

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.

Emotionally, in my opinion, is where I think I have grown the most. I think that has saved me from mental breakdowns and deep self doubt. I have not taken it out of the equation totally because that is not realistic, but it does not play a huge part like it has in the past. Philosophy class may have a little to do with that.

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

This semester, I expected to get A/B honor roll, manage time, manage homework assignments and study time, and manage my social life. Honestly, I think I had poor performance this semester, and I am hopeful that with some serious "buckling down", I can get a clean slate and do better in the spring semester.

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

I wish I knew that having a full-time job along with being a full-time student is nearly impossible. The amount of time assignments take and the amount of time I work to be able to take care of myself makes me feel like there is not enough time in a day to do both.

Study Habits

- How much time do you spend studying for each class now vs. at the beginning of the semester? **I don't spend more or less time because I still have the same amount of time as before. Each night, I study for approximately 2 hours, give or take. I think not exceeding it too often helps with the necessity of sleeping.**

- How have your study habits changed? **I studied by myself in the beginning. I did not know many people or have friends here. I also tried out studying with a group of people because my boyfriend recommended that I try it after not succeeding on my first chemistry test. I think I like studying by myself just a little bit more because sometimes I feel like it's "the blind leading the blind." I have since studied by myself again because I feel like I know what works best for me. Studying alone helps me to navigate specifically to hone in on what I do not know.**

- Tell us about a resource that you have used/learned about this semester that will assist you next semester. **I have used chemistry office hours this semester. She made herself available on the weekend for students to be able to attend whenever we had exams.**

- What study habits/techniques will you use going into next semester? **Next semester I am hoping that I will be able to attend more study office hours to understand the information better. I used planners sporadically this semester, and next semester, I am hoping to be more disciplined with the usage of them.**

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. **For sociology, he provided two opportunities for the learning community to get together and do**

something outside of ODU. This intertwined with HLTH 101 because it helps to capture campus and complete the portfolio.

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- I like the idea of combining chemistry and anatomy to help get diagnosis. I also like that it is parallel with nursing in the way that it is still hands-on to some degree with patients.

Public Health- This was fun learning about because my health care goal is to help people in the community as best and efficiently as I can. Learning about the social determinants of health showed a different perspective of caring for people. There is more to patching a heart. It is also about preventing diseases and promoting health.

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

This helps to navigate what is next for someone in case the original plan is not working out. This helps broaden the choices that someone can make as well. It also helps to widen the knowledge that someone has because it could help out somebody else if they aren't sure what to do.

- How could one or both of these two majors benefit your current intended major? **As a current nursing major, I think that it is imperative to learn about public health and to be in tune with what diseases can be**

prevented. I also think that nurses should keep up with which demographics hold the majority for contracting diseases, and what factors could have possibly been the reason behind it (water quality, healthcare policies, education, income, biological factors, etc.).

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

	interpretations are insightful. Clear, detailed examples are provided, as applicable.	supported. Appropriate examples are provided, as applicable.	Viewpoints and interpretations are unsupported or supported with flawed arguments. Examples, when applicable, are not provided or are irrelevant to the assignment.	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.