

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

**Due Date: December 7th, 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 the semester with my knowledge and connections. In the beginning I didn't know about a lot of opportunities. But Throughout the semester I found that it is very important to use our resources. Whether that be with your success coach, advisers, or teachers.

- What were your expectations for this year? Did this semester's experiences meet your expectations? Explain. I accepted this year to be filled with many different experiences and different challenges. Yes I did know there would be challenges but I think it helped me understand things better. I learned through the difficult experiences of trying to keep up with work. It's always good to reach out for help too.

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

I wish I knew about all of the different resources in the library. Yes I did know about the e-portfolio workshop but there are plenty more. For example, there's people to help review your writing and study groups. The writing center would've helped with my important essays. Even Though I had my own study groups I could've used it for other classes where I didn't have a study group.

#### **Study Habits**

- How much time do you spend studying for each class now vs. at the beginning of the semester? I think once I get closer to the finals and final exams I start studying more often than before. Now I believe I study a different topic every other day. Normally I would study the topic for the days I have those classes. For Chemistry, History, and English I would go over their material on Monday, Wednesday, and Friday. Then for sociology I study on Tuesdays and Thursdays.
- How have your study habits changed? Now I try not to study while in the place I sleep. I figured out that while Studying in my room I get distracted easily. So now I try to go to the library or a quiet place. But if I do have to study at the dorm I'll try to go to an open study room.
- Tell us about a resource that you have used/learned about this semester that will assist you next semester. The resources I've learned about this semester that I would use for next semester would be the tutors. I've been to one but I feel like next semester I will go more often. They have a wide variety of tutors to help you on certain topics. But I'll probably be using it for mostly my science classes.
- What study habits/techniques will you use going into next semester?

I will probably use the same Techniques just more frequently. Like the pomodoro study method I will continue to use. So I'll set up an amount of time to study and have breaks in between. I find this method to be most helpful because I don't feel overworked. Plus I'm able to go over everything without it taking the whole day.

### **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.

The classes that really seem to go together to me are Chemistry105 and chem106 lab. These two classes helped me understand each other's classes because of the topics we discussed. For instance Some of the formulas we learned in Chemistry we would use in our lab. Also Sociology and health profession seemed like they go together. Sociology helped us understand the people that were gonna work with and how to interact. Health profession gave us knowledge of what the interactions with patients would be like through people sharing in the field.

### **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?

So far I've only thought of one parallel plan. That parallel plan being Speak language pathology. I'm interested in this major because of the experience I had growing up taking speaking classes. I always found it interesting how our teacher was able to help me pronounce different things. I also like the fact that with this I will meet a lot of diverse people and in different environments.

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

I believe that having a parallel plan is useful for a backup. Whether that be because you don't have interest in your career choice anymore or because it's not a good fit. Sometimes you pick a career not knowing everything about the field and you want to learn more about a different career.

- How could one or both of these two majors benefit your current intended major? This major could benefit my current major because dental hygiene and SLP kinda go together. Also with these two it can help you understand your patients more. Since the way how people teeth are setup it can also affect their communication. It's also a plus that they're both in health science.

### **Rubric**

| <b>Criteria</b>            | <b>Excellent<br/>(100-75 points)</b>                                                                                                                                         | <b>Sufficient<br/>(74.9-50 points)</b>                                                                                                                                | <b>Minimal<br/>(49.9-25 points)</b>                                                                                                                                                                                                       | <b>Unacceptable<br/>(24.9-0 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 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. |
| <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                                                                                                                                          | Response excludes essential components and/or does not address the requirements indicated in the instructions. Many parts of the assignment are                                                   |

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|                  |                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                | instructions. Some are not addressed.                                                                                                                                        | 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. |