

Physics 110 Reflection #1

Please feel free to type or hand write your responses. Please don't tell me what you think I want to hear, rather be honest in your assessments, observations, and thoughts. Please, refrain from sweeping generalizations or unsupported statements and base your answers on your own experiences and observations. I expect you to spend between 15-20 minutes per week answering the questions below and to focus on explaining your thoughts.

Name:

Class:

Due Date: Monday, April 6, 2026 in class. Please print out your reflection and answers and bring them to class on Monday. Late reflections are not accepted for credit.

1. Tell me a little bit about yourself. What's your major and why did you choose it? What do you plan on doing after graduating Union?
2. What are your initial feelings about taking this course?
3. Everyone likely has a different reason for being here. What do you ultimately expect to get out of this course? What are your goals for this course and for college?
4. What was your most recent experience in physics like? Please describe what you liked, disliked, level of challenge, or anything else you would like.
5. Thinking about the classes this week, briefly summarize the main idea(s) presented over the course of the entire week.
6. Thinking about the classes this week, what topic area(s) were clear? What made them clear or easy to follow?
7. Thinking about the classes this week, what topic area(s) were unclear? What made them unclear or difficult to follow?
8. Did you do the reading and take your own notes? If you did, did this help with understanding the week's material? If you did not, do you think it would have?
9. Did you have any difficulties doing the homework? If so, what were the difficulties and which problem(s) were difficult to do?
10. Did you do the homework problems on your own, with friends, or a combination?
11. Did you use any online sources to do the problems? If yes, what did you use.
12. Did you use watch or use any physics related videos to understand the week's content or to do the homework? If yes, what topics did you watch. Would you recommend any particular videos as being well done or particularly effective?