

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 2024 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 was extremely stressed and worried about how I was going to be able to handle college. I thought that it was going to be too much for me to handle, and that I wouldn't be able to succeed like I had hoped. Now, I know that I can do things even if they are difficult, and I have no fear going into the next semester.
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
 - I really wasn't sure of what to expect, I kind of came in as a clean slate. I honestly thought that a lot of my classes would be more difficult than what I originally expected, but I really didn't struggle in any of them. I kind of thought that there might be a class or two that I didn't do so well in, but I am pretty happy with my grades overall.
- What is something you wish you knew 14 weeks ago?
 - I wish that I had known 14 weeks ago that everything was going to work out just fine, and I didn't need to spend so much time stressing out about my major and if I was going to like it or not. I wish that I had given myself some more grace and time to process the switch from high school to college.

Study Habits

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

- I would generally say that I spend about the same amount of time studying now that I did at the beginning of the semester, but honestly there are some classes that I need to study more for than others. On average I would say that I probably study for each class at least 5 hours a week, and that has been pretty consistent throughout the semester.
- How have your study habits changed?
 - I really try to pay attention and participate in class more now than I did before, instead of just trying to write down everything that the professor has on the slide. I find that I learn better when I am hearing the information, so listening to the lecture and just jotting down a few notes of things that I find important tends to work for me.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
 - This semester I learned that there are several centers that specialize in helping students understand their classes. Next semester I am going to be taking more science classes, and some that I have never even heard of before, and I may need some assistance from people who understand the material. If I need to, I will plan to use the science tutoring that is available through the school.
- What study habits/techniques will you use going into next semester?
 - Next semester I'm really going to try to do active recall, as well as flashcards (Quizlet), just really trying to see the information as many times as possible so that it will be easier to memorize.

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.

1. Being in the health professions class and introduction to chemistry, there were a lot of things that ended up crossing over. For example, every chapter in chemistry there would be a topic of the chapter, and then a health career that specialized in the subject that we were talking about in class. A lot of the careers that we talked about in the health class overlapped with the careers mentioned in chemistry. Also, in sociology we would talk about the social determinants of health, and how they can affect the way that people get what they need medically, and we first learned about those in the health class.

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?
 1. While I started off as a nursing major, during the semester I came to know about Speech-Language Pathology and I switched my major to that. The only other major that I would say was very interesting to me and that I would consider would probably be Nuclear Medicine, because it was just so much different than the other majors I had explored.
 - What benefit is there to having a parallel plan (or two) in place?
 1. I think that having many different plans can be a good idea because when it comes to majors that are very competitive like nursing, there is not really a guarantee that you will get in. Having backup plans allows you to diversify your options, rather than getting rejected from an intended major and then having to completely reevaluate your college plan.
 - How could one or both of these two majors benefit your current intended major?
 1. I think that either of the majors that I mentioned before could help me in the future because it would make me more well-rounded as an individual. I wouldn't have just taken classes that were directly related to my major, instead I had taken a couple here and there that aligned with my interests. It also looks

good to have a variety of classes, especially because I will have to go to graduate school for my intended major, and the acceptances are pretty exclusive.

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.