

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 have grown in terms of my studying habits and the way I balance social life and school. I think I have also grown socially and made more friends and really put to use some of the resources ODU offers.

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

My expectations were similar to what I've accomplished. I wanted to make more friends, have a GPA higher than a 3.0 just to start out and to try new things like parties and the social events ODU has.

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

How much time I should be putting into every class.

Study Habits

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

Now I think I spend at least 1- 2 and a half hours per class. At the beginning I feel like it was less, but my reasoning for that is because all of my classes were easier at the start of the semester.

- How have your study habits changed? No, they have not changed. I still use quizlet and rereading my notes until its memorized like there is no tomorrow.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester.

My number one resource is Quizlets which I know I will continue to use for the rest of my life.

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

I learned through one of the speakers in class aout recording myself saying my notes/study guides outloud and listening to it whenever I can, and that is something I will definitely be using the rest of this semester studying for finals and next semester.

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 think sociology connects with learning about social aspects and different factors we may face in our careers. I think there will be a time where I will need to to remember one of the theories when I'm assisting a patient with different views than my own or in other situations. I think Chemistry connects because we're studying things about the body and calculating things that factor into the body and the lab is just us putting what we've learned in the lecture into a real situation. Health Professions gives us insight to some more health related fields and insight to what the job is actually like from people that work in those fields. As well as giving us the opportunity to go out and look at other fields ourselves with the trips we go on. I do not have Ms. White, but I think learning the history of how other periods of time did things in the

medical world teaches us how times have changed and will continue to change and how future healthcare workers will have to adapt. As well as teaching us different medical/healthcare practices all over the world. I think they all tie together teaching us the medical field historically, socially, and biologically (even if it's not biochemistry).

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?

History and education, because I wanted to be a history teacher before I decided on nursing. I enjoy working with kids and I have always wanted to be that teacher or person a child remembers forever.

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

I think it's beneficial if something prevents you from obtaining your first goal, or if you have a change of heart.

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

If I wanted to learn about the history of medicine, or medicinal history around the world, I think that could benefit it. The education part could put me in a position to eventually teach when I reach the stage in my life where I no longer want to work actively as a nurse.

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	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.