

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 feel like I have a better understanding of college and what to expect now. I have definitely had my ups and downs and I would like to do things differently next semester. Academic wise, I was doing better at the beginning of the semester because over time I got burnt out and I had a lot of challenges with my family during the end.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. No, this semester's experience did not meet my expectations. My expectations were to stay on top of my schoolwork and pass all my classes with A's. Unfortunately that did not happen but I can say I tried my hardest.

What is something you wish you knew 14 weeks ago? I wish I knew that I needed to study more than I did I also wish I knew that there will be a lot of ups and downs and time conflict with all my school work

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester? I would say I spent an average of 7 hours studying at the beginning of the semester. Now I would say 15 hours at the library just studying and staying on top of my school work (trying to).

- How have your study habits changed? Yes, at first I did not really know how to study but now I have come up with a new studying technique.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. I have mainly used the library just as a place to sit down and make myself do work.
- What study habits/techniques will you use going into next semester? I will definitely take advantage of my teachers office hours and the TA study times.

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? Nursing and psychology.

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

It basically gives you a back up plan just in case you change your mind about what you wanna do or if something does not work out in your favor.

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

Nursing would get me a lot of the classes I need for dental hygiene especially my health and sciences.

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	Response includes all components and meets all requirements indicated in the	Response is missing some components and/or does not fully meet the	Response excludes essential components and/or does not address the requirements

	instructions. Each question is addressed thoroughly.	instructions. Each question is addressed.	requirements indicated in the instructions. Some are not addressed.	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.