

Final Reflection (100 Points)

Due Date: 12/6, 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.

Genuinely coming to college I had no idea what to expect or how I would adjust to this new environment on my own and far from home. Starting off this semester I was doing good with keeping up on my work and not falling behind, I then got sick and fell behind in my classes because I thought I had more leniency than I actually did and it opened my eyes that no matter what to be successful through my courses I need to attend class and stay on top of my work because it's genuinely easier to fall behind than it is to catch up.

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

My expectations were to meet new people and stay on top of my work, where I did both, but towards the end I started to lose motivation. So yes and no I did meet my expectations.

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

Force yourself out of those bad habits because if you don't you won't do as good, build a connection with your professors and other adult figures around campus because it's good to know people.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester? Roughly around the same, but coming into this new semester i will do better.
- How have your study habits changed? Unfortunately they haven't.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. I learned about active recall and moving around to avoid getting bored while studying.
- What study habits/techniques will you use going into next semester?

Active recall, the move around method, putting my phone away and giving myself something to look forward to after to give me motivation to get through 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.

These courses are all tied together because they all are relevant to my intended major and I was around a lot of others that have the same goals and major as me. It gave me a taste of others' points of view and made me feel seen, as we were all stressed together at least one time lol.

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?
Physiology and nuclear medicine technology because I thoroughly enjoyed sociology and I found it interesting learning about some of the behaviors of humans. Nuclear medicine because it was my second choice and it still doesn't seem like a bad major and in the event i had to change my major it would be to that.
 - What benefit is there to having a parallel plan (or two) in place?
Because it gives you a plan b in the event plan A doesn't work
 - How could one or both of these two majors benefit your current intended major?
I could use physiology to get a better understanding of humans and the reasons for their doings it also could help by providing me with a deeper understanding of the mental and emotional needs of patients, which is just as important as addressing their physical health

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

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