**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 found out what works for me and what doesn't. For example, I can't study with other people because I get distracted easily . I learned to take time with my work and not to rush because if i rush I won't get the grade I want I also learned that it's ok to fail it's how we learn it's important to hang out with the right people.

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

I expected to be challenged by a new environment, new people, new experiences, new expectations. Yes it did. I met some amazing people just in my first semester that are now my closest friends, and I understand what college professors expect from me.

* + What is something you wish you knew 14 weeks ago?

That it's ok to fail and you're not the only one who struggles so ask for help when needed and that college is a new experience so it's ok to try things. And that its not that serious and take time for yourself.

**Study Habits**

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

I study for my class for about 3 hours now and at the beginning of the semester I studied for about 2 hours.

* + How have your study habits changed?

I realized that as the semester went on I needed to study for my history class the most as there is a lot of material that gets covered in the class so to make sure I was prepared for the class I would study before the class.

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

The torturing center is super helpful when it comes to classes you need help with. They are so kind and understanding and they make it their mission to make sure you understand the content before you leave. people in your class If you're confused on something there is at least one person in your class that won't be. And professor office hours are super important

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

Setting a timer for the time your studying to keep yourself accountable

Not studying with other people makes it so easy to get distracted . creating a study schedule could be helpful staying organized and setting goals.

**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.

They all have to deal with people and how to deal and interact with people. In sociology we figured out why people do what they do in health. We learned the same thing . and it talks about what to expect if you go into healthcare.

**Parallel Plan**

1. 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?

Education and business and alternate major for me would be education because I love working with kids and being challenged and business because I would love to run a business or take over my moms reality business when the time is right.

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

It makes sure that if one plan falls through you have another plan and it gives you a sense of security. And also if you just rather do the other plan you also have that option.

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

**Education because I want to be a foster care worker so learning how to work with kids will be an important part of the job and business because maybe I could be promoted to the business aspect of social work.**

**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. |