

## **Final Reflection (100 Points)**

**Due Date: Week 15, Last Day of class!**

**Assignment Submission: Google Drive via Canvas**

### **Reflection Instructions**

For this assignment, please reflect on the Fall 2024 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 all about meeting new people and making new friends, and don't get me wrong, I made new friends that I am very appreciative of. However, I realized throughout the semester that having friendships is more quality than quantity. It's easy to get distracted from the important things in life, like school and all the work I have to do. I believe from the beginning of the semester I have grown in the aspect of surrounding myself with people who have similar life goals and aspirations as me. We can all support each other and motivate one another to be the best version of ourselves and succeed in our desired fields.

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

My expectations for this semester were to finish all A's and make sure I stayed on top of all of my assignments. As well as keeping a healthy work and school balance, especially since I work two jobs while also being a full-time student. This reflection is being completed before finals, but so far I expect to achieve my goal of having all A's this semester. The only grade I think may drop to a B is my history grade, which is fine in my opinion because history has never really been my strongest subject.

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

14 weeks ago I wish I knew that it was okay to not do as well as you thought you would on an assignment or even an exam. Getting my first "bad" grade on an assignment made me think that my overall grade in the class would go down and ruin my GPA once grades were finalized. In reality, it wasn't the end of the world and I wish I could've told myself that weeks ago. There are

often ways to help your grade in a class; in my case, it was extra credit. I did all the extra credit my class offered and my grade is now an A again, which obviously isn't the end of the world. It's okay to fail sometimes, and often you have to fail to see what you're doing wrong so that you can improve.

### **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 probably spent a little less than an hour studying for each class a day. Now I tend to spend almost 2 hours studying a day for my more important classes. I only increased my study time because I included doing my assignments in that time. Since the majority of the time my assignments are related to what will be on future quizzes and exams, I use the information from the assignments to help me study.

- How have your study habits changed?

My study habits have actually stayed the same since the beginning of the semester. I know that I learn best when I write down material rather than just looking at it on a slideshow. Also, when information is relayed to me in class, I often don't learn anything. I have to see it on paper, so I will often write down notes from class so that I can go back and research what I wrote down to further expand my knowledge on whatever topic we are studying.

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

On my devices I use an app called GoodNotes, which allows me to create different notebooks and even flashcards to use as a study tool. I find this app to be most helpful to me because it allows me to quickly jot down notes and always have them with me since the app is on my phone, as well as my laptop and iPad.

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

- Color coordinating my notes, based on certain topics, etc.
- Going to the library to do my work because there are fewer distractions
- Giving myself breaks in between studying so that I don't get burnt out.

## 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; 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 enrolled in SOC 102S, HLTH 101, HIST 104H, and PSYC 203S. In all of these classes, we talked about SDOH, which are Social Determinants of Health. This connection in my classes allowed me to see how health and medicine are tied to history and many sociological/psychological aspects of the world today. Which will help me understand the world of medicine and how to properly treat people from different backgrounds to ensure they get the best care possible.

## 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 truly only have interest in one other major, which would be Teaching Education, whether that be secondary or preschool learning. This is because I wanted to be a teacher before I thought about nursing, because I really do like working with children and helping them find ways to grow. However, teachers don't really have an ideal pay and I like working in healthcare settings as well, so it's in my hopes that one day, maybe when I'm older, I can go back and get my teaching license.

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

I think the benefit of having two possible plans in place is the security you get from it. If one plan doesn't work out, you can always have a plan to fall back on. There are many people who don't have a backup plan and when their initial plan doesn't go right, they don't know what to do. I think making sure you have a backup plan is ensuring that you won't be completely out of a career or job if your first plan doesn't go right.

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

A major in teaching education would help with my current intended major, because once I graduate with my BSN and pass my NCLEX, I would like to go into pediatrics. The experience I would gain from being a teacher would help me have a better understanding of children in today's world and certain things that they may go through. Which would help me be able to treat children with a better understanding of how to help them.

#### **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.