

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 have grown from the beginning of the semester through my work ethic. At the beginning of the semester, I was very lenient and didn't practice much discipline. I would justify turning in things later or procrastinating assignments until the last minute. However, now I know the consequences of waiting until later to complete things and I am able to discipline myself so that I do the work I was given at the appropriate time.

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

I thought that I would be a lot more stressed than I actually am (maybe because of my bad habit of waiting till the last minute) which I cannot tell if it's a good thing or a bad thing. I thought the work would be more individualistic as well with less partner/group work since the classes are so much bigger, but I have been involved in numerous group projects where I've gotten to know my classmates better. I also expected that I would be more involved in things like clubs and organizations, but I haven't joined any so far because I either haven't had the time to commit or I simply didn't know that club existed.

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

Something I wish I knew 14 weeks ago was to put yourself above others. I think I spent too much of my time worrying about other people that I forgot to look out for myself and spend that time doing school work. I got distracted a couple times from things that are important to me by things I thought were important (but aren't really important at all), and I wish I could get that time back. I wish I knew my true priorities rather than wasting time and effort that could have been put into school.

Study Habits

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

I spent much more time studying for my classes in the beginning of the year than currently, just because I think that I lost a lot of motivation that I had going into the year. I also had less assignments at the beginning of the year, so I had more time to study and prepare for exams rather than multitasking between four different assignments all while studying. Now, I study the night before and the morning of rather than a week ahead because I haven't quite mastered time management.

- How have your study habits changed?

As mentioned above, I abandoned most study habits now because I usually have a short amount of time to cram things in and instead resort to practice exams and notes. I used to practice homeworks and make charts/flashcards but I don't have that amount of time or patience to effectively study that way anymore. In the future, I plan on creating a study routine and schedule my other assignments around that.

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

The library space has been a great help this semester because it is the only place I feel the most productive and where I can get the most work done. Study rooms especially are super helpful because they help my friends and I study together, but with little distractions. I know next semester, after learning my weaker points regarding studying habits and assignments, the library will help me and my school work schedule.

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

Completing practice exams proved to be very useful before exams because I have a better idea of what to study so I will definitely be using those to study if they are provided to me. Going through notes and completing practice problems, especially in chemistry, will stick with me going into the next semester as well because it reinforces the information into my brain and helps me remember the topics and details a lot better than just passively reading it.

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 sociology and history were tied together the whole semester as a lot of sociological concepts could be tied to the background and reasons of historical events, such as the types of authority in war scenarios and presidency. Sociology concepts were also connected to this health class because some topics affected public health and it was important to know why and how the public is involved, for example child labor and its effects on public health and healthcare.

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 other majors I would be interested in are nuclear medicine and medical laboratory science. I am interested in nuclear medicine technology because in some ways it connects to the nursing field I want to go into (oncology), so I'm not abandoning my original plan completely. I also am fascinated by the idea of using radioactive materials to help patients; the science behind both majors interests me the most because I have always loved science and chemistry.

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

The parallel plan serves as a backup plan just in case my nursing application doesn't work out because the other majors are in the same field as healthcare, the field of studies are just

different. I could also use the information learned in my possible major to continue over in my intended major in the future that saves time and effort. In the possible case that I also change my mind or don't enjoy the aspects of nursing, I can then choose another plan that I know I am still interested in.

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

Both of these majors would benefit nursing because I would be able to better understand medical imaging, diagnostic testing, and the different technologies that are used. I think both would help me in a way that would expand my knowledge and expertise, so that I could stray into different areas in healthcare. Both also involve direct patient care and development in practical skills as well as experience in collaborative care gained in both nuclear medicine and medical laboratory science.

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 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.