

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.

Compared to the beginning of the semester and now I would say I have grown as a friend, person, and student. I had no idea what I was doing at the beginning of the year and was always confused about assignments. I had the feeling of being alone even when I was surrounded by people but I have overcome all of those adversities.

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

I expected the courses to be hard and to not have much of a social life but I was sort of wrong. Some of my coursework was actually fun to do which made it easier and I had so much time to be social I ended up making new friends, even best friends.

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

I wish I knew that it was okay to reach out for help and that I was not alone nore did I have to spend all of my time locked up in my dorm surrounded by work. I wish I knew that I was able to talk to my friends and that I had a lot more resources than just assuming and keeping myself in my head.

Study Habits

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

I spend maybe an hour studying. Most of my classes don't have work or tests I necessarily study for due to having to write papers instead. Unlike the beginning of the year I would burn myself out with chemistry work and would spend hours on top of hours trying to understand something I knew nothing about.

- How have your study habits changed?

I learned to slow my pace and to try to teach others about what I learnt because that's how the topics stick with me the most is if I talk about them. I also learned that making a to do list and making brain breaks like going for a walk or watching a movie was very helpful with being stress free.

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

I learned about the success center which was nice. I went in there a few times to get help with chemistry and I will say everyone was nice and helpful. I also found a retired chemistry teacher that tutored kids in need. He was amazing and taught in ways that were simplified and easier to understand.

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

I will take breaks and continue to talk myself through things. Writing stuff on a whiteboard was great. It turned into muscle memory. Taking walks cleared my mind and eased my stress.

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 classes were connected in many ways. They all helped in ways to be successful in our future career. Sociology and Health both talked about how different people are and how other people have styles of living. Chemistry connected a lot of future jobs with the topics we were learning about which was nice to see. They all really seemed to fall under the line of how to understand others better because everyone comes from a different background.

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?

Radiology and I know a professor didn't come in for it but business. I think radiology would be a great job to have because I still get to work with a variety of people but I would get to see the works of a higher technology and more of how the inside of humans work. With business I could still be in the medical field and help others just financially which I personally think I'm great with bigger responsibilities.

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

It's great to have more plans for your future because you never know what could happen. You might enjoy one job but find another more interesting or you could end up hating your intended major and find one of your minors more interesting. It's nice to have in case you are not satisfied with your intended plans.

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

Both of these majors could benefit my intended major because they have to do with the medical field and helping others. They could help me grow my confidence with diversity and new

environments while learning three different socioeconomic problems, financially, emotionally, and physically.

Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
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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.