

My First Semester:

- Tell us how you have grown from the beginning of the semester to now.

From the beginning of the year now I have grown in a lot of ways. Those ways are as an individual and as a student. I have grown as a student by learning more and connecting it to the real world as well as connecting it to other classes.

- What were your expectations for this year?

My expectations for this year were to do good in my classes and find a work-life balance. Those were my expectations because for me personally having a work-life balance is very important for my well-being.

- Did this semester's experiences meet your expectations? Explain.

This semester's experiences did meet my expectations because I was able to find ways and get help on both school work and work-life balance.

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

Something I wish I knew 14 weeks ago is that if something does not fit into your schedule that will help you mentally you need to find a way to fit it in. Something else I wish I knew 14 weeks ago was that it is easier to section out your work instead of trying to get it all done on the same day.

Study Habits:

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

Now I try to spend four to five hours a night doing homework and studying whereas at the beginning of the semester I was having uneven study hours and I was constantly burning myself out.

- How have your study habits changed?

My study habits have changed to where now I focus more on where I am struggling vs just looking at everything. My study habits have also changed because now when reviewing I look at past homework assignments and videos to help me understand where I went wrong.

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

A resource that I have used that helped me this semester that will assist me next semester is Youtube and Quizlet.

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

The study habits/techniques that I will use going into next semester are going to Youtube, Google, and Quizlet to help me get a better understanding of what I am confused about. I will

also be continuing to look over my homework as well as redoing my homework to try and get as much practice and review as possible.

Health Professions Learning Community:

- 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.

These courses are tied together because in History we needed to research a health-related subject that helped us get a better understanding of why some things are the way they are. All of our classes connected together because they all relate to what we want to do as a career. For example, I have noticed that in some cases sociology and history connect to each other. As well as, something I noticed was that chem has relations between how chemistry works with the human body as well as things used within the health field.

Parallel Plan:

Which two other majors would you be most interested in? Why?

The two other majors that I would be most interested in are Recreational Therapy and Physical therapy because I have always been interested in some form of therapy along with the science behind why things happen. I also would be interested because I find it interesting with the way that bones and tendons repair themselves.

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

The benefit to having a parallel plan or two in place because if your main major doesn't work out then you have a backup plan. I also feel that if you aren't able to get into the academy or place for your major then you can switch your plan.

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

These majors can benefit my intended major because they still relate to the same classes that I am taking now. They also benefit my intended major because it still relates to bones and the way that the body works.