

## **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 think I have grown a lot since the beginning of the semester. For one I've gotten better communication skills, and more comfortable working with groups or in partners. I've also gotten better time management skills, and more independence. I've also grown by getting more flexible, so when things aren't going as planned, or a class has somehow been canceled, it allows me to gain that skill.

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

To have more freedom, and to meet new people. I think this semester did meet my expectations. I met a lot of new people, who are great and fun to be around. I also got a little glimpse of freedom, as I do everything for myself now. I do think the freedom of choosing when and when not to go to class got out of control at one point during the semester, but nonetheless I figured that part out and got back on the right track.

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

That it is important to also make time for you and your friends. School is still very important, but it doesn't always have to be work, work, work, it should be a balanced thing, where you still have time for fun and to have time for yourself.

#### **Study Habits**

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

At the beginning of the semester, since I was just getting used to the classes it was a minimal time of 2-5 hours per week. As the semester progressed I was putting in more time for my classes such as microbiology, sociology and psychology. Still now at the end of the semester, since those classes are my classes that give the most work, and are giving final exams, I put in around 3 hours to study for each class.

- **How have your study habits changed?**

I think my time management has improved, I no longer wait until the last minute to study or try to cram everything into my memory before an exam. I've also gotten on a better balanced schedule which gives me time to work, do my schoolwork, and allows me a good amount of time to study.

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

A couple resources that I've learned about this semester that will benefit me in the next semester are the science tutoring center, study rooms, and the writing center. I think the science room will benefit me the most because all the classes I'm taking in the spring semester are science courses. The study rooms will also come in handy, because at times it is hard for me to study in my room or study room, because I am easily distracted.

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

One big study habit I'm going to use next semester is to set goals for myself with the classes. I find that if I have something I want to reach, it pushes me to go above and beyond. Another one would be to prioritize tasks. I tend to procrastinate and put the most important things last, and it ends up taking me longer to complete it than I intended. I think my last one would be to stay organized, I'm usually a very organized person when it comes to everything but schoolwork. So making sure all of my things stay organized will help me a lot in the long run.

### **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 me since I took SOC 201S and HLTH 101, there is a clear connection between the two courses. I think sociology and health professions have a tie as sociology can relate in a medical way. By looking at the social, economic, and political factors of health. It can look at how these factors affect the health of the people, and many more things such as social determinants of health, health inequalities, ethical and cultural considerations, etc. Now that both courses are at the end, it is clear the vital role they play hand in hand with each other. Sociology and health professions helped me get a better understanding of health and healthcare and how they benefit each other.

### **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?**

The other two majors I was interested in were Med Lab Science and Nuclear Med. They interested me the most because I'd still have some patient contact, and I'd get to be in the lab. Based off of my lab classes this semester, I've been enjoying being in the lab, and doing lab work so that played a huge role in my interest for both fields. I think I'm more interested in Med Lab more than Nuclear Med just because of the variety of things you can do within Med lab.

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

I believe it's beneficial to have a parallel plan because it allows you to know you have something to fall back on if your main major doesn't continue to interest you. I also think it's clever to get it established within your freshman year so one semester you have time to experiment with classes that would help with the major and see if it is a good fit for you.

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

Both Med Lab or Nuclear Med could benefit my intended major of nursing by broadening my skills in more things I could be introduced to working in a hospital or any medical area. It also couldn't hurt to get more experience and knowledge in certain fields that would also help me as I continue in nursing. Both majors give lab experience, which would aid in giving me the knowledge to run tests, and conduct my own research to help me with nursing.

**Rubric**

<b>Criteria</b>	<b>Excellent (75-70.5 points)</b>	<b>Sufficient (70.49-63 points)</b>	<b>Minimal (62.99-55.5 points)</b>	<b>Unacceptable (55.49-0 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 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.
<b>Structure</b>	Writing is clear, concise, and well organized with excellent sentence/paragraph construction. Thoughts are expressed in a coherent and logical	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	Writing is unclear and/or disorganized. Thoughts are not expressed in a logical manner. There are no more than five spelling, grammar, or syntax	Writing is unclear and disorganized. Thoughts ramble and make little sense. There are numerous spelling, grammar, or syntax errors throughout the response.

	manner. There are no spelling, grammar, or syntax errors per page of writing.	syntax errors per page of writing.	errors per page of writing.	
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