**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.

In the beginning of the semester I was very nervous about being able to manage my schoolwork as well as have fun on campus and connect with other people. Throughout this semester I have bettered my time management skills which made it much easier to manage school work and my social life as well as made multiple different relationships with different people.

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

Coming into this semester I did not particularly have any expectations. I knew that being in college would be a lot different from high school for the simple fact that I would be away from my family. All in all this semester has not been that tough and I have thoroughly enjoyed it.

* + What is something you wish you knew 14 weeks ago?

Something that I wish i knew 14 weeks ago is that it is better to do your work when it is first assigned rather than wait until the last minute.

**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 rarely studied at all. At this very moment I am at least taking out 2 hours a day to study for my classes.

* + How have your study habits changed?

I have always been one tto solely read the material over and over again when it m=came to studying. Now, I have found that pretending to be a teacher and having to teach the material that i am studying has greatly helped my ability to retain the information.

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

One resource that I have used this semester is the library study spaces. I have a hard time focusing on my assignments when I am in my room so being in an environment like a study room has greatly helped me get my work done.

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

As stated above, the study habit that I will use going into next semester will be trying to teach the information that I am reviewing.

**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 courses greatly impact each other. For example, some of the topics that we discussed in Sociology came up in conversation in Health Professions. Having the perspective of both professors as well as my peers I feel as though they gave much needed insight about each topic. Which in turn, has made retaining the information much easier.

**Parallel Plan**

1. 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?

The only other major that i would be most interested in would have to my psychology. I have always been intrigued by the human mind since i was a child. Therefore, if for some reason i cannot get into the nursing program, my next option would be psychology.

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

One benefit of having a parallel plan is that there is no way you can actually fail. Although it will be discouraging if the first plan does not go accordingly, you will always have a backup plan.

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

Psychology benefits my intended nursing major greatly. One of the key roles to being a nurse is to provide holistic care to any patient. Being able to understand the patient's feelings and emotions can greatly improve my ability to care for the patient.

**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 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. |