

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 have grown into a college student since the beginning of the semester. I know how to handle my schedule, be ready for class, and deal with peers. I have learned what works for me time management and school success wise.

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

My expectations for this year were that classes would be much harder and that I would need to study much more than I ever have previously in high school. These expectations were right with classes being much more detailed and in depth than high school courses and studying being required to do good in class.

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

One thing I wish I knew fourteen weeks ago is that everything is new for everyone. Classes, professors, and people will take time to get used to and will take time to get adjusted to.

Study Habits

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

The amount of time I spend studying for each class varies on the class and on the assignments/topics we're currently working on. I spend about two hours studying everyday, so about fifteen hours studying every week. However, this amount would also vary, often going over two hours a day and fifteen hours a week.

- How have your study habits changed?

Since going into college my study habits have changed majorly. Going into college I never studied before because I never needed to study to get good grades, but now in college I've realized the information is much more in depth and that studying is needed. I studied about two hours everyday, so around fifteen hours a week.

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

A resource I have used this semester that will assist me next semester is flashcards. This semester I have made flashcards on quizlet and on paper to study. I feel making flashcards have helped me focus and memorize information very easily, and flashcards are easy to make.

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

I have learned many new ways to study which has allowed me to find what works and doesn't work for me. Going into next semester I will go over notes, highlight, and use flash cards. I found these methods to be the most effective for me because they allowed me to focus and memorize while being simple and easy to do.

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 do not appear to be connected on the surface, but taking these classes really show how all things connect in the world and in nursing. This semester I was in the learning community SOC 201S, HLTH 101, CHEM 105N, and CHEM 106N. These classes all relate by combining both physical and mental health into a person's well being. Sociology ties in the aspects of social effects, social status, and relationships into how someone develops into the person they are. Taking sociology helps nurses bond with their patients and understand where they are coming from. While chemistry class and lab showed the physical health of people, going into how the body works and why processes take place. Lastly, health class showed the vast jobs and activities you would be doing, using the information you learned from chemistry and sociology. All the learning community courses were related because they were all classes needed to become a great nurse in the future, focusing on forming relationships and all health problems.

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?

As of right now I want to become a nurse practitioner, but this course allowed me to see different majors that interested me. One major that interested me was a nurse anesthetist or a CRNA. This major interested me because admitting anesthesia seems like it would be an interesting career and the salary is good. A second major that interested me was an ER nurse. This major has interested me in the past and is something I have thought about pursuing before. This career is interesting because it is constantly active and never the same work.

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

Having a parallel plan or two is very beneficial. Having a parallel plan is beneficial because your first plan, nursing, may not work out, you may realize you no longer like your first plan, or you may realize you like your parallel plan better. Nursing is very hard and not everybody can handle the pressure and schooling, so it is very possible going into nursing results in failure. Also, due to

the pressure and schooling, people may realize they do not like nursing any longer, so it is good to have a parallel plan to change too while not wasting all your previous credits. Lastly, having parallel plans allows people to broaden their views and see what else is out there, so having parallel plans could lead to them finding something they enjoy and like more.

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

These two majors allowed me to broaden my view on other majors offered and allowed me to see if what my current intended major is truly what I want to do. In a hospital, the two majors that interested me and my intended major may all work together, helping each other while working side by side.

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	Writing is mostly clear, concise, and well organized with good sentence/paragraph	Writing is unclear and/or disorganized. Thoughts are not	Writing is unclear and disorganized. Thoughts ramble and make little

	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.	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.	expressed in a logical manner. There are no more than five spelling, grammar, or syntax errors per page of writing.	sense. There are numerous spelling, grammar, or syntax errors throughout the response.
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