

In paragraph form, students will reflect on and identify any specific topic or idea encountered in the required reading or videos. They will express thoughts as to why the idea/topic seemed to resonate, challenge, or expand understanding. Students will think about how what they learned this week can be applied to their future career or personal life. A minimum word count of 150 is required. Submit by Saturday of Week 2.

### Week 2 Reflection

During week two, I found chapter Three to be very interesting. The focus on cells and all their duties and responsibilities was much more in depth than the previous readings. The human body consists of about 30 trillion cells, and 290 different types that make up our tissues, organs, and organ systems! This is amazing, we are built of a "Sim City" of all these tiny, yet so powerful busy cells that are the basis of life.

The size of cells and their measurement is a new piece of knowledge to me. Cells are measured by micrometers, which looks something like  $\mu\text{m}$ . The human egg is 140  $\mu\text{m}$ , and it is bigger than a red blood cell. The smooth muscle cells are 20 to 500  $\mu\text{m}$  long, they are bigger than the human egg and red blood cells. They all have different shapes and functions.

I was drawing a picture for my reference of a cell, to better remember its structure and to memorize where everything in it was. I found the membrane most interesting. It is made up of a double bilayer of phospholipid molecules (hydrophilic heads, and hydrophobic tails). They are made up of fatty acid chains that are in the middle of the membrane. The membrane is amazing! It protects the cells from substances that could be harmful, and allows molecules that are acceptable in and out.

I understand as a nurse, knowing this information is important because it is also part of understanding the reason or base of a disease/and or disorder. Which is also understanding your patients. I did notice in the reading, applying this to a future career really pertained to if specialized in finding the illness in cells. A cytotechnologist examines blood samples, and is expertize in the knowledge of cells and disease.