

- a. During the auditory hallucination simulation, I felt very uneasy, uncomfortable, and like my mind was racing trying to keep up with what the voices were telling me to do. It was very hard to concentrate and think clearly.
- b. I definitely had some cognitive impairment such as having a hard time concentrating and having disoriented thinking. I also experienced emotional discomfort because I felt very stressed and anxious and frustrated by losing my train of thought so easily.
- c. I was able to accomplish some of the tasks asked of me, but when we were told to remember different words and numbers, I was unable to recall them all both times. I also struggled reading because it was very easy to lose your place and read fluently.
- d. This experience changed my view of people with schizophrenia because it makes me feel more sympathy and empathy towards them. It can be hard trying to find new ways to get information across to them.
- e. Yes, this experience increased my empathy because I got to experience how hard it can be to concentrate and how mentally exhausting it is.
- f. This experience will impact my practice as a future nurse because I will be more considerate now when I have a patient with schizophrenia, and remember this experience when finding ways to help them.
- g. I would definitely recommend this experience to other students because it can help increase empathy towards patients and help them understand the everyday struggles the patient can go through.