

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 that I have grown so much since the beginning of this semester. To start, I have grown the utmost love for my future career. Being able to talk to nursing students, nurses, and visiting healthcare institutions has allowed me to develop a deeper love for my future career. I have also grown academically. I learned that and still do have a serious problem with time management and procrastination. It has become routine for me to procrastinate, because I always received adequate scores on my assignments. I will continue to work on this, so that it will not be a problem next semester.**
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
 - **Coming into this semester of school I expected for school to consume all my time, for school to be extremely rigorous, and for me to meet so many new people. All of these expectations were false. After completing school work and studying, I was left with so much time for self-care. As for the difficulty of school, it is truly what you make it. I made sure to attend all classes and truly dedicate my time to learning, making it much easier. The last expectation was that I would meet new people, this became partially true. I am an extrovert, so it has never been extremely easy to make friends. However, I did meet many people but not as many as I expected. One thing that I did not expect coming into this semester was to learn more about myself mentally and socially. My mental health has been in circles since starting school, but I have learned so many ways to manage and heal myself.**

- What is something you wish you knew 14 weeks ago?
 - **I wish I knew 14 weeks ago how important it is to develop a relationship with your professors. Having a strong relationship with your professor will always help you in the long run. Showing and expressing to your professors that you are omitted and understanding what they are teaching is important. This relationship can come in many ways whether that is attending office hours, raising your hand in class, asking questions, and actively participating.**

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 would not spend any time studying. I have never been a person who studies, which is a terrible habit to have. In school I have always gone into tests, not studied and received great grades. However, this is not the case for the end of the semester. Now at the end of the semester I spend about 3 hours studying for a class a week. This is a very low number and I should be spending much more time studying for each class, especially if I want to do better in my classes. College is all about studying, in class you will usually not get everything that you need because of how fast the classes are. I will surely increase the number next semester.**
- How have your study habits changed?
 - **I think my study habits changed, because I now study. I have realized that I will just get through my classes without spinning a certain amount of time a week studying. I now do more than just look over my notes just before a test. I try to start studying for a test/exam 2 weeks before. I know that my study habits will continue to change more and more as I progress in college.**
- Tell us about a resource that you have used/learned about this semester that will assist you next semester.
 - **I think that a resource that will help me next semester is the tutoring center. I have always been extremely scared to visit the building because of judgment. However, I now understand that at one point everyone struggles and needs to get the help they deserve. I will also**

take more advantage of professor office hours. I will continue to develop those relationships with professors to ensure my success.

- What study habits/techniques will you use going into next semester?
 - **Next semester I will use index cards, teaching others, and reciting information from meemore as study habits. This semester was used as a way to learn myself and what works best for me. These are all study habits that I have tried that fairly helped. I also learned that studying by myself is best. I get distracted very easily and my friends tend to get me off track.**

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.
 - **My professors have made it a purpose in my classes to connect them. They tend to tie what we learn to future careers in the health science field. Also, a lot of the topics discussed in this class are similar. They tend to all promote health outcomes and well-being. In chemistry, we learn about health science careers that require an abundant amount of chemistry. In sociology, we learn about these careers but also learn how we can better understand our patients for their well being. As far as health 101, we get a more hands-on experience. Hearing first hand from healthcare providers and their experience.**

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 think that two majors that I am most interested in are Psychology and Sports Medicine. Before deciding on Nursing I had a huge passion for sports medicine, with the hope of becoming an athletic trainer. I**

have always watched the athletic trainers at games and fantasies on becoming one. As far as Psychology, this is something that I recently took an interest in. I want to get a deeper understanding of human behavior. I think that this will allow me to have a better understanding and relationship with others.

- What benefit is there to having a parallel plan (or two) in place?
- Having a parallel plan is very important. Anything can happen in life to shift your future. At any time you can lose your passion, not financially support that career, or have an unfortunate change of events. You should always be ready for anything. The benefit is that it can also help pivot your career or major with a decrease of stress. You can have the majority of the credentials for your parallel careers from the career/major that you initially started out with.
- How could one or both of these two majors benefit your current intended major?
- I think that Psychology will help best with my intended major. I will have a deeper understanding of patients' behaviors and attitudes. This will allow me to develop better relationships with them. This will lead to improved patient outcome and wellbeing. I can stay organized and focused in this environment.

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	Response demonstrates a general reflection about the semester so far. Viewpoints and	Response demonstrates a minimal reflection about the	Response demonstrates a lack of reflection about the semester so far.

	far. Viewpoints and interpretations are insightful. Clear, detailed examples are provided, as applicable.	interpretations are supported. Appropriate examples are provided, as applicable.	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.	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.