

## **9Final 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've become more confident and comfortable with college and communicating with my classmates, teachers, and making new friends.

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

My expectations for this year were to have a lot of work and be held accountable for my assignments/ actions and all that. I would say that my expectations were met this semester because I was always busy studying, doing homework, and going to events for classes.

- What is something you wish you had known 14 weeks ago?

College is no joke and it at a fast-paced system, you can't afford to goof off. Make sure you make time for yourself. Self-care is important!

#### **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 around 1-2 hours studying for each class at the beginning of the semester but now I'm studying between 2-4 hours for each class.

- How have your study habits changed?

I would just review my notes and do some practice questions but now I go through my notes, quizlets, watch YouTube videos, and more.

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

I didn't really use any resources this semester because I didn't really need it.

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

All of the study habits I did this semester and have more study groups with my fellow classmates.

### **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.

In sociology our professor always connected health professions to our lectures, he would talk about how if we were going into a health profession it was important to know how the world works because if you don't know how to connect them then you're gonna struggle because you have to understand how the world works because not everyone is the same.

### **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 feel like i would be interested in psychology and biomedical sciences because I find those interesting and they make good pay.

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

In case nursing doesn't work out you have a backup plan.

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

It could help benefit nursing because it does help you go deeper into nursing and it makes you think more.

#### **Rubric**

<b>Criteria</b>	<b>Excellent (75-70.5 points)</b>	<b>Sufficient (70.49-63 points)</b>	<b>Minimal (62.99-55.5 points)</b>	<b>Unacceptable (55.49-0 points)</b>
<b>Depth of Reflection</b>	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.

<b>Required Components</b>	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.
<b>Structure</b>	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.