

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.

I think I have learned how to be a lot more independent throughout this first semester. I knew I had independence before this school year but now it's grown so much being on my own away from my parents. I have learned how to fully be responsible for getting all my stuff down.

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

I expected to and hoped to make new friends this semester and to have other people to rely on and help me get through this semester. And I have met a good group of friends as well as involving myself in clubs to meet many new people.

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

I wish I knew how fast this semester was going to go by. We knew it would at the beginning but was not expecting the end of the semester to already be here. I also wish I knew how to study properly and how much to prioritize studying for each class.

Study Habits

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

In highschool I would only have 1 or 2 classes a year I would've had to study for and that would only be a few hours some weeks. Now I have to make sure to study for multiple classes every week. I spend a lot more time now studying as I will study for one class multiple days and hours learning up to an exam rather than before when I would just occasionally study.

- How have your study habits changed?

I have been learning throughout the semester different study habits and techniques that may help me. I am still learning from each test on how to study better and more often to get ahead of things. And I feel as though I can benefit from studying more now that I have practiced it and am starting to find more and more what benefits me when studying.

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

I didn't go to the tutoring lab till the last time I could at the very end of the semester. I think that I would utilize that and the SIs a lot more often. Because I could really see that as useful and beneficial to me.

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

I will learn how to study ahead of time, more than 1 week in advance. I think that was my main problem since I was not able to get into a schedule of studying ahead. I will also make sure to understand the full topic and connected information so I can get a full understanding of each topic and subject.

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.

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 would say Recreational Therapy or Speech Pathology are the other 2 majors that interest me. Recreational therapy is pretty similar to Physical Therapy which is what I am planning on getting into. And Speech Pathology has interested me as there are different ways to work within the field but with the same degree.

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

Just in case I lose interest or am not able to continue the planned and original route I have set for myself. Then it is very important to have backups that also interest me. And just in case something were to happen with the requirements for my intended major and I am not able to meet all of them, then I'll be able to try something new with different course requirements.

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

Both of them are in the health professions field. I think all health profession classes can help benefit another since they are all dealing with the medical field and coursework. As well as just having extra knowledge on top of your degree can help you in the long run to stand out more having more versatility.

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	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	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.

	coherent and logical manner. There are no spelling, grammar, or syntax errors per page of writing.	syntax errors per page of writing.	errors per page of writing.	
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