

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.

My biggest growth spurt was understanding what I had to do to succeed in my classes. Staying on campus as a commuter is a must.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. My biggest expectation was that my classes would be easier. I thought I would be on the dean's list and have all A's. Unfortunately, that is not the case for this semester but I'm hoping next semester will be different.

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

That exams are everything and that the other smaller assignments don't help as much as acing an exam will.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester? At the beginning of the semester, I believe I was more motivated whereas now I feel less motivated and just want my classes to be over.

- How have your study habits changed? Instead of studying notes, I complete more practice problems.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. The group study session rooms
- What study habits/techniques will you use going into next semester? Instead of cramming, I will study a week before the same thing goes for essays, projects, etc.

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 the content, and the subjects discussed. Discuss how these courses are tied together.

I think these classes are connected to help us better understand the base of the medical and how to succeed in our careers.

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?
Radiology and Nursing, both have classes that are aligned with dental hygiene and they are both in the medical field which aligns with what I want to do when I graduate.
 - What benefit is there to having a parallel plan (or two) in place?
 - It is beneficial because it allows you to know that you have a backup plan if things do not work out.
 - How could one or both of these two majors benefit your current intended major? I could use radiology to further my knowledge in x-raying teeth in dental hygiene school

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	Response demonstrates a general reflection about the semester so far. Viewpoints and interpretations are supported. Appropriate examples	Response demonstrates a minimal reflection about the semester so far. Viewpoints and interpretations are unsupported or supported with	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing, inappropriate, and/or

	provided, as applicable.	are provided, as applicable.	flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	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.