

## **Final Reflection (100 Points)**

**Due Date:** Week 15, 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 start of the semester, I was extremely nervous about how everything would unfold over the course of the next few months. Since I was just coming out of high school, I had no real idea what to expect, which led me to feel unconfident in both my own abilities and the support system around me. Now, I feel much more confident in myself, and I am no longer scared or nervous about any aspect of college. Throughout the semester, I have learned what to expect from my professors, their exams, and the overall structure and flow of college life. I have become much more comfortable than I was in the first few weeks, and I have learned a great deal through my experiences this semester, including not to be afraid of the unknown. Truthfully, there was a lot that I was scared of coming into the school year, but now that I have fully adjusted to college life, these fears have gone away. If I have any grand takeaway from my experiences this semester, it is that I should not be scared to try new things and embrace the unknown.**
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. **As I stated earlier, I was rather unsure of what would happen over the course of this semester. That said, I did have a couple of expectations coming into college. First, I anticipated my classes to be extremely large in terms of the number of students. Since most of my classes are gen-ed requirements, they consist of over 100 students, so I would certainly say that my expectation was met. Additionally, I expected to have a great deal of homework to complete. While there were some periods of time where my workload was lighter, I did spend the overwhelming majority of my time here**

either studying or completing assignments, so I would say that this expectation was met. Also, I expected the Student Recreation Center/Gym to be constantly packed. Since I go to the Student Recreation Center early in the morning, there are not many individuals in there at all, so this expectation was not met. Lastly, I expected my exams to be extremely difficult. While some of my exams were certainly harder than others, the majority of my exams were actually rather easy. I felt that both my professors and my own study methods prepared me for all of my exams, and none of them were overwhelmingly difficult. That said, I do not feel that this expectation was met.

- What is something you wish you knew 14 weeks ago? **Coming into college after just graduating high school two months prior, I did not have a lot of knowledge about how college life really worked, and what I should do to adjust to this new lifestyle. Luckily for me, the majority of freshman students, including my roommate, were in the exact same situation that I was. That realization did not hit me until a few weeks into the semester, but it eased my anxiety tenfold. Everyone else was trying to figure everything out just like I was, and no one truly had everything together. I wish that I had known this from the start, as I would have been much less anxious and afraid at the beginning of the year.**

### **Study Habits**

- How much time do you spend studying for each class now vs. at the beginning of the semester? **Since it is the final two weeks, the amount of time that I spend studying has increased dramatically. I have always studied for my classes, but these last two weeks require much more time and effort than I have put in before. On average, I more than likely spend about two to three hours per day studying for all of my courses now. At the beginning of the year, this number was likely somewhere around one to two hours, as I did not have as many tests or exams to study for. Additionally, the volume of the material covered on the exams that I currently have scheduled is much greater than what was on the exams at the beginning of the year, so that has increased the time that I spend studying as well. Most of my current exams are cumulative, so I have to study almost an entire course's worth of material, rather than just a few sections.**

- How have your study habits changed? **At the beginning of the year, my main method of studying was using flashcards to quiz myself on some of the material we had covered in class. While that still remains my most common method of studying, I have changed up what I do with the flashcards slightly. Instead of just quizzing myself on the key points, I comb through every single part of my notes and take out certain words, forcing me to re-read and truly analyze every detail of the material. Additionally, I no longer use true/false questions on my flashcards, as they did not seem to help me remember information as well as the fill-in-the-blank questions. Also, I began listening to background music to help me focus, which has boosted my memorization tremendously. Lastly, I began taking small breaks in between studying sessions, instead of trying to cram as much as I can into a short amount of time. This has also aided my memorization and reduced my stress levels, which has increased my performance on my exams.**
  
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. **Over the course of the semester, I have learned about several different resources that can assist me in my academic endeavors. Of these, the one that I plan to utilize the most is the writing center in the library. My current English professor introduced the class to the writing center, and how it can help us on our essays. Unfortunately, I did not have the time to take any of my essays to the writing center for them to check, so I did not get the opportunity to experience the writing center firsthand. That said, I certainly plan to use the writing center next semester, as my essays will only be getting more difficult and more complex.**
  
- What study habits/techniques will you use going into next semester? **As I stated earlier, my main method of studying is by quizzing myself with flashcards. This has worked extremely well for me, as I have gotten A's on all of my exams thus far. I typically begin studying about a week before the exam, as this ensures that I have enough time to study everything while also not leaving too much time before the exam, which could lead me to potentially forget some important details. As the semester has unfolded, I have gotten very consistent**

with these habits, and it has almost become muscle memory for me. I plan to keep utilizing these habits next semester, as I have gotten great results from them so far.

### 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. **Becoming a member of the Health Professions Learning Community has helped me tremendously. Being in multiple classes with other individuals in the Exercise Science major has helped me build connections, and the professors have made it a point to connect their material to Exercise Science or related areas. While I was not in SOC 201s, CHEM 105N/CHEM 106N, or HIST 104H, I was in BIO 121N. Our professor, Dr. Mills, did a fantastic job of connecting the topics we learned to Exercise Science, and he highlighted the many ways in which Biology and Health Science intersect. This helped to make the material more relevant to my life/potential career path, which made me pay more attention to every single detail we learned. Additionally, HLTH 101 helped to teach me about the many different areas of Exercise Science, and how courses like Biology, Chemistry, and Anatomy relate to the different fields under the Exercise Science umbrella.**

### 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? **Over the course of the semester, I had the opportunity to hear from several different experts and professors from a variety of different fields. Of these fields, there were two that stood out to me - Recreational Therapy and Athletic Training. Recreational Therapy caught my attention immediately with how similar it was to my dream major of**

**Occupational Therapy. I was intrigued by how they helped people with disabilities adjust to their new lives, which is something that I have always wanted to do. On the flip side, Athletic Training interested me because of the population they get to work with. As a former high school athlete, I know the important role that Athletic Trainers play in keeping all of the athletes healthy and safe, so that career path certainly intrigued me.**

- **What benefit is there to having a parallel plan (or two) in place? Since I am only a freshman in college, there is still plenty of time for me to experience new things or explore different career paths. That being said, even just one of these new experiences could completely change what I want to do after college, and what major I wish to pursue. Additionally, I could grow to dislike my current intended major between now and graduation. As a result, having a different career path/plan to follow is extremely important, as I do not want to get stuck in a major that I do not truly love. Whatever degree I graduate with, that is what I will be doing for the rest of my working life, so I need to ensure that I truly enjoy whatever that may be. Having an alternate plan to fall back on will ensure that I do not spend the rest of my life working a job that I do not enjoy.**
- **How could one or both of these two majors benefit your current intended major? As stated above, the two alternate majors that caught my attention were Recreational Therapy and Athletic Training. While Athletic Training does not necessarily benefit my intended major of Occupational Therapy, Recreational Therapy certainly does. Recreational Therapy and Occupational Therapy are similar in many aspects, as they both help people with various circumstances overcome their struggles to live a happy and healthy life. Additionally, it is recommended that Occupational Therapy majors at ODU graduate with an undergraduate degree in Recreational Therapy. Lastly, gaining experience working with individuals in a Recreational Therapy setting could provide me with invaluable experience that could better prepare me for both OT School and the workforce.**

### Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
<b>Depth of Reflection</b>	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.
<b>Required Components</b>	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.
<b>Structure</b>	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.

