

Fall Semester Pre-Assessment (100 Points)

Due: Week 3 - 9/13

Directions: Please respond to the questions in paragraph form. Use the template below to type your assignment. Save it as your Last Name_First Name Pre Semester Reflection

Assignment Submission: Google Drive via Canvas

Please answer the following questions in complete, thoughtful sentences. Make sure to check for grammar, syntax, and spelling!

1. Transition to college

a. What are you most excited about for your first semester of college?

I look forward to meeting new people on campus, getting involved in different academic clubs/activities, and adjusting to “college life”. I am also excited to learn new content in my health science classes and find my dream career within the healthcare field.

b. What do you expect to be your biggest challenge this semester? (Think about living on your own, time management, procrastination, making friends etc...)

I feel the biggest challenge this semester will be living independently for the first time and adjusting to “dorm life” and my new class schedule. In addition, I am learning to manage my time wisely as the course load in college is more rigorous and can be overwhelming to balance at times.

c. What other time commitments will you have during your first semester (job, sports, student organization etc...)

During my first semester, I am currently trying to get involved in more school clubs/organizations and volunteering activities. In addition, I am required to attend various campus events for the Perry Honors College.

i. How many hours do you think you will spend each week with these commitments? **2-3 hours? (max)**

ii. How do you plan to balance all of these commitments?

I plan to balance both my academic and extracurricular commitments with adequate time management skills and planning. I will also ensure to put forth my best effort in each of these commitments and stick to an efficient schedule to be productive.

d. In high school, what clubs, organizations, or activities did you participate in, if any?

During high school, I was involved in numerous student organizations and extracurriculars.

These include the following:

- National Honor Society
- National BETA Club
- Health Occupations Students of America (HOSA) Club
- HHS Environmental Club
- Hanover High School SCA
- ★ Hanover Kiwanis Club Key Club *Officer Board
- ★ Hanover Hawk Ambassadors *Front Office T.A. 2 years
- ~ Dancer (14 years)

e. Is there a club or organization you plan to join this semester and what do you expect to gain from this experience? If not, why not?

This semester I am looking into joining HOSA, Pre-Health Club, and Exercise Science Club. I am interested in joining these clubs as they each relate to my career goals and will help me to develop effective skills for success in the healthcare field.

2. Major/Career

a. What is your intended major and why did you choose this major?

My intended major is Exercise Science. I chose this major because of the diversity of the career opportunities a Bachelor's Degree will offer. For example, I am currently interested in many aspects of the exercise science field such as strength and conditioning coach (for dancers), physical therapy, occupational therapy, and possibly physician's assistant.

b. What skills or abilities do you possess that make this major/career a good choice for you?

I am a hardworking and detail-oriented person who is determined to help people and make a beneficial difference in their lives to improve their health. I have also been studying for a career in health science for the last four years in high school and will apply this knowledge learned to my future career. **(see question below)

- c. What experience, if any, do you have that relates to your chosen major/career?

Throughout high school, I was a student of the Hanover Health Science Speciality Program. With this program, I was granted the advantage of gaining knowledge of the necessary skills for success within the field of medicine to help better prepare me for my future. During my junior and senior years of the program, I diligently studied for a profession within the field of sports medicine/ athletic training. In this course, I was able to learn various procedures including measuring and monitoring vital signs during the pre-examination of the patient and the proper athletic taping techniques for injured athletes. In addition, I completed outside practical hours while shadowing a licensed athletic trainer to implement my skills and gain insight into real-life situations that commonly occur within the field.

- d. What are your career goals (in 5 years/in 10 years)? While I am still undecided about my expected profession after college, I am currently interested in pursuing a career in pediatrics since I love helping younger kids and seeing them smile. Specifically within exercise science, I am considering becoming a pediatric physical or occupational therapist or a career that applies my knowledge in health science to dance (ex. strength and conditioning coach/ athletic training/ physical therapist).

3. Study habits

- a. What do you expect to be the biggest difference between high school and college?

The biggest difference between high school and college is the increase in the rigor of both the course load and academic expectations. Outside of academics, you are also now expected to live independently as an adult and manage your time and freedom responsibly.

- b. Is there a difference between “studying” and “homework”? Explain your answer.

Yes; there is a difference between studying and homework.

With homework, teachers will typically assign students a set of tasks/practices to reinforce what was taught in class. However, studying is a process of learning and accurately understanding the new concepts and will likely be tested on your knowledge through an assessment given.

c. Describe your current methods of studying. How do you study for each class?

My study tactics for each class vary and depend on the goals of the content I need to learn.

i. What specific techniques do you use in class?

I study in class by taking detailed notes, paying attention to the instructor and the content being taught, and asking questions if needed.

ii. What specific techniques do you use outside of class?

I study outside of class by reviewing my notes, applying my knowledge with practice problems, creating flashcards/ quizlets, and making/completing practice exams.

d. Identify one class you feel you are doing well in so far (NOT HLTH 101!). What study methods have worked best and why?

I feel I am currently doing well in my Math 102M (College Algebra) class. I diligently study for this course by taking detailed notes in and outside of class and completing practice problems to help apply my understanding of the concepts.

e. Identify one class you feel you are being challenged in. What strategies will you use to study and how much time do you plan to spend studying?

One class I feel that I am being challenged in is Biology. I find the material we learn in Biology interesting, however, the content is more rigorous and stressful to understand/study. I plan to start reviewing each chapter periodically and study in smaller increments to help me feel less overwhelmed when preparing for the lecture exams. I can also attend office hours or go to tutoring sessions if needed.

Rubric

Criteria	Excellent (100-80 points)	Sufficient (79-60 points)	Minimal (59-40 points)	Unacceptable (39-0 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.