

## **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.

**Upon reflection on this fall semester, I was genuinely surprised by the extent of my personal growth and forming my independence. For example, managing my schedule, balancing coursework, and making decisions without my usual support system forced me to develop stronger time-management skills and better stress-management strategies. In addition, I began to build a greater sense of self-advocacy and responsibility, realizing that I am capable of navigating challenges on my own and adapting to new situations with a more positive mindset.**

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

**I expected my first semester of college to be a period of adjustment as I was moving away from home for the first time and learning to live independently. Regarding academics, I expected the courses to be more challenging, both in terms of content and the additional time required for studying outside of class. I feel this semester's experiences did meet my expectations, however, I managed to adjust my habits accordingly and learned new skills for time and stress management when faced with these challenges.**

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

**One lesson I wish I had learned 14 weeks ago is the importance of connecting with people outside of the classroom starting early on. Working to develop relationships with professors, classmates, and even friends in different clubs or organizations significantly helped make me feel more content and supported, both academically and socially.**

#### **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 studying for an average of 6-8 hours a week. However, as my courses progressed and the content for each class became more rigorous, I increased the amount of time I spent studying to about 10-12 hours per week. On average, I try to prioritize studying for about 2 hours for each class while completing assignments and reviewing all course materials for the week.**

- How have your study habits changed?

As mentioned, my study habits have improved from the beginning of the semester as I dedicate more hours to studying for each class. Additionally, I have found the location in which I study can affect my concentration and academic performance. Therefore, if I need to focus on a big exam or for support with completing a project, I will reserve a study room in the library or meet with friends in the dorms to help me be more productive.

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

In my spring semester, I plan to utilize resources including tutoring centers, the library, and attending my professors' office hours. Each of these resources will significantly help improve my understanding of course material, clarify challenging concepts, and enhance my academic performance by providing additional support outside of the classroom.

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

Going into next semester, I plan to build on my current study habits by incorporating a few new techniques. I will continue going to my professors' office hours to clarify any questions and deepen my understanding of the material. I will also reserve study rooms in the library to ensure I have a quiet, focused environment for effective study sessions with friends. However, I plan to create a more structured study schedule to manage my time efficiently and ensure I'm staying on schedule with assignments. Overall, I feel these techniques will help me to manage my stress better when it comes to becoming overwhelmed with academics.

### **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 was also enrolled in the "Introduction to Psychology 201S" course. "Introduction to Health Professions 101" and Psychology are deeply interconnected in the context of healthcare education, as they both focus on understanding individuals' physical/mental needs and providing effective care. In healthcare, understanding how psychological factors such as stress and mental health affect a patient's behavior is crucial. Therefore, a comprehensive understanding of psychology can help future healthcare professionals better understand patient behavior, improve patient communication, and provide more holistic care.

## 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?

Apart from Exercise Science, I would like to learn more about majors such as Recreational Therapy or Pre-Clinical Health Sciences and the job opportunities a bachelor's degree would offer. I am interested in both of these majors as they would provide flexibility in pursuing different healthcare career paths. For example, in Recreational Therapy, I would work to implement therapeutic programs that help individuals improve their physical, mental, and emotional well-being through recreational activities. This career would fulfill my desire to help others and have the option to specialize in pediatrics. With a Bachelor's Degree in Pre-Clinical Health Sciences, I would have the opportunity to explore a variety of clinical settings to pursue further education upon graduation, making it an ideal choice if I am still undecided on future anticipated careers within the healthcare field.

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

In general, parallel plans allow you to make progress in two different majors of interest at the same time, ensuring that if one doesn't work out you won't fall behind in your academic progress. Therefore, having a parallel plan is beneficial as it allows you to explore different fields and will provide flexibility and stability within your career. This is beneficial to me as I am still undecided on what I would like to pursue in the healthcare field, but have general ideas of what I am the most interested in with potential career pathways.

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

Recreational Therapy and Exercise Science share similar career roles as they both involve using physical activity and rehabilitation to improve patient outcomes. Therefore, a parallel plan in Recreational Therapy could benefit my current major as the knowledge and skills required for both majors are similar to each other.

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**Rubric**

<b>Criteria</b>	<b>Excellent (75-70.5 points)</b>	<b>Sufficient (70.49-63 points)</b>	<b>Minimal (62.99-55.5 points)</b>	<b>Unacceptable (55.49-0 points)</b>
<b>Depth of Reflection</b>	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.
<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.