

Kaegen Brittingham

Reflective Assignment

A. I felt overwhelmed during the simulation, I was unable to memorize the words and numbers that were spoken to us. I also felt sorry for the people that do have to experience this every day and do not have relief by simply removing earbuds. It definitely changed my perspective of people with this condition and how resilient they are to keep going despite this.

B. I had emotional and cognitive responses to the simulation I did not have any physical. The cognitive response I had was inability to concentrate and difficulty understanding. The emotional response I had was stress of trying to memorize, frustrated when attempting to build the airplane and overwhelmed when trying to read.

c. I was able to accomplish the tasks of answering questions about schizophrenia because it was knowledge I already knew. I could not build the airplane til after I took out the earbuds. I was able to skim the article and answer the questions as well. I could not memorize any of the words spoken to us and I remembered the first and last number spoken to us.

d. This did change my view of people with schizophrenia, I did not think the hallucinations were as constant and distracting as the simulation was. I thought hallucinations happened here and there and were like background noise this made me change my whole perspective.

e. This experience increased my empathy for this patients and I will have patience with them if I do work with one in clinical or in my career.

f. This exercise has impacted me for my future career, like I said previously I will be more patient with these patients and try to make them feel heard and seen. I will use the interventions taught today to help do that.

g. I would recommend this experience to future students because it is eye opening and will make them more understanding of this disease.