

## **Final Reflection (100 Points)**

**Due Date: 12/6, 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 2024 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.

When first arriving on campus, I felt that I was a little on the anti-social and very calm or quiet side. After being in college for a few weeks, I genuinely changed for the better. I am more open, I feel that I can communicate better than I would have before, and I definitely have learned to handle myself on my own better and be more independent both as an individual and as a student.

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

I honestly didn't expect too much for this year. I just wanted to make sure I got through all my classes without slipping too far behind, which I thankfully succeeded in!

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

I wish I knew that college isn't as stressful as people make it out to be, it's definitely not as bad as the movies show. I think I found some sort of peace being in college, made a better version of myself, even if I still have improvement to do.

#### **Study Habits**

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

Personally, I don't like to study much. When I study, that's when my tests go downhill. When I was studying my little bits during the beginning, I felt less confident in my work. Now that I just trust my first thought, I feel better going into my tests.

- How have your study habits changed?

I ultimately only study a little bit, just refresh my brain a tiny bit right before going into something. It helps keep me from second guessing myself.

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

I like to go study or do my work in different areas on campus, i.e. the library or a classroom in my dorm building. Putting myself in an environment that I am not able to sit and mess with my belongings helps me to stay focused on my task at hand.

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

I will continue to work in new places, switching locations every once in a while so that I don't get too used to one spot and not be able to study and work there anymore. Plus, it helps me to explore and get used to campus.

### **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.

In HLTH 101 and SOC 201S, we talked about socioeconomic statuses and how they can affect people in different ways. Of course, CHEM 105N and CHEM 106N were connected due to us learning about a specific topic in the lecture, then completing an experiment in the lab part.

## 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 that two majors I would be interested in would be Medical Laboratory Science, because I think it would be interesting to witness and test different factors of life of microscopic organisms around us. My second choice would be Speech-Language Pathology & Audiology, so I can help detect and treat people with speech disorders or hearing impairments. With any major I choose, I wish to be helping people, maybe even the world, in a holistic but medical way.

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

If you get further into your originally intended major and become uninterested or feel as though it is not the right path for you, you already have other ideas and/or options ready at hand to help you keep going in your education, you just have to switch off to another.

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

Both of these options are somehow and someway related to the medical field, which is what I know I want to do with my life. As a nurse, I could be working with anybody in these majors or fields, it would help to have some knowledge about them at hand already.

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

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