

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 beginning of the semester I feel like I've grown so much from things I've seen being on campus. I've grown with seeing how people are just in general when you first meet someone. With my academic part I feel like my grades are better than what I was going through in high school. The amount of time you put outside of your class shows on the final grade.
 - What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
- My expectation for this year was to see if I was going to enjoy being on my own. Growing as a person to become better at anything I want to achieve. I would say it did because I've had moments where I feel like I couldn't do it anymore with being in college. Then as time went by I grew stronger and never gave up because I am here for a purpose.
 - What is something you wish you knew 14 weeks ago?
- Something I wish I knew is how much you have to prioritize doing things for yourself. Making sure to still do things that you love to do. It can be really depressing when you continue to do things over and over again. Finding new things and being on your own is something you have to learn to do.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?
- Studying has been a very hard thing for me to do because it's something I never really learned to do in high school. Seeing that you actually have to study to learn the information in college has been a struggle at the beginning of the semester and now. I only spend a few times during the week studying for my class if I know there is an exam coming up.
- How have your study habits changed?
- My study habits have changed by the amount of time I actually spend on studying before I have an exam coming up. I use to just study a day or two before and then waiting, but now I like to
- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
- A resource I've used this year that will help me next semester is quizlet. This helped a lot in my psychology studying vocab words and examples that could go with it.
- What study habits/techniques will you use going into next semester?
- Planning out when each exam is so I can be more prepared when the test is coming up. Giving me more time to study next semester is a big goal I have. I will also continue taking notes electronically and then writing it down to help me understand is a good technique that I will also use.

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.

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?
 - I am interested in physical therapy or athletic training. Athletic training caught my attention because it's the career that I am working towards being on the field with athletes and helping them with injuries. Physical therapy also did because it's similar to athletic training except you're not really on the field with them and more working with recovery.
 - What benefit is there to having a parallel plan (or two) in place?
 - Having a parallel plan offers several benefits by providing flexibility and reducing risks in uncertain situations. It allows you to pursue multiple goals or options simultaneously, ensuring that you have alternatives if your primary plan does not work out. This approach minimizes stress and keeps you proactive, as you are better prepared to adapt to changes or setbacks. Additionally, creative problem-solving by encouraging you to explore diverse pathways and make more informed decisions based on evolving circumstances.
 - How could one or both of these two majors benefit your current intended major?
 - **Athletic training and physical therapy benefit from my major in exercise science because it provides a foundational understanding of human anatomy, biomechanics, and physiology, essential for developing effective rehabilitation and performance strategies. Exercise science equips professionals with evidence-based knowledge to design personalized exercise programs that enhance recovery, prevent injuries, and**

optimize physical performance. This field emphasizes research about athletic trainers and physical therapists to stay at advancements in therapeutic techniques and athletic performance enhancement.

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	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts	Writing is unclear and/or disorganized. Thoughts are not expressed in a	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are

	<p>sentence/paragraph construction. Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.</p>	<p>are expressed in a coherent and logical manner. There are no more than three spelling, grammar, or syntax errors per page of writing.</p>	<p>logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.</p>	<p>numerous spelling, grammar, or syntax errors throughout the response.</p>
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