

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 have grown as a person. I've gotten more comfortable with meeting new people, going to new places, and having to do things I've never done before as well as go to places I've never gone before.

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

My expectations for this semester have been met. I was expecting to be challenged socially, academically, and financially and I was.

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

I wish I knew my social security number by heart, to have it memorized. I wish I really tried to find a roommate that shared the same interests as me and had the same values and kindness and patience that I strive for.

Study Habits

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

Now I spend about eight hours a week depending on what kind of assignments, exams, or events I have going on but in the beginning of the semester it was about 14 hours a week.

- How have your study habits changed?

I developed quicker and more effective studying and memorization methods.

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

OneSearch, located on the ODU library website, helped me immensely in finding journal articles, books, and other resources for research projects in my classes this semester and I will continue to use this resource to find valuable information and resources for assignments.

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

Note-taking, watching videos, attending class lectures, studying on paper, and typing notes, as well as reading textbooks are all study habits and techniques that I will use next semester.

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.

These courses all tied together themes of social determinants of health and access to healthcare, in history we learned about how immigration increasing in places like Boston and New York made housing and living conditions decline and people began living in slums and close proximity to one another that way diseases spread like wildfire when someone got sick. In sociology we also learned about the transmission of culture that comes with immigration and how that impacts healthcare and what practices are considered normal and what is considered inappropriate or unnecessary in healthcare practice among different backgrounds of people.

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?

Dental Hygiene and Nuclear medicine because both are very skill-based and require a lot of dedication and schooling and you will always be able to find a job with these two majors. They also focus a lot on dealing with patients one on one and I like the idea of helping people.

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

In case you ever change your mind or something doesn't work out the way you thought it would, whatever that may be, you will always have a different plan, or a plan B.

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

It would give me a more skill-based profession opportunity instead of an administrative skill-based leadership opportunity in a work environment, it would most likely open up my job opportunities.

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	Response demonstrates a general reflection about the semester so	Response demonstrates a minimal reflection	Response demonstrates a lack of reflection about

	about the semester so far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	far. Viewpoints and interpretations are supported. Appropriate examples are provided, as applicable.	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.	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.