

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 believe that I have grown a lot not just academically but mentally also. I struggled trying to get adjusted to college life and trying to get used to not being with my mom 24/7. I believe I have become more mature and can be very independent. I wasn't that independent before I left home. I was dependent on my mother for everything. I learned how to be myself and be okay with it and I learned to have better time management. In some ways that I have grown academically is that throughout high school I wasn't very challenged with the way I think and how I go about doing assignments, but here I was challenged and had to approach assignments on a whole other level which made me grow.

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

I don't think I really had any expectations for this year but I did assume that it was going to be difficult and somewhat hard to manage because of how many classes I decided to take. Everyone told me college was going to be difficult and they were not wrong. You really have to apply yourself if you want to succeed. The amount of work you are given and the short period of time you have to do it can be difficult but being able to get it done early would help. I do think my semester experiences meet my expectations. I say this because I thought college was going to be difficult, I wasn't wrong and how it was kinda going to be hard to manage, I wasn't wrong about that either. So yes, the semester experiences met my expectations.

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

Something I wish I knew 14 weeks ago is how important it is to keep a calendar and how much you should complete your work a couple days before the due date if you can. I still struggle with this but I wish I knew how important it is to do this and how much it would help me during the long run. Keeping a calendar helped me so much and I just started using it again. It helps you keep track of your assignments without having to keep looking back at the syllabus. It overall just keeps you organized and being organized for me is very helpful in college. I feel as if you complete your assignments earlier than the due date then it will save you some stress, especially if it is given to you beforehand and isn't due until the end of the week. This stops you from procrastinating and getting your work done on time.

Study Habits

- **How much time do you spend studying for each class now vs. at the beginning of the semester? I didn't really spend that much time in the beginning of the semester studying for my classes because there wasn't really much material to be going over. But now that the semester is coming to an end I started studying a bit of all of my class material assignments everyday even if it was just looking over simple material we studied in class I would still think that would help me in the long run.**
- **How have your study habits changed?**

I think my study habits have changed drastically. I say this because I didn't study really in highschool and I knew that wouldn't work for me in college so I knew I had to change something about that. I can even say at the beginning of the semester that my study habits were not that good and that they changed. I went from studying to not really at all to studying a bit of material everyday.

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

I learned about the tutoring center this semester. To be more specific the science tutoring center. With my major I know I will be in many many different science classes and will need help because these classes will be difficult. I know the tutoring center will help me be successful in those classes. I also know that your professors' office hours will be useful to you as well. If you attend your professors office hours then you can get extra help with the material or ask questions you were too afraid to ask in class. Doing this will show your

professor that you want to succeed and they will get familiar with your face and actually know who you are.

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

Some study habits and techniques that I will use going into next semester are active recall for my study habits. This way of studying has been so useful for me and I think that it will help me and benefit me in my next semester, especially with heavy concept classes. Some other study habits that I will use for next semester is when the lecture is over in that class then that same day go over the material to get yourself more familiar. Also being said, studying the material before class starts is also beneficial. This makes you familiar with the material beforehand and then it's like you are re-learning it for better understanding. Another studying technique that I will use for next semester is going to the science tutoring center more. I feel like this would be good for me because I will be getting more help in those more difficult classes.

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.

In some way that these courses are tied together is the fact that HIST 104H and SOC 201S both have similar themes. For example in history 104 we talk about the past and what led to that and in sociology we mostly talk about the present and how they can connect to modern times and back in history. In our health 101 class we talk about different fields in the health field and how they connect with what we are learning in our chemistry classes. Some other themes that you tend to see with the connection with these classes are our critical thinking skills and how we can use them in all of our classes. All of these classes build upon each other and have to do with one another.

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?

The two majors that I would be most interested in are speech pathology and forensics. I never really thought about doing speech pathology until we did the clinic tour and talked to the grad students. I found it very interesting the plans that had to help their patients and what we take for granted for when we are re learning speech. It made me think about my nephew who has autism and is in speech therapy. I have always been interested in forensic science. The reason for this is because I watch a lot of criminal minds and it made me want to be in that field kind of. It still interests me till this day but some aspects turn me off to this career.

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

The benefit of having a parallel plan is that if one plan doesn't work out in your favor you have something else. It is like a plan B and you shouldn't always put all your eggs in one basket because of this reason. You never know what can happen and you never know what you may gradually turn too.

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

A Speech pathologist and people in the dental field can work hand and hand. Speech pathologists work in some of the same areas that dentists work in and cross may pass eventually. For anatomy classes I feel as if they mirror each other in many ways they both focus on the mouth and head. These examples could benefit me in my current intended major.

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.