

FYE: Building Your Path Forward: Reflect, Refine, and Prepare

Chamberlain University

BIOS251 Anatomy & Physiology I with Lab

Professor Karima Johnson

September 10, 2026

Reflect on successes and areas of opportunity from your prior session.

1. Describe one success you had in your prior session *not related to the course grade you earned*. You could think of it as filling in the following sentence, I exhibited the success behavior of time management by doing a weekly calendar and completing my projects on time.

2. Describe one area of opportunity that you could have done differently in your prior session.

One area of possibility is involvement and engagement. I should have been more inquisitive and engaged in discussions more to better comprehend the topic.

Refine successes and areas of opportunity from your prior session.

3. What will you continue to do in this current session that helped your prior session?

I will keep myself organized and manage my time well by selecting a specific time each day for studying. I will also continue to use the resources available to me, such tutoring and course materials, to learn the information better. I will also continue to be involved, and ask questions as needed, to further my learning.

4. What will you change to be more successful this session?

I will create an environment that is more concentrated to minimize distractions as I study. This will help me stay interested and retain information more efficiently.

Prepare for your current session.

5. List all courses in which you are currently enrolled for this 8-week session.

UNIV Seminar II
Anatomy & Physiology I with Lab
AI Literacy Modules for Nurses

6. When are your major assignments/exams due for *each* course?