could still work within pediatrics.

- What benefit is there to having a parallel plan (or two) in place?

The benefit from having a parallel plan is that knowing that the classes you have previously taken can be used within different majors without adding extra years to your degree plan.

- How could one or both of these two majors benefit your current intended major? Sonography could benefit me in my current major because I know if nursing ever became too much for me to handle personally, sonography was a step down but in the same field I wanted to be in.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
Depth of Reflection	Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.

Required Components	Response includes all components and meets or exceeds all requirements indicated in the instructions. Each question is addressed thoroughly.	Response includes all components and meets all requirements indicated in the instructions. Each question is addressed.	Response is missing some components and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are addressed minimally, inadequately, and/or not at all.
Structure	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.