

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 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.

I have grown since the beginning of the semester because i didnt take the time to prioritize my work as well as how i spent my free time . I Have not completely grown in the aspect of time management , but i have learned that it is important to use my time wisely, and i have come up with effective strategies to ensure my works gets done in a timely manner. I have began to start assignment while im in class and completing them by the end of the week.

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

I expected this year to be a little less stressful . Before coming to college i thought i would have less classes but the work load is still about the same but is also a bit overwhelming . Out of myself i expected to be on campus and out of the house more , but i found going home to do my work was more efficient than being on campus.

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

I wish i knew that college isnt as bad as its made to be , and that its nice to have fun but more important to be on top of your work . If i had an opportunity to go back 14 weeks from now i would have completeted all my work before the due date to prevent from being overloaded by work.

Study Habits

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

I have seven classes . In the beginning of the semester i didnt study for any of the classes because i was struggling to keep up with all the work being thrown from all the classes and not having access to books and having to play catch up. From then i spend about 2 extra hours a day going over information i found to be unclear or need extra help with.

- How have your study habits changed?

My study habits changed because i went from not studying at all to taking time outside of the hours deemed for leaning to understand material in its entirety.

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

I recently found out that the LLC community hosts study groups and i plan to take the time to go to the study groups to try to gain a better understanding of what im learning with peers.

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

Making sure i am up to day with all assignments , and not make excuses for myself when it comes to getting it done. I feek it will keep me from being stressed towards the end of the semester.

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 noticed that my Soc class and my health class had connections . In my health class we thoroughly talked about the Social determinants of health. I felt that the topic connected with the stratification topic we went over saying everyone is the reason for where they are when it comes to class but the SDOH argued that our surroundings caused how we come out .

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?

Two other majors i would be interested in would be physical therapy and Pharmacy. I would consider being a physical therapist because there are multiple locations you can work because some school or sports team would be in need of a physical therapist. Although with working in pharmacy you may not get to travel as much but its still a job that i would be in my comfort zone. Counting pills and giving medicine sounds like a job that is not difficult but i may get bored with it.

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

The benefits i gain from having a parallel plan will assure that if my original plan of becoming a traveling registered nurse does not work out i will have something to fall back on, and look forward to rather than just giving up.

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

These two different majors could help my intended major by providing over all information about different parts of the body from being a physical therapist. Being a pharmacist would provide me with information on medicines to know what to give a patient for certain needs .

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

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