

## **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.

At the beginning of the semester I was very stressed and had a hard time balancing my classes but now I feel like I have a better grasp on everything.

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

I expected to be a little stressed and for it to be a bit of an adjustment. My experience met my expectations but I was also pleasantly surprised by how well I did and the positive experiences I have had.

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

I wish I knew how quickly work would pile up because at the beginning of the semester I had a bit of work to build up and it took me a while to catch up. Also if I procrastinated to do assignments it really made things difficult in the end.

#### **Study Habits**

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

I definitely spent more time studying in the beginning of the semester and it consumed most of my freetime and resulted in me working less because I was overwhelmed. Now my balance between studying, work, and time for myself is much more evenly distributed and I am much happier.

- How have your study habits changed?

My study habits have changed because I have learned what was expected of me more and I have learned what is most effective for me. This has helped me spend less time studying but still maintaining good grades.

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

I didn't use too many resources this semester but when I met with my advisor it was really helpful because it allowed me to develop a plan for the next year and a half in terms of knocking out my prerequisites.

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

I am definitely going to try and be consistent with the amount of work I get done and try to stay on top of all of my assignments from the beginning so I'll be able to dedicate the appropriate amount of time to all of my assignments.

### **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.

These classes are all linked in the fact that they all have elements that will be useful in our future careers. For example social determinants of health discussed in HLTH 101 and the sociological reasons for people not seeking medical treatment SOC 201S. There were also more direct links between the classes such as chemistry discussed in HLTH 101 and Karl Marx being discussed in both SOC 201S and HIST 104H.

### **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?  
Two other majors I would be interested in are nuclear medicine and public health. I was already deliberating between nuclear medicine and nursing before deciding on nursing and our guest speaker really interested me. I also would be interested in public health because I am thinking about doing that as my minor.
  - What benefit is there to having a parallel plan (or two) in place?  
Parallel plans are important to have in place especially for intended nursing majors since that requires a secondary application. This way if for whatever reason, you are not accepted into the program you have other options that have already been explored and are of interest.
  - How could one or both of these two majors benefit your current intended major?

Public health could benefit my current intended major because it directly ties into many elements of nursing. This is why I chose public health to be my minor.

**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	Writing is mostly clear, concise, and well organized with good sentence/paragraph	Writing is unclear and/or disorganized. Thoughts are not	Writing is unclear and disorganized. Thoughts ramble and make little

	<p>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.</p>	<p>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.</p>	<p>expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.</p>	<p>sense. There are numerous spelling, grammar, or syntax errors throughout the response.</p>
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