

Final Reflection (75 Points)

Due Date:

Assignment Submission: Save as a Word document or PDF.

Submitted in Blackboard.

The Reflection will also be posted to your e-Portfolio

Reflection Instructions

For this assignment, please reflect on the Fall 2021 semester, and your experience as a whole.

For each question, please provide a paragraph length response.

1. Your first semester:

I think I have grown a lot as a person since the beginning of the semester. I had a hard time adjusting to being away from my family and friends, many of which I was accustomed to seeing almost everyday. I've had to learn how to depend on myself and not others. I've also grown a lot as a student. I've always had a problem with procrastination and I have become more proactive with getting my work done this semester. Going into this semester I expected my classes to be extremely difficult, however this was not the case. While I struggled a bit in chemistry, my classes were much easier than the classes I took in high school which came as a shock. I wish I had known just how many events the University hosts. At the beginning of the semester I didn't go out much because I didn't know about everything happening but now I wish I had gone out more because I really enjoy attending them.

2. Study Habits

I would say I spend the same amount of time studying, I just use the time differently. I prioritize the classes I struggle with the most or require the most of my time, which are chemistry and algebra. From there I just go over the material from my other classes and make sure I understand the material. I joined Trio which has given many resources such as tutoring, academic counseling, and workshops to help me be a better student. Going into next semester I will continue to focus and spend the most time on my hardest and most time consuming classes.

3. Health Professions Learning Community

All of the learning community courses I took focused in some way on social injustice. In sociology we were taught how to not judge people right off and use the sociological imagination to understand why people do the things they do and how the environment they live in affects their actions. In chemistry we discussed public health issues related to chemistry such as the Flint water crisis. In Intro to Health Professions we had events that focused on social issues related to the medical field like the Mr. Lopez's movie night and the zoom meetings with Dr. Jamela Martin, Dr. Janice Hawkins, and Dr. Leslie Hoglund. The events that were most beneficial to me were the introduction to Recreational Therapy and the Occupational Therapist guest speaker. They were the most beneficial because I am now changing my major to Recreational Therapy and planning on going back to school to become an occupational therapist.

Upload your Reflection in blackboard.

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	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 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.

	spelling, grammar, or syntax errors per page of writing.	syntax errors per page of writing.		
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