

- A. During the auditory hallucination simulation, I felt distracted, and overwhelmed. It was hard to focus on the task at hand while hearing multiple voices in my head. It was especially hard to read the article.
- B. Cognitive impairment I experienced during the simulation include the inability to concentrate, distraction, and some confusion. Some emotional discomfort I felt included stress, anxiety, frustration, fear, trapped, overwhelmed. Physical discomfort came in the form of tension.
- C. I was able to answer the questions about schizophrenia, the negative symptoms associated with it and the interventions for paranoia. I believe this was because I was able to learn this information at a time where the voices weren't distracting me, so I was able to tune out the voices and recall information that was already committed to my memory. However, I had a much more difficult time remembering the words and numbers called out to us, I was not able to finish making the paper airplane and I did not finish reading the article. I found focusing on the article to be the most difficult task.
- D. This experience totally reshaped my view of people with schizophrenia. I knew that they could hear voices, and experienced hallucinations, or delusions. However, I didn't realize that the voices could be a constant experience, or that there could even be multiple voices and that some may sound scarier than others.
- E. This experience greatly increased my empathy for people who struggle with hallucinations, paranoia, or hearing voices.
- F. This experience will most definitely impact my practice as a nursing student this semester and as a nurse in the future. It allowed me to see how truly important patience and understanding are when dealing with a patient who experiences these distractions.

G. I would recommend this to other students, I will also probably share this with my family and friends.