

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.

-In The Beginning Of The Year I Did Now Know Any Good Study Habits Or Things That I Should Be Doing To Pass My Classes. Now I Know How To Study And What To Do When I Need Help Understanding A Topic.

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

I Expected To Have Many Friends But I Was Shown Very Quickly That I Wouldn't. I Spent Much Of My Time Studying and Completing Work.

- What is something you wish you knew 14 weeks ago?
 - I Wish I Knew That I Didn't Need To Stress About Anything. Everything Came Out Good In The End.

Study Habits

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

-I Used To Not Spend Any Time Studying For A Class Except For Taking Notes and Completing Work. Now I Spend About 3-7 Hours Studying For Each Class.

- How have your study habits changed?

-I Started Turing My Notes Into Quizlets and Reading The Question Out Loud To Myself. In The Beginning Of The Semester I Was Just Reading My Notes Over.

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

-I Used The Math Tutoring Resource A Lot Through The Semester and I Plan On Using It Again Next Semester.

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

-When It Comes To Studying I Will Continue To Use Quizlets and Read My Notes Out Loud To Myself.

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.

-The Usage Of Guest Speakers Coming In And Talking About Their Role and Importance Of Public Health Tied These Courses Together. Also The Teachings Of The Importance Of Different Careers.

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 would be interested in Nuclear medicine and Nursing. I had no knowledge of nuclear medicine, but after hearing about it through students, I found it very interesting. Nursing is a really interesting major and being a nurse is a really hard/rewarding career.

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

-Having A Parallel Plan In Place Prepares For All Possibilities. If one major doesn't work out, I have another one to fall back on.

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

-Nuclear Medicine could benefit my plan of becoming a heart surgeon. Nuclear Cardiology can be used to determine which areas of the heart muscle have been damaged by a heart attack.

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 supported with	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or

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