

Final Reflection

Your First Semester

- **Tell us how you have grown from the beginning of the semester to now.**

I have learned to be more independent. Like researching things I need to know for my intended major and making my own decisions to better myself.

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

My expectations for this year were that college was going to be way more challenging than high school. However, as the semester went on, I realized that college isn't as bad as I thought it would be and I prefer it to high school.

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

I need to get a planner or write down when assignments are due because I can sometimes forget about them. I should also manage my time better.

Study Habits

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

The studying amount has not changed because my way of studying has worked for me.

- **How have your study habits changed?**

I write a lot more when I'm studying.

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

If a professor puts out a study guide, I make sure to use it.

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

I will make sure to study right before I take a test. I will also write down what I am studying to help me remember it better.

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.**

Health professions and sociology are connected because to work in a health-related field, we need to have empathy and care for the patient. Sociology helps us understand those values and ways to use them in life. Chemistry and health professions are related because dental hygiene is a science-based major. Also, knowing how chemicals react with each other will help you not harm a patient. For example, what if you accidentally mix some chemicals and it causes harmful fumes? That can cause damage to not only yourself but to the patient. Taking chemistry can help you avoid situations like this from happening.

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?

Nuclear medicine and speech-language pathology seemed interesting to me. When the speakers were talking about them, they seemed to enjoy what they do which really spoke to me.

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

Just in case I don't get into my intended major's program, I can have a backup plan.

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

Speech-language pathology and audiology is related to dental hygiene because they both deal with the neck and up.