

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 don't miss my parents as much anymore, and they tend to call me most of the time. I am managing my time and classes better so I don't have a pileup on the weekend when I'm supposed to be enjoying my time. I'm not more calm about certain things, but I am better at managing my stress levels either through hanging out with the friends I have on campus or watching a movie or TV show on my own. To me college is just highschool at least for the first 2 years. But instead you are paying for your classes and you are virtually on your own and are responsible for your own things.

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

I was expecting time management to be a problem for myself, but I wasn't. I'm pretty good at managing my time and making sure I get myself things done before the deadline so I'm not more stressed than I need to be. I thought I would be studying more and I need to be, but at the moment not a lot of studying is required because I know most of the material. I also expected to have a hard time making friends but I have a group that I hang out with and a couple of acquaintances that I talk with in some of my classes and as an introvert that is fine by me.

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

To better find jobs on campus, I needed to get a job for a program that I am doing at the school. The job deadline being February 1st, I just now found a job because I procrastinated on finding one and by the time I started looking they were all gone. I knew the job outlook was going to be competitive but for that program they were all gone so I then had to go through the tedious process of going through the CDS for job help thankfully I have a booking for an interview and hopefully I get the job, the process was stressful since I have a class on the line seeing as getting a job for the class is mandatory before the deadline. I just wish I knew not to procrastinate on it. Other than that college is just as I suspected it to be like.

Study Habits

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

Seeing the course work in person and knowing my limits I still study the same amount which is about 2-3 hours for my STEM classes per week per class. Not a lot but usually it gets the job done. I will be spacing my schedule out for next semester so I'll have more time to both work for money and get studying done for my classes.

- How have your study habits changed?

My study habits have changed I never looked at the lecture notes for class, seeing as what I need is discussed in class and the books over explain topics and make my head spin due to the added details that I don't need so I just listen to the lecture and if I need to I ask for help from my classmates.

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

I have used the CDS for my LEAP class to find a job and check my resume. They are super helpful and provide me with all the information and answer my questions just as needed.

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

I will use the same study habits that I have been using in addition to trying to look at the notes again and possibly attending tutoring sessions to obtain a different guide on the material that is being provided in that class.

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.

Chemistry and health are closely related. Chemists explore the properties of matter, including the size, shape, and density of molecules, while biologists study living organisms and their interactions with the environment. The two fields intersect in many ways, including the development of new medicines, antibiotics, and cancer treatments. Chemistry and history are related in many ways. The history of chemistry represents a time span from ancient history to the present, and by 1000 BC, civilizations used technologies that would eventually form the basis of the various branches of chemistry. For example, the discovery of fire, extracting metals from ores, making pottery and glazes, fermenting beer and wine, etc. Are all examples of early chemical processes that have been used throughout history. I've only really taken chemistry and HLTH 101 so that I can really talk about besides adding history because its history it's included in everything.

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'd be most interested in recreation therapy and athletic training. I like the aspect that recreation therapy deals with day to day living to help you from the moment you walk up the time you go to bed to help that individual get to most out of their life and regain a semblance of independence. Or just growing accustomed to how they will live for the rest of their lives and accept it with someone at their back to keep pushing them forward. Athletic training interested me probably because of my sports background as well as it being more aligned with my interests more than I thought it did. Such as preventing injury, treating injuries, and diagnosis.

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

Having a parallel plan in place can help prepare me for all possibilities and diversify my interests and options. It can also clarify and define my career goals in a more comprehensive way, increasing my understanding of the job market and what employers want, and identify my unique set of transferable skills and how to market them. Overall, having a parallel plan in place can help reduce stress, ensure that I am working toward a timely graduation, and improve my overall quality of life in addition to spending my time strategically.

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

A degree in recreational therapy can benefit a person working in physical therapy in several ways. Recreational therapy is a healthcare specialty that uses activity-based interventions to help individuals with illnesses and/or disabling conditions maximize their physical, cognitive, social, emotional, and spiritual functioning, as a means to psychological and physical health, recovery, and well-being.

Recreational therapists are trained to evaluate your condition and intervene in ways that help you maximize your social, mental, and physical health. They use activities to help you move better and feel better, while physical therapists use exercises to improve functional mobility. By combining the two approaches, a person working in physical therapy can provide a more comprehensive and holistic approach to patient care. Overall, a degree in recreational therapy can provide a person working in physical therapy with a unique set of skills and knowledge that can help them provide more comprehensive and effective care to their patients.