

Final Reflection (100 Points)

Due Date: December 7th, 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.

How I have grown since the beginning of my first semester is by procrastinating less, because at first, it was hard for me to adjust to how things operate in college and trying to not be lazy or be in the mindset "oh I will do it later ". I am proud I grew out of it because my grades reflect all the work, I put in.

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

My expectations for this year were met, but the only thing that humbled me was my experience in Chemistry. I took chemistry in my senior year of high school, and I passed the class. Coming to Chemistry in college I thought it was going to be a breeze, but it was a hard class maneuver for me. The fast pace lectures, the tricky tests, and the course material are thrown at you.

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

Something I wish I had known 14 weeks (about 3 months) ago is not anything, to be honest, I feel like I have been well informed throughout my first semester.

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 school year was studied for a class based on if I had a test coming up for the class but now, I try to dedicate a few hours of study for each class.

- How have your study habits changed?

My study habits have changed by being in study groups and dedicated more hours to my studying.

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

A resource that I utilized this semester was having a success coach and an academic advisor. Having someone who you can go to if you have questions regarding your major, guidance, and just help make your college experience easier/adjustable.

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

I will be going into next semester with being in study groups, talking to professors more, and using resources in the library.

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.

Chemistry, health, and sociology are all interconnected in many ways. Chemistry plays a role in understanding the chemical processes in our bodies and how

different substances affect our health. Health is a multidisciplinary field that incorporates knowledge from various disciplines, including chemistry and sociology. Sociology helps us understand how social factors influence health behaviors, healthcare systems, and health disparities. So, these subjects overlap and contribute to our understanding of human health from different perspectives.

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 be most interested in Speech Pathology and Health Administration because speech pathology and health administration are both great majors with unique benefits. Speech pathology focuses on diagnosing and treating speech and language disorders, making a positive impact on people's lives. It's a rewarding field that allows you to help individuals improve their communication skills. On the other hand, health administration involves managing healthcare organizations and ensuring efficient delivery of healthcare services. It is a versatile field that offers opportunities to make a difference in healthcare systems and improve overall patient care. Both majors have promised career prospects and the chance to contribute to the well-being of others.

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

Having a parallel plan, or even two, in place for your major can be super beneficial, It gives you flexibility and opens up more opportunities for your future. If you have multiple interests or are unsure about a specific career path, having parallel plans allows you to explore different areas and keeps your options open. It can also be helpful in case you change your mind along the way or discover new passions. Plus, having diverse skills and

knowledge from multiple majors can make you stand out to potential employers. So, having parallel plans can give you more options and increase your chances of finding a path that truly excites you.

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

Health administration can complement a dental hygiene major in several ways. With a background in health administration, you'll gain knowledge and skills in managing healthcare organizations, including dental clinics. This can be valuable if you have aspirations of working in a leadership or administrative role within the dental field. Health administration can also provide you with a broader understanding of healthcare systems, policies, and regulations, which can be useful in navigating the dental industry and advocating for improved oral healthcare. So, combining a dental hygiene major with health administration can enhance your career prospects and provide you with a well-rounded skill set.