

Final Reflection (100 Points)

Due Date: 12/6, 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 haven't grown that much since the beginning of the semester since I am still just a freshman and it has only been one semester. I will say however I got better at time management and knowing when my assignments are due.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
My expectations for this year were I was going to do great in college and that it wouldn't be too hard because I had other friends also in college and they were fine. This semester met my expectations and exceeded them. I have learned some classes are harder and need more time to study and review them but other classes are almost just like busy work.

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

That there was a mailbox near the 49th Street Stadium Garage. I just found this out about three weeks ago. I wish I had known this like two months ago because I drove all the way to the post office to send a letter to someone.

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 only spent maybe an hour studying for each class. It wasn't hard work at all. Now I study for each class for around 3-6 hours depending on the subject. The work isn't hard it just got really heavy loaded towards the end.

- How have your study habits changed?

I take more time to look over things now. Before I would kind of just go to class and study a little but not much. Now I make sure I understand everything I'm learning in class and study it harder outside of class.

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

I used the library a couple of times this semester and I definitely will use it next semester. It is nice to be able to get a study room. I never knew you could rent one out for a couple of hours until my roommate started to do it and showed me how.

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

I will highlight things that are important in my notes going into the next semester because it really helped me this semester, especially with science courses. I will also dog ear notes that are extra important. I also need to be more organized with my calendars next semester.

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.

The only class that I took was HLTH 101 and it seemed like the connections between the content were health sciences related. It was nice to see the different professions and how they correlate together. This helps everyone in my class since they are a health science major.

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?

Nursing and biomedical sciences because I thought they both sounded interesting and fun if I was ever to go into something different. There are so many different health science majors to pick from and I could definitely go with pretty much anything.

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

The benefit is that you have a backup plan in case you decide to change your major. Then if you do decide to change your major you have other plans that are similar to your current major that has the same classes.

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

Biomedical sciences could benefit my current major because you need to know human biology for exercise science. They aren't very similar but biomedical sciences would be the numbers side of an athlete's injury.

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. Thoughts are expressed in a coherent and logical manner. There are no	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	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.

	spelling, grammar, or syntax errors per page of writing.	syntax errors per page of writing.		
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