

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 overall experience. 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.

Compared to the beginning of the semester, I've become more comfortable managing my differing courses and non-academic responsibilities. Time management proved to be important for succeeding this semester. Furthermore, I feel more at ease with utilizing my campus resources and reaching out to professors for clarity in times of need.

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

As an incoming freshman, I expected myself to have to adjust to a vastly different environment and rely more on myself. As the semester progressed, I found that it wasn't as hard adjusting as anticipated. I formed new connections with my peers and felt comfortable within the learning community. While my relationships with my professors differ greatly from those in high school, I learned to be more aware of the resources available and confident in my ability to reach out.

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

I wish I knew how fast-paced and sometimes rigorous semester-long courses can be. There is a large amount of information that needs to be learned, digested, and examined in a short amount of time. With unforeseen circumstances, it can be hard to make time for everything without compromising one's mental health. Knowing this is helpful in more wisely mapping time and being more effective with how I work.

Study Habits

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

Compared to the beginning of the semester, I spend less time studying now. I'd spend roughly 2 hours a day studying collectively for all my courses. I've learned to use my time more efficiently

when studying. Tasks that used to take longer have been reduced due to shifts in my schedule and my developing of new techniques.

- How have your study habits changed?

My time management has greatly improved throughout the semester. I've learned not to dwell too long on one task or assignment and to spread my time more efficiently with priorities in mind. This way has allowed me to become more organized and prepared for upcoming assignments. Furthermore, I've been able to stick to my planner since the beginning which has allowed me to be aware of what I need to do.

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

Monarch One Search has helped me find reliable and relevant information for my assignments throughout all my courses. Unlike Google Scholar, I can find sources more easily without worrying about paywalls. Moving forward, Monarch One Search will be my primary tool for performing research.

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

Next semester I would like to start using active recall for textbook and lecture-heavy courses. This will allow me to ensure I am digesting the material as I am learning it. This will cut time and stress on studying before exams. Furthermore, I intend to continue utilizing Quizlet to quickly test my knowledge of key concepts and terms

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 found HLTH 101 and SOC201S are tied when understanding social concepts like "Social Determinants of Health." Health and medicine isn't always about the biology and chemistry behind it. It can also pertain to non-health factors that indirectly influence one's accessibility and attitudes towards their health. Furthermore, chemistry and chemistry labs are tied together in discussing the role in a clinical setting, especially in specific courses.

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 of possible parallel majors to your current intended major.

- Which two other majors would you be most interested in? Why?

I found the Nuclear Medicine and Pre-Clinical Studies major to be especially interesting to me. Nuclear Medicine has a lot to do with diagnosis in treatment with unique technologies without much human interaction. Furthermore, a Pre-Clinical Studies major enables great flexibility to prepare a student for any health science profession or graduate program they desire.

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

Having a parallel or backup plan enables one to be prepared for unforeseen circumstances. One's journey isn't always necessarily linear and sometimes the right path isn't initially anticipated. Having multiple plans set enables open-mindedness and improves confidence.

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

Each of the majors is within the same field and often interacts with each other to achieve optimum health for a patient. Nuclear Medicine influences the types of treatment nurses will have to give to their patients. Pre-Clinical Studies open doors for many professions that either manage or work in cohesion with nurses.

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	Response includes all components and meets all	Response is missing some components	Response excludes essential components

	exceeds all requirements indicated in the instructions. Each question is addressed thoroughly.	requirements indicated in the instructions. Each question is addressed.	and/or does not fully meet the requirements indicated in the instructions. Some are not addressed.	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.