

## **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 feel that throughout the first semester I have learned a lot about how I can best manage my time. This has allowed me to be able to balance sports, school, and my social life properly. I have learned how to take care of myself and know what I need at certain times. I have also learned a lot about how to better communicate with my professors especially if I am having trouble understanding a certain topic.

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

I expected this semester to be a slight challenge, but it was much more difficult than what I was expecting it to be. My courses moved much quicker than I was expecting which sometimes caused me to stress out and feel like I was falling behind, but I also learned so much about how to manage all of it.

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

I wish I knew that I would really need to focus in order to succeed and that completing an assignment early is better than waiting until the last minute.

#### **Study Habits**

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

I study an extra couple of hours now compared to in the beginning of the semester where I spent only an extra hour or two studying.

- How have your study habits changed?

My study habits changed when I started to get used to how I was given certain tests or quizzes for each course. Depending on how the teacher gave information altered how I went about studying for each class.

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

I have been able to use my athletic advisors to help me get better access to tutor who can help me succeed in more challenging courses.

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

I will make sure to spend more time studying starting at the beginning of the course rather than waiting to get adjusted.

### **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.

This semester I was enrolled in HLTH 101 as well as HIST 104H which may not seem connected on the surface level, but when looking deeply into it they can be. Our history class taught us a lot about the background of Health Sciences as well as major events which have paved the way to where we are currently. Along with that we have also learned about many important people who advocate for human health becoming involved in the passing of many important acts. This connects to HLTH 101 because in this class we have learned more about different majors related

to health sciences and since I was provided with background health information in HIST 104H I can better understand why we have each major and the purpose they are all able to serve.

### **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?

Along with my current major, which is exercise science, I would also be interested in majoring in sports management and business. I would be interested in pursuing sports management because I love sports and would enjoy staying involved in them but instead of playing being involved in the business side. Also, I would be interested in business because with that major I could pursue a variety of different careers allowing me to have a lot of options.

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

With having a parallel plan in place I can feel assured that if I became less interested in exercise science I would know the next steps to take in another career path I may find enjoyable. This allows me to feel less stressed if I were to decide to change my major because I have two set plans in place.

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

Both of these majors, sports management and business, could also help benefit the major I am currently studying. This is because physical therapists are a part of a business and are oftentimes involved in sports as many patients tend to be athletes. When learning about the different aspects of both of the alternative majors I have chosen, that can only make my skills in exercise science stronger.

**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.

