

## **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.

I think one way I've grown is how I respond to my stress. It took a while for me to learn how to manage stress and anxiety, but over the course of the semester I've taught myself new ways to overcome negative feelings. I also have become more financially responsible as I have a job and have to budget carefully now. I used to have a bad spending problem, but I have gotten that under control and no longer buy things I don't need. I like to think I have also matured and I'm starting to embrace stepping into adulthood rather than despise it.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.

My expectations for this year were pretty far off from my actual experiences. I thought college would be the only thing I had time for, but I am able to keep a job while also regularly seeing my family. It actually doesn't feel too different from highschool because I commute now, so that is pretty shocking. I also didn't expect to meet so many people, but there really is a large and diverse pool of students here, which I love.

- What is something you wish you knew 14 weeks ago?

Something I wish I knew fourteen weeks ago was that it's okay to change course in my path. I recently came to the conclusion that I might not want to go to grad school, and this gave me a lot of anxiety because for a while I was set on doing this, and not knowing makes me uncomfortable even though it shouldn't. I want to move forward knowing that I will likely make a lot of changes in my plans, and that it is okay.

## **Study Habits**

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

Right now I spend much more time studying for each class compared to now. For math, I've been studying a little less than an hour everyday so i can be prepared for my exam, whereas before i would study maybe once or twice a week depending on the schedule. Psychology is another big one I study often, but it isn't usually everyday. I study for biology almost every other day but that one isn't too difficult, and I don't study often for this class or my English class.

- How have your study habits changed?

My study habits have not changed too much over the course of this semester, though I have gotten better at choosing what is necessary knowledge and unnecessary knowledge, which has helped me utilize my time more efficiently. The structure of my notes incorporates main concepts and information while cutting out what I don't need to know for the final exam so I can retain the important information across all units.

- Tell us about a resource that you have used/learned about this semester that will assist you next semester.

One resource that I've used this semester is the writing center. I went there to get one of my papers revised and I was nervous at first but the woman there was very helpful and I left feeling really good about going. I'm sure this resource will benefit me in the future when I have more serious papers that I need guidance with.

- What study habits/techniques will you use going into next semester?

Next semester I hope to incorporate more color into my notes because I've noticed that this helps me group and remember information better. I also hope to utilize flashcards more, because certain courses require me to know a lot of definitions and although I had flashcards this semester, I never thought to use them. The last study technique I plan to use next semester is having a set schedule at which I study at certain times of the week to ensure I can fit this time into my day to day life.

- 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.

As a biomedical science major, I actually didn't take any of the courses listed above except HLTH 101. I did however take PYSC 201S and I can say that I've been able to tie the material I've learned about memory, social psychology, and the brain to every course I'm taking now. It's given me an understanding of how I learn and this has benefited me in a lot of ways!

### **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?

Another major that I would be interested in is medical lab biology and nuclear medicine. These both seemed like unique yet interesting ways to work in the medical field that don't involve the long process of doing something like being a doctor or P.A. I liked that they both had things about them that you can't find in any other career, and that their pay isn't too low!

- What benefit is there to having a parallel plan (or two) in place?

The benefit to having a parallel plan is that there's a backup option should you need one. It may also benefit you to have a job in the medical field while in medical school as you are more likely to financially afford it and be able to gain valuable experience.

- How could one or both of these two majors benefit your current intended major?

As of now, my major is biomedical sciences, which is pretty broad. Having one of these majors as part of my current plan can help me gain field specific experience while pursuing a well rounded science education.

### 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	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	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.

	coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	syntax errors per page of writing.	errors per page of writing.	
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