

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.

College is a completely different lifestyle than high school was, so at first it took a while to get adjusted to different habits. From the get go, studying habits had to be different and by now I can confidently say I have found those habits that are best for me with a workload that is this demanding. I also think I have found a schedule that gives me free time and gaps throughout my day whereas in the beginning of the semester I thought I never had any time and was constantly doing something. I am prepared on assignments and knowing that starting them early and getting them done saves me so much time and stress.

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

I honestly expected to have a big course load this semester, but I also expected myself to get it done. I have high standards for myself and I think I pushed those standards and expectations by succeeding to my best ability. I think throughout every class, I got all my assignments done on time and that was one of the things I expected for myself. I also expected myself to show up to every class and I have done just that besides the one day I had to go home for Thanksgiving break and my arrangements forced me to miss that class. I think I had high expectations for my grades and I crushed that. I think I also just expected to come in and have fun and make new friends and the experiences I have had have met my expectations with flying colors.

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

14 weeks ago I wish I knew that procrastination was not an option. I wish I would have known that not procrastinating would have saved me from any of the stress I did have. I wish I would have simply just had the motivation to now wait and to get things done right away. Knowing how much time not procrastinating saves you would have been so beneficial at the beginning of the semester.

Study Habits

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

I spend probably 6-8 hours studying for my bigger classes a week only 1-2 for the smaller classes a week whereas at the beginning of the semester I think I may have been studying for only 6 hours a week for all my classes.

- How have your study habits changed?

I have become a very independent student. I have realized the habits that work for myself. I now know that I am better at studying when I write down the information for myself. I think this gives me another layer of remembering the information and ingraining it into my head. For certain classes my study habits differ, but I mostly can study for every class by rereading or rewriting my notes from a lecture. I take a lot of time to study my lecture notes and make sure I understand each bullet.

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

Study hall hours is a resource I have used because it forces me to go to a quiet place and I have discovered that in that quiet place I am able to get a lot of work done. Study hall locations provide me a space with no distractions and are really the times when I get to study for 5 hours and just grind out all the work I need to do. I find myself finishing assignment after assignment in the study hall. Next semester depending on my GPA I can get out of study hall hours, but I think I will still request study hall hours as a tool to find a quiet place for me to really get my work done. Study hall has provided me with an opportunity to avoid procrastination which has become very helpful.

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

I am going to continue to read over and rewrite my lecture notes. I also have to take another online biology course so I want to keep my study habits the same for that class. In this class I do the online lecture where the teacher is actually teaching. Then I take a lot of notes and continuously read over the notes to ingrain the information in my brain. Then, I will go back and look at the lecture slides without the teacher just as a last minute review. I have 3 online classes next semester, so I think this technique/habit will be very beneficial for my success.

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 was only enrolled in HLTH 101 and HIST 104H, but these classes did have a connection in many ways. I think when it got to presentation time in our history class we began looking at topics that were very closely related to health professions. Throughout our HLTH 101 class we looked at numerous health professions. I think the greatest tie for myself was looking at the jobs in HLTH 101 and then going to history and seeing bits and pieces of how those jobs came about. I looked at hospitals in my history presentation and throughout the course of HLTH 101 we learned about different jobs that would work in a hospital. I think the other tie I saw was a comparison between the credentials to work in a health profession now vs then. I think in history many times they were just looking for someone partially qualified and willing to do the work. A lot of times they wanted females as nurses and military nurses. Now however you have to have so many credentials and qualifications to work in the health profession.

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 think the two other majors that interested me the most were physical therapy and recreational therapy. I think both of these therapies are in the same realm as athletic training and they both involve helping others. In these fields I would still be able to work with athletes in many cases. I think physical therapy would be something I would really enjoy on the academic side as well. I also think rec therapy would be cool because in many cases you get to help those with special needs or other disabilities become an everyday human with the same functions.

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

A parallel plan is beneficial because it allows you to have a backup if your other plan falls through. I also know that a lot of the times people think they are interested in a major and then decide one day that it is not for them. This gives people an escape route without having to go all the way back to the start.

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

I think both of these majors could grow my knowledge in athletic training. Physical therapy in some way is just advanced athletic training and would give me even more knowledge of muscles and injuries. I also think that physical therapy would help teach athletic trainers how to help with rehabilitation. Rec therapy is very different yet I think it would teach different activities that athletic trainers could use. I also know that at my high school we had sports teams for people of different capabilities, so these activities could be beneficial for an athletic trainer if one of those athletes ever needed help with a movement or exercise.

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,	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	Response demonstrates a lack of reflection about the semester so far. Viewpoints and interpretations are missing,

	detailed examples are provided, as applicable.	are provided, as applicable.	unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	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.