

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.

I have grown from the beginning of this semester to today. I've grown in the way that I feel much more like an adult, and not a highschool student. I've learned how to do things on my own, without the help of anyone, and have learned how to manage my time more efficiently.

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

Before I started college I expected to have a very good time, meet a lot of new people, make connections, and grow into the person I wanted to be. Unfortunately, this semester's experience did not meet my expectations. They did not meet my expectations because I haven't done any of those things I had previously mentioned, and find myself alone and reminiscing a lot of the time. This experience has made me realize that I took many things for granted, and ended up in a worse place than when I first moved to Norfolk.

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

Something I wish I knew fourteen weeks ago is that I will have no time for anything but school, and knew how hard college was and living on my own was.

Study Habits

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

I would say that I study a little less than how much I was studying at the beginning of the semester, but I fear that is a result of my own problems because that winter depression is hitting like a brick, and I'm not interested in anything anymore, the stress is unmanageable, so I just don't do it anymore.

- How have your study habits changed?

They were very strong at the beginning and mid semester, but like I said during this last week of the semester I am so disinterested that I just do what needs to be done so I can get a good grade.

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

A resource that I have learned about this semester is something called Pearson plus. Pearson plus is a part of the textbook in which you can pay a little bit more for a study and exam prep pack, which I have found very helpful in my chemistry class.

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

I don't think that I will be returning to Old Dominion University next semester because I believe that I need a little bit of a break. I would like to continue my education here, but I just don't feel like I belong here.

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 my Information literacy class we discussed many health care professions and subjects, and research that have to do with medicine and diseases.

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 am interested in nursing, and phlebotomy because I found them interesting, and I think that those two majors have a lot to offer.

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

The benefit to having a parallel plan is that you have another option to fall back on if you ultimately want to change your major.

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

I feel like nursing could benefit from my major because they have similarities except for some extra classes I'd have to take, but other than that they both deal with patient interaction, and medicine which is something I'd like to do in my future career.

Rubric

Criteria	Excellent	Sufficient	Minimal	Unacceptable
-----------------	------------------	-------------------	----------------	---------------------

	(75-70.5 points)	(70.49-63 points)	(62.99-55.5 points)	(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 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.