

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.
As an older student, I can't exactly say that I have grown, however, I have become a more focused student and feel I have developed the skills necessary to be successful in school.
- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain.
I expected to learn how to be a student again, how to be a modern student (I grew up in the age of DOS and card catalogs), and to gain knowledge in the subjects I am taking. I have gained a broad range of knowledge in most of my classes. I enjoy learning.
- What is something you wish you knew 14 weeks ago?
I wish I had realized that I didn't have to take nearly as many notes as I started out taking. Otherwise, my beginning strategies have been successful.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester?
Chemistry still averages 2 to 3 hours per scheduled class. Chemistry lab increased as the semester went on with the complexity of the labs - about 2-3 hours per week. Other than my research project, I spend approximately 4 to 6 hours per week on History, less than in the beginning. English Composition averages 1 to 2 hours and hasn't really changed. Psychology varies depending on the length of the chapter but has usually averaged 3-4 hours per chapter.
- How have your study habits changed?

I still spend the most time on chemistry, and actually had to create flashcards to help me study. Psychology has always varied depending on the length and number of chapters per week (1 to 2), but I reduced the amount of notes I was taking as I better focused on what was necessary.. Chemistry lab increased, particularly because we were doing labs on topics we had not yet studied and I had to research how to answer some of the questions and perform some of the math. History began as very time consuming until I better learned what to focus on and became more adept at outlining documents. I have become more concise on note taking overall.

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

I haven't needed any extra resources. I ask questions or email my professors if I can't figure something out for myself. I am aware of the study center, tutoring, etc.. but have not had a need to utilize these resources and have actually tutored some of my classmates or directed them to the resources they needed.

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

I will continue to come straight to campus after taking my son to school to study in the library as I've found this to be an effective way to stay on task and complete assignments without distractions.

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 exempt from Sociology 201S as I had taken Sociology from TCC 2 years ago, so I am unable to draw that parallel. I did appreciate that Chemistry and Developmental Psychology focused on health related topics and linked to health science professions and anatomy-related concepts. My History research project was on Margaret Sanger which tied in nicely to both US History and health sciences as she was living in the time we were studying, went to nursing school (dropped out), and pursued women's health freedoms which are still being

suppressed today. Her mother died of tuberculosis and Margaret had a rare form of TB in her lymphatic system which I found fascinating.

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?

Nuclear medicine technology was interesting and something I had not previously considered, but I am unsure if I would go that direction. I was very interested in public health, but as a minor. When I spoke with my advisor she directed me to a Health Equity and Social Justice Minor instead based on my interests and desire to be more patient oriented than data oriented. I was more interested in the Pathology Assistant program that I was introduced to at the EVMS Career Symposium, and the Surgical Assistant program that there is an upcoming Zoom meeting for. My goal is still nursing, as this has been my dream for many years.

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

A parallel plan is beneficial because the nursing program is competitive and if you are not successful in gaining acceptance, you would need to pursue an alternative degree path.

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

The minor I have chosen is extremely beneficial to my career path and will help me become a better nurse, addressing all people as equals but taking into account the disparities inherent in income, health and race. Nuclear medicine requires more math and science than I am currently scheduled to take. The advanced degree courses require a bachelor's degree in some form of science and I could divert that direction if unable to get into the nursing program.

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 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.