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Professor Kegley

Senior Capstone

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Self-Reflection Essay

Self-reflecting is always a good thing to do. It allows you to see growth you have made, or where there's room to grow as an individual. For this reflection I will be discussing myself, and where I am at in my life. I will also be discussing the program I am in and how I have grown through it. I believe this is a good assignment to do not only because it's required but at this point in my life I feel like I should reflect where I am at personally, and professionally.

I started the program because I wanted to advance myself professionally. I knew in today's day and age an associate degree would only get me so far in life, and I wanted to be able to have that extra edge to myself. Before I even finished my associate degree, I had thoughts of pursuing my bachelor's degree. With a little bit of convincing I signed up and started the same year I finished my associate degree.

Personally, I was in a very good place, my mom and I just went on a trip to London, we sold our condo and moved in to a much-deserved house, I had graduated on May 4th from my Associates program, and started my job May 6th. I

was in a very good place mentally, and I was ready to take on the task of working full time and doing school full time. Professionally I had just started my job as a medical assistant for an OBGYN office. I had an associate degree in the applied sciences of medical assisting and was offered the job through where I did my externship. Everything had lined up perfectly. Academically, I was in exceptionally good standing. Before graduation in the spring of 2019, I had received an academic excellence award in my program and was on the dean's list almost every semester. I knew I had the tools to be successful in the BTAS program and just went for it.

Personally, I am not in the best place as I finish up the BTAS program. I am not happy in my current job and it is starting to affect me mentally. Unfortunately, I chose to use tuition reimbursement through my job, and I am stuck until July of 2022. I can transfer departments but not until December of 2021 and at that point what's 7 more months. I am really counting on this degree to help me get out of my current work situation. Professionally, I feel like I have not grown. There are not a lot of career advancement opportunities in my chosen field of work, and I feel stuck. I have learned a good deal through my job and its field but sadly lack growth which cannot be achieved through my field. With medical assisting you can only go so far, being certified is the highest rank, which I already am. There is also no room for growth as a medical assistant within my company. Academically I

have excelled through the BTAS program which has amazed me quite frankly. Working full time and finding the time to dedicate to school has been a hard balance to find, but I have made it work. I have been on the dean's list for all my semesters in the program, and I am complimented on my performance within each class.

Some perceptions I had when I began the program were; this program is going to be challenging, and this program is going to be hard to complete in 2 years. I expected the coursework to be challenging with a lot of critical thinking. I believe my expectations and perceptions have lived up to what I expected. This program has been particularly challenging, and nothing has come easy. I have worked extremely hard to get where I am at in this program, but I wouldn't change it for the world. I feel very accomplished as I finish up this degree.

Being in this program has done nothing but allowed me to be affected positively. I love and have loved being in this program, it has taught me so much and I cannot wait to use this degree to advance in my career life.

The most important thing I have learned and will take away from this program is work hard, and everything else will fall into place. I have learned so many concepts through this program that will follow me for the rest of my life. The concepts will allow me to be a better leader, and even a better person because I

have learned a lot about how people work through this program. I have worked hard to get through this program and it has been rewarding.

In conclusion, self-reflection is important. Looking back, I never expected to have all the knowledge I have now. I look forward to putting it to work after I graduate in April. I know this past year has been crazy with the pandemic and I know it will make it that much better to receive that degree. This program has been an incredible experience, and I would not change it for anything.