

## **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 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.
  - Since the beginning of the semester, I have been on an exponential path of growth. I began college as a scared and nervous person who had no idea what she would do living away from home. By the end of this semester, I have a new found sense of independence; I have always been academically independent, but I was able to grow past the loneliness and uncertainty of living somewhere other than my parents' house. Being at college has helped me to discover the way I function and think as an individual.
  
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
  - Before beginning this semester, I was expecting there to be a huge amount of work that I would never have enough time to complete. I was pleasantly surprised that there is a larger amount of work than there was in high school, but I was prepared for it and have been able to still experience the social aspect of college. I have made several genuine connections with people I would have never known if I had not come to ODU, and from these friendships I hope to gain a community of people who hold each other up and support one another.

- What is something you wish you knew 14 weeks ago?
  - I wish I had known how prepared and ready for college I was 14 weeks ago. I was scared of the thought of starting something completely new and venturing out of my comfort zone. After being here for 14 weeks, I look back at the first day I walked into my first college class, and it feels like ages ago. Since then I have experienced so much and allowed myself to feel vulnerable. I have allowed this new experience to shape me, and I am excited to see what else college has in store for me.

### **Study Habits**

- How much time do you spend studying for each class now vs. at the beginning of the semester?
  - At the beginning of the semester I only spent about three hours studying throughout each week. Now, I have entered into the final point of the semester and I want to keep my grades high. Now I spend about four to five hours studying throughout the week because the material has gotten more challenging and I want to make sure I understand it completely. This week, I have been studying during any free second I have because I want to do well on my finals and finish the semester strong.
- How have your study habits changed?
  - In high school, I really only studied for exams or my dual enrollment classes. I have had to adjust my studying at college because I have to study much more to stay ahead. Now, I begin studying for a large test (mostly for chemistry) a week before the test date and take it one chapter at a time. I also search for videos on YouTube to help give visual and audible aid to my learning.

- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
  - I have enjoyed going to the gym in the recreation center this semester. At home, we do not have such a large gym full of all the equipment like the one here at ODU, so I wanted to make sure to take advantage of that added luxury. I have been able to exercise and decompress from a long day on the treadmill, stairmaster, and various other machines. I plan to continue to use the gym for my future semesters at ODU because of how good it is for both your mental and physical health.
  
- What study habits/techniques will you use going into next semester?
  - I will make sure to continue to use active recall and audible studying techniques for next semester. I have found that both of these techniques help me in truly understanding the material and have allowed me to apply the information I am required to learn. My classes have put emphasis on going past just remembering the information, and I have been challenged to apply it to writing, problems, and projects.

### **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 already had the credit needed from SOC 201S and HIST 104H, so I was enrolled in the HLTH 101, CHEM 105N, and CHEM 106N courses this semester. While the connections between these classes were minimal, I was able to connect them together through their inclusion of human diseases and conditions affected

by chemical compounds and imbalances. Many of the guest speakers we had in HLTH 101 discussed conditions, like Stop The Bleed and bodily pH, that we directly discussed in chemistry. I was also able to draw a connection between the emphasis both classes placed on time management and creating an effective study schedule.

### **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?
    - Two majors I would consider if Nursing does not work out are nuclear medicine technology and a general health sciences degree with plans of attending graduate school to become either an occupational or respiratory therapist. Both of these jobs are available in the hospital setting with similar pay to an RN, and the schedules tend to be relatively flexible. Being able to still work in a medical setting among other healthcare professionals would be on a similar track and meet goals I currently have.
  - What benefit is there to having a parallel plan (or two) in place?
    - Anything could happen, so having a parallel plan is important to prevent derailment. If I am unable to enter the nursing program, I will continue on with school in a different major. If I had no alternate plan or options I would likely take a break from school upon not getting into the nursing program. Then, I would risk the possibility of never returning to school and settling for a job I am

not truly happy in. A parallel plan gives me a safety net that would help me bounce back quicker after unforeseen difficulty.

- How could one or both of these two majors benefit your current intended major?
  - Having knowledge about nuclear medicine technology could help me to work better with those in that profession as an RN. Similarly, having knowledge of the procedures respiratory and occupational therapists perform on patients would help me to better care for their patients as their nurse. Even if I do not pursue either of these alternate majors, I should make a point to learn about what professionals in those fields do in order to be a more well-rounded and helpful individual in the nursing field.

#### Rubric

Criteria	Excellent (75-70.5 points)	Sufficient (70.49-63 points)	Minimal (62.99-55.5 points)	Unacceptable (55.49-0 points)
<b>Depth of Reflection</b>	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	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or unsupported. Examples, when

			irrelevant to the assignment.	applicable, are not provided.
<b>Required Components</b>	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.
<b>Structure</b>	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.