

## Reflective assignment

A: In the beginning, the first thing I felt was overwhelmed. Then as the time went on, I became frustrated with my inability to concentrate and remember the words and numbers I was given

B. yes, I did, I was not able to concentrate or keep my train of thought (cognitive), and I couldn't wait for the time to be over

- o i: I was struggling to concentrate, and problem solve when I was trying to make my airplane. I was not able to properly follow instructions because I couldn't hear myself think
- o ii: I was stressed out and could not wait for the voices to end. I was frustrated with myself that I couldn't push through the voices and continue my work. The voices were yelling at me at times, telling me to "do it", and telling me to hide.
- o III: I also experienced increased heart rate just because I was trying to do my work and not listen to the voices, all while the voices were yelling at me. I also experienced restlessness, to the point where my leg was shaking

C: most of them, yes. I was able to answer my schizophrenia questions alright, but I struggled with remembering the words/numbers. I also struggled with the article reading it and concentrating. For the paper airplane, it was very hard to problem solve and figure it out

D: yes, it did, it really gave me a clear picture of what they go through

E: YES! gave me so much empathy for them and made me more sympathetic

F: reminded me to have patients and to change the way I interact with them

G: yes definitely, it was a very eye-opening experience walking in their shoes.