

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 in numerous ways since the beginning of the semester to now. At the beginning of the semester I felt unsure, worried, and anxious, and although I may still be worried and anxious it is now for different reasons. I was unsure if I would fit in, worried that I wouldn't be able to handle the coursework, and anxious with all of the change around me. I now feel as if I have fit into ODU, I have met numerous people & found friends, organizations that have begun to feel like family, and clubs that interest me. As for the course load, over the semester I have tried different study methods, different approaches that work for me, and reached out for help whenever I felt it was needed. I also feel much more comfortable and confident especially when it comes to dealing with change and being independent. Although I believe I have greatly grown from the beginning my biggest achievement has been learning to step out of my comfort zone.
 - What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
- A couple of my expectations for this year revolved around making friends and meeting new people, achieving good grades, joining clubs and organizations, and overall just learning how to be independent. I also expected college to be easier to keep up with since I must manage my own time and since I only had a couple of classes a day. This semester, I have met numerous new people and made new friendships. I have also joined the Latin Student alliance (LSA), and TRIO. I expected college to be easier than high school but I have found out that it is equally and even more challenging than high school, since I am in charge of my own time. Overall this semester has taught me many new things and helped me realize many others such as how I need to find a work life balance and that procrastination is my biggest enemy.
 - What is something you wish you knew 14 weeks ago?

- If there was something that I wish I knew or told myself 14 weeks ago it would be to know how to stay on top of my work, avoid procrastination at all cost, and to ask for help as soon as you feel like you need it. This semester I really struggled with history and mixed with procrastination. I ended up feeling very overwhelmed with the class, although I began taking tutoring I still felt lost and overwhelmed but it's due to me not asking for help on time.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?
- At the beginning of the semester I was spending 25-30 hours or so per week studying. Within the week I am now studying between 40-45 hours and try to split those hours evenly on my different courses or on what is most important depending on what my next day looks like.
 - How have your study habits changed?
- I have found that studying outside of my room works best when I am trying to study, so I have found multiple locations to study. I have also found that working for a certain period of time and taking breaks works for me rather than studying at once and focusing on one subject at a time. I try to start on what feels easiest for me and then gain the motivation to do the rest of my tasks.
 - Tell us about a resource that you have used/learned about this semester that will assist you next semester.
- This semester I began struggling with history and I began taking tutoring. I will use tutoring in the next semester to help me with anything I may need help with as soon as I feel as if I need help.
 - What study habits/techniques will you use going into next semester?
- Next semester I will complete tasks in a productive location in order to help me concentrate. Stick to a study schedule and work for multiple periods of time with breaks in between. I will break down the material into manageable chunks and complete them in a timely manner.

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.

- This semester I had SOC 201S, HLTH 101, CHEM 105N, CHEM 106N, AND HIST 104H. I have found it interesting how all of these courses relate to one another and to public health. These courses are related by talking about the inequalities, issues, growth of healthcare, relation and jobs to health care, and applications to healthcare. In SOC 201S we talked about how factors in everyday life that are often unseen influence people and their health. These factors involve socioeconomic status, culture, and community outcomes. HLTH 101 brought in guest speakers and taught us more about career options in health care and resources. CHEM 105N & 106N taught us and applied how healthcare relates to chemistry. Meanwhile HIST 104H taught us about the growth and progress in healthcare and medicine. All of these topics elaborate on areas of healthcare and come together to teach us more about healthcare all together.

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 most interested in a science major or a criminal justice major. A science major would be able to get me into med school after graduation and still be in the healthcare field. A criminal justice major still offers roles related to healthcare and still revolves around the good of the community.
 - What benefit is there to having a parallel plan (or two) in place?
- Although a parallel plan may at times be overseen, it is important to have a second plan in case the first doesn't work or something happens. They provide a safety net in case anything goes wrong and can just be an alternate plan to help achieve set goals. Life often has unexpected turns so by having something else in mind it can save time and resources. Having multiple plans in advance can help reduce anxiety and help you think more critically, making better decisions when an issue arises.

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

- Both of the majors I have chosen relate to healthcare. Following a science major would allow me to go into healthcare through med school. Meanwhile a criminal justice major would also allow me to work closely with healthcare if I choose to do so. While a science major is more beneficial to healthcare they both have crossovers in the healthcare field.

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.	Writing is mostly clear, concise, and well organized with good sentence/paragraph construction. Thoughts are expressed in a coherent and logical	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax

	Thoughts are expressed in a coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	manner. There are no more than three spelling, grammar, or syntax errors per page of writing.	than five spelling, grammar, or syntax errors per page of writing.	errors throughout the response.
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