

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.
Since the beginning of the semester, I have grown in managing my mental health. Before coming to college, I was concerned about how I was going to adjust to being on my own and away from home. I even considered maybe trying a community college first. However, I have learned to manage my mental health by practicing mindfulness and meditating once a day. This allows me to have better control over my anxiety and be able to go to campus events.
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
My expectations for this semester included having a couple of friends, doing fairly well in all of my classes, and adjusting to the college life of having more independence. As the end of the semester comes to an end I have met my expectations. I was able to get along with my roommate and suitemate, which made the beginning of the semester a lot easier. Additionally, I have managed to keep all As so far in my class as the year is coming to an end. However, I thought that I would have a hard time adjusting to college life, but it didn't take me too long to find a routine that worked for me. I was able to keep a great balance of homework, studying, and hanging out with my friends.
- What is something you wish you had known 14 weeks ago?
One thing that people don't often tell you is how fast the semester goes by. At the moment sometimes it feels like the semester will never end, but once you are near the end of the semester you come to realize how far you have come and how fast it went. So it is important to attend as many events as possible to build up your freshmen experience. Additionally, I learned this quickly but the biggest difference between high school and college is that your assignments weigh more,

and it is more studying than completing assignments. That is something I would warn upcoming students about.

Study Habits

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

My studying time hasn't changed for my classes except for my history class because I have a final exam. Normally, I spend probably around eight hours studying for my classes. For history, I would say I study 3-5 hours per week to review the topic we had covered during class. However, during exam week I typically study around 2 hours per day for my history class.

- How have your study habits changed?

Overall, my study habits have been consistent since high school involving Quizlet or using flashcards, watching review videos, re-writing simple notes, and creating study guides. I learned that these are the ways that help me best retain and recall information. However, I have tried listening to an AI podcast recording of my notes to help prepare for my history midterm exam. I think it's a great way to hear material quickly as a refresher, but it doesn't help that much for me to retain information.

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

As I mentioned before Google can create a podcast using your notes as the topic to discuss, which is helpful for a quick review. So instead of trying to find a video to watch for a recap, I can use the Google website as a resource. Another resource that I used this semester was the Writing Center. The Writing Center is a great resource to help develop and revise your paper, so if I have another important paper to write I definitely will use the Writing Center as a resource.

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

For the next semester, I will continue to use the study methods that I have been using in the past. However, my main goal for next semester is to try to review and study my notes as we go along during the semester. This way I am not

overwhelmed with trying to make flashcards or study material a few days before the exam. I can save time and be able to study more.

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 the subjects discussed. Discuss how these courses are tied together.

My SOC 201s class is tied together with my public health class oftentimes. In my public health, we learned about social determinants of health which have connections with sociology in many ways. In sociology, we learned and discussed how social factors such as income, education, race, gender, family, and social support can impact one's health and social well-being. Public health uses this information to help design interventions. Also, my sociology professor would often relate terms and theories from a health science perspective since the majority are planning on working in healthcare.

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 of possible parallel majors to your current intended major.
 - Which two other majors would you be most interested in? Why?

From the presentations in the College of Health Science, the two majors that were most of my interest to me were health administration and public health. Before the beginning of the semester, I was considering the possibility of minoring in one of these majors. I like public health because it is a helping profession that is all about advocating and improving the health of communities. For health administration, I think I would be interested in learning more about the business side of healthcare, being in a position that oversees people.

*However, outside of the presentations I am interested in data analytics, psychology, and addiction studies.

- What benefit is there to having a parallel plan (or two) in place?
Having a parallel plan major offers flexibility and security if your primary choice doesn't work out. It helps you stay on track for graduation if you encounter academic difficulties, a change in interests, or if your chosen field ends up not having a great projection of job opportunities. A backup major enables you to explore various subjects, giving you multiple career options. Additionally, it lowers stress by providing a sense of readiness, ensuring you're not unprepared for unforeseen changes in your academic or career path.
- How could one or both of these two majors benefit your current intended major?
A Public Health degree and a Human Services degree complement each other by combining health knowledge with social support skills. Public Health focuses on improving community health through prevention, education, and policy, while Human Services emphasizes providing direct assistance to individuals facing challenges and advocating for underrepresented communities.

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.