

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 2024 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 feel like I've become more self-sufficient and independent from my family. I get home fairly late Tuesday through Thursday that sometimes I am on my own for dinner. By the time I get up, nobody's home and I am on my own for breakfast too.

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

I was really expecting more challenging assignments and stricter expectations. This semester didn't meet my expectations, reason being that I found that I was challenging myself. My will to do assignments, especially my history class because the assignment structure is the same for fifteen assignments. I have always been a chronic procrastinator too. Last minute assignments, projects, papers are all too frequent for me because then it's a challenge against time. I seek challenges from other sources, not myself. That's why I found this semester challenging.

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

How much walking I'd do. When I'd wrap up an assignment or project, I would go for a walk around campus. Should I have been working on my Capture Campus assignment during that time? Absolutely. Should I have taken some psychology studies for Psych 101? Yes. I wish I knew that the time would fly. I didn't expect this semester to end so fast, but I know what to expect for future semesters.

Study Habits

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

It really hasn't changed from the beginning of the semester to now. If I felt like I needed more time or information on a subject, I'd sit down and go back and read the chapters again and poke my head into some practice questions to wrap my head around it.

- How have your study habits changed?

I feel like I only study when I absolutely need to. If I don't understand something, I go back to my resources and practice questions. I still have yet to actually sit down and write notes with actual weight to them.

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

I do know that there are study groups for particular classes, but I have no idea where or when they meet. I will try to go to them for further assistance in studying subjects I am having a hard time understanding.

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

I'm going to throw my best attempt at writing notes on a consistent basis and turn in everything on time, even if it burns me out. I need to develop better punctuality and actually set time to do everything.

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.

I noticed that a lot of the time that there was some sort of information being shared in those classes that would be useful or beneficial to the next class. In HIST 104H, In some of the presentations we were going over health related issues pertaining to that time and how it impacted our current time. In HLTH 120G, we learned about information literacy and those skills translated to every class and even my general life.

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?

To be completely honest, I have no intent on changing majors. However, If it does come by that I have to change majors for some reason, I wouldn't mind doing anything science related in medicine such as MLS.

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

If I were to have a sudden change of heart or maybe the future job I would have in line is taken by something else.

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

I am not entirely sure how MLS would be able to help Nuclear Medicine Technology, but the classes aligned with it might help me with other classes within Nuclear Medicine Technology.

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	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.

	syntax errors per page of writing.			
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