

## **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 learned so much about my own study habits, and have been finding what works for me. I've learned my way around most of the main campus, and have grown as a person over all.

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

I had mainly expected for college to be significantly harder than high school was, and while this has been met, it has not been to the degree that I had been expecting. While not being as easy as high school often was, I have been struggling much less than I had assumed I would.

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

I wish I had known to consistently check canvas for every class daily, as I have found that sometimes assignments or even exam sign up will be added without being mentioned more than once during class.

#### **Study Habits**

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

When I first arrived, I spent close to six hours studying for tests and exams, until I felt like my brain would melt if I had to see an algebraic equation one more time. Now, I've gotten closer to two hours, and my grades have remained the same.

- How have your study habits changed?

I have been making sure that I won't get burned out during my studying by taking my time, reviewing before exams, and using resources that help me learn.

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

I learned about the online tutoring, which I believe will help me study much more efficiently for exams, as well as better complete assignments.

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

Most likely, I will use a slightly modified version of my current study habits, likely adding in an hour of review using the online tutoring.

### **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.

Each of the LLC classes I took were deeply connected to one another. This class connected to my Health Information Literacy class to teach me in-depth about different aspects of professions in health fields, setting me up for entering the workforce. My Psychology class connects with Information Literacy to allow me to better analyze the purpose of anything I am reading. Chemistry works with Health Professions to prepare me for whatever my future career has to offer, as many have ties to chemistry.

## 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 currently have Cytology as another major I am interested in. It is related to Medical Laboratory Science, and even has many of the same prerequisites.

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

By having a secondary plan, I now have a backup in case I do not manage to get into the program I want. It also means that if I find myself struggling in one, I would be able to apply for the other.

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

Due to these two majors being related to each other, they support and complement each other as well. I am even somewhat considering taking time to double major.

## Rubric

| Criteria            | Excellent<br>(75-70.5 points)  | Sufficient<br>(70.49-63 points)   | Minimal<br>(62.99-55.5 points)   | Unacceptable<br>(55.49-0 points)   |
|---------------------|--|---|--|--|
| Depth of Reflection | Response demonstrates an in-depth reflection about the semester so far. Viewpoints and interpretations are | Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. | Response demonstrates a minimal reflection about the semester so far. Viewpoints and | Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are |

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|----------------------------|--|--|--|---|
|                            | insightful. Clear, detailed examples are provided, as applicable.  | Appropriate examples are provided, as applicable.  | interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.                         | missing, inappropriate, and/or unsupported. Examples, when applicable, are not provided.  |
| <b>Required Components</b> | 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. |
| <b>Structure</b>           | 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.   |