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Final Reflection

My First Semester

During my first semester, I felt like I did not know what I was doing because I was very new to college life. I have grown from the beginning of the semester by getting better at time management and giving time to myself. Even though I was always submitting assignments on time, I wanted to get better at doing work in a way that's less stressful. By this, I mean that I would sometimes go ahead and do work ahead of time if I was able to because it would help my future self complete more assignments. Other than that, I was able to get better at giving myself some time to relax and do activities that I enjoy. I had always guilt tripped myself into thinking that I couldn't do something fun because I could be spending that time doing work for school. However, since I get ahead, I am able to convince myself that it is okay to give myself time to do things that I like to do. My expectations for this year was that there would be less work, I would be less tired going home from school, and that I would be less anxious going to school. My semester did and did not meet my expectations. There was less work and I was less anxious going to school compared to when I went to high school. Instead of getting assignments everyday like I did in high school, some of my professors assigned homework that would be due a later week instead of the same week. I was less anxious going to college classes because the

bigger classes with more people, which is very ironic, made me less nervous. However, the expectation of being less tired going home from school was not fulfilled. Even though I wasn't waking up at 5 AM every single day anymore, walking around the campus to different buildings is a change from going from room to room in one building. In addition, driving to and from school adds to the exhaustion. Something I wish I knew fourteen weeks ago was that the classes for this semester aren't super difficult. I was very stressed and anxious every time I received assignments, but I feared that it was going to be overwhelming. At the beginning, it was like I was getting hit wave by wave of more assignments even though I was used to receiving more work because of high school. I wish I could have told myself motivational sayings like, "You can do it," because I was very stressed. In the end, I'm glad that I was able to figure out a system to stay afloat.

Study Habits

During the beginning of the semester, I would say that I spent a fair amount of time studying. For each class, I aimed to study for about an hour or so. However, I have increased the time I spend studying for each class to more than two hours. My study habits have changed as I have made more time to study as I complete some assignments ahead of the due date. I used to not have a lot of time to study, so I would only study the day before an exam. Even though I got good grades for my first exams, for the rest of them, I decided to study the days prior to allow myself to fully understand the material as well as not overload my brain. In addition, instead of just completing study guides, now, I spend more time annotating study guides when they are completed. A resource that I have used this semester that will assist me during next semester is the library. Going there and staying after school allowed me to get a lot of work done. It also

helped me stay focused as I was alone and didn't have any distractions. Study habits and techniques that I will use going into next semester include the ones I have been using during my first semester: studying days before the exam, annotating study guides, and going to the library to focus.

Health Professions Learning Community

For this semester, the classes I was enrolled in due to the Learning Community included SOC 201S, HLTH 101, and HIST 104H; in addition, I was also put into CHEM 105N as well as CHEM 106N. It was helpful that these classes drew connections between content and subjects that were discussed. Connections I noticed was that in sociology class, we learned about the subjects of discrimination and social inequality. This connects to how discrimination was very evident during history as slavery was widespread among the U.S. Social inequality was also mentioned in history class as the wealthy were able to obtain more resources than the poor back in the day. During health professions, many guest speakers came in to talk about certain fields such as Public Health, Speech Language Pathology, and Occupational Therapy. This can connect to inequality as we know that those who have more money, access, and resources in general are more likely to get into these professions. This also goes towards how patients that are more wealthy are able to afford healthcare than those who do not have as much money. Throughout the semester in all of these classes, healthcare was mentioned as a way to do the action of drawing connections between a general education class and the major we want to pursue. I went to various events this semester, but the one that was most beneficial to me as a student was the Recreational Therapy event. Going to this event was helpful because I was able to see what may be used to help patients get back up again and regain the skills they had once. Furthermore,

getting hands-on experience on the activities and games allowed me to connect which parts of the body and mind are necessary to do a certain task. Doing all of these classes is worth it because I look forward to a future of working with patients to help them get better.