

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 think I've grown a little from the beginning of the semester because now I am actually grasping the workload and what I need to work on. My productivity turned into procrastination when I first started and I am now getting out of that. I now know that I need to work for my future and that this is not like highschool. I wish i learned this in the beginning because i would be in a better place then i am now, but i'm glad i had personal growth and learned that. I am still making up for my mistakes because recently my grandad passed and that hit me hard so I took 2 weeks off but now I am back and better and I really want this for myself. I've grown from an unmotivated slow worker to a proactive take it one day at a time person.

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

My expectations coming into this was that I was going to do so well and get the perfect grades, be the perfect student, and do everything right. I was really tired and I wanted it but at the end of the day I did not meet these expectations. I started out pretty well and then became really unmotivated and not as productive as I wanted to be. I had a big plan for my freshman year but I did not execute it.

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

Something I wish I knew 14 weeks ago was how dedicated and proactive I would have to be. I also should have known that everything is not the same as before, and I need to stay focused and be around people that support me.

Study Habits

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

At the beginning of this semester I really didn't study at all. I would really just look at the material and think I understood it but now I at least take a week out of my day to try and study if I am not too busy or overwhelmed.

- How have your study habits changed?

My study habits have changed because I tried to retain the information more than just looking at the screen and what was going to be on the test.

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

Some of the resources I have used are a study buddy. Me and my friend study together and also teach each other at the same time. I think this will also help me in the next semester because we have the same major and some of the same classes and having someone that is motivated to study with you is just a great pick me up.

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

Some study habits or techniques that I will go into the new semester with are writing stuff down, making practice questions, and reviewing things I am struggling with or don't really understand.

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.

I was enrolled in all of these and they were not connected at all but they were at the same time. They talked a lot about each other in certain assignments. So for my history class it was similar to my sociology class, because they both talked about racism and social racism. To go further into detail they both along the lines talked about how different classes were treated differently in society. A lot of the working class had to fight for the right to a safe working environment and to get fair pay. Both of these classes just talked about the injustices some of these minorities and lower class people had to face and what they did to fight against it to give us our rights we have today.

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 would also be interested in Dental Hygiene and Physical therapy. I would be interested in this because they are both in the health field and I could still help people like I want to do.

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

I think the benefit in this is that you are able to have a backup plan if you either want to make your career a different route or you aren't able to go the route you want to go.

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

Both of these could benefit my current major because it can enhance our education and experience and help them understand patient care.

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	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.</p>