

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. *I would say I have grown a lot more maturity-wise and self-growth. Just simple things of calling places myself, not asking for help immediately but trying to figure it out to become more independent and self reliable. These things will help me extremely next semester as I now now the things I have to do just for myself to be successful in the early run.*
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. *I would say this semester met my expectations of being more difficult as I am more on my own rather than with my family who would usually be right there to push me when I'm having a rough time. I had to learn what things worked for me which were going out to find new locations to feel motivated to do work instead of being in my room all day which could become more draining being in one space all day.*
- What is something you wish you knew 14 weeks ago? *I wish that I knew how different time management would be in college vs. high school. I would always push things off to the side until it was too late to finish them but now I know I have to set specific time away from things I like to do to complete items and study on time for my classes to be more successful.*

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester? *Now for each class, I try to spend about 30-1hr a day to get the*

hang of the material a little before an exam at the beginning of the semester I would try to cram 3-4 days before an exam which wasn't helpful at all.

- How have your study habits changed? *My study habits have changed a lot as now I create quizlets to help study flashcards and use Cornell notes for bigger topics so I won't be drowned in a lot of information. I also have been doing a lot of active recall like I'm teaching others the content which helps me understand it better.*
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. *I have been using goodnotes on my iPad instead of writing everything on paper which hurts my wrist at times especially when I'm going for a long time. I can also create study sets, and flashcards, and ask for AI help on questions or equations I might get a little confused about.*
- What study habits/techniques will you use going into next semester? *I will begin to study a week earlier than my exam before I have to take it as it will give me more time to prepare as well as go over things in more detail that I need help on which I didn't know I needed at first.*

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. *It's a lot of ways that these classes were connected but a big way I saw it was the direct examples we would use in History 104 as we would use in our discussion posts of how these things would relate to Sociology in one way or another that we could think of. Another way I saw this connection would be in my presentation for Socialioly as it asked for a specific way that my article would connect*

to how Child Labor and it reminded me of Jane Addams fighting for the rights of not having having child labor and unsafe work areas.

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'm not interested in other majors but I would like to pursue Early Childhood Education as I already have an associate degree in that field. It interests me as I want to be an NICU or Pediatric nurse which can help give me more experience. Social Work is something else I would also seem to be interested in as they are as well helping take care of kids even though it's not in the hospital but from a mental and emotional well-being standpoint.*
 - What benefit is there to having a parallel plan (or two) in place? *It's a good thing to have a parallel plan in place as you may want to change your mind about your major down the road and you already have some knowledge of the things you like instead of feeling as if you are starting from the beginning all over again.*
 - How could one or both of these two majors benefit your current intended major? *This major would get me extra experience with kids as I will be working with them more hands-on in a hospital setting I already know their emotions from the previous classes or classes I will take to know how to calm them down in stressful situations or where they just need to be comforted in a difficult time.*

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	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate,

	provided, as applicable.	are provided, as applicable.	supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	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.