

## **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.

From the beginning of the semester to now, I have grown in multiple ways. First, I have developed a sense of independence from being in college. I have been able to branch off from the controlling structure of high school. I have also gained a sense of accountability. This is because success in college is solely up to the student. Teachers and parents managing the student stops in high school.

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

My expectations for this year included a flexible class schedule, tougher material covered in class, independence, and new experiences. I feel this semester's experiences met my expectations perfectly. I have already elaborated on the feeling of independence college has to offer. I also enjoy the flexibility of being able to construct my own schedule. I also did have many new experiences and I met a lot of great people.

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

14 weeks ago, I wish I knew that I would be in a tough place at the end of the semester by procrastinating assignments. If I knew this, I would have gotten everything I could done as early as possible.

#### **Study Habits**

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

On average I spend slightly more time studying for each class than I did at the beginning of the semester. I used to spend an hour or two per class studying every week, but now it is a few hours per class since it is time for finals.

- How have your study habits changed?

My study habits have changed because I now start studying for an exam earlier than I did at the beginning of the semester.

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

This semester I learned about the Chemistry Success Center. I will be using this resource in the future because I plan to keep taking chemistry, all the way up to Organic Chemistry.

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

Next semester I will get ahead of all of my work. This will cause me less stress and it will allow me to more adequately prepare for my exams.

### **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 tied together because they all have an undertone of the medical field. In sociology, we discussed the social aspects of working a job in the healthcare field and strategies to use. In chemistry, we learned about jobs in the medical field that deal with chemistry. We also talked about the way chemistry is used in treatment and diagnosis. Lastly, my intro to Health Professions class discusses different aspects of a career in healthcare. We had guest speakers who gave valuable insight through their own experiences.

### **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?

The first major I would choose other than nursing would be nuclear medicine. I found the presentation on it really interesting and I could see myself enjoying a job in that field. Next, I

would choose dental hygiene. This is because they have a stable career with a good work-life balance.

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

The benefits of having a parallel plan include having something to fall back on in case your first plan fails. It also provides an additional route to consider when figuring out what your true interests are.

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

Both of the alternate majors I chose were also in the healthcare field. Both nuclear medicine techs and dental hygienists work alongside nurses to ensure the health and well-being of their patients.

#### 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	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	Response excludes essential components and/or does not address the requirements indicated in the instructions. Many

	question is addressed thoroughly.		instructions. Some are not addressed.	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.