

MH1 Reflection

- I was surprised to see what it was like to stand in the shoes of someone who has schizophrenia. I now understand how frustrating it can be to have to listen to voices all day, and some saying to do something harmful to themselves or others.
- I did have some cognitive impairment during the simulation when I was trying to focus on making the paper airplane and then feeling frustrated when it wasn't looking like the pictures. I also had a difficult time trying to remember the certain words and numbers in order as they were said as the voices kept going. I did feel some tension at certain points during the video when it felt like someone was breathing down your neck. It was loud and startling whenever it would loop back around to that point.
- I was not able to accomplish some of the tasks since it took me so long to focus on one question during the time we were allotted. It was hard to concentrate on what I wanted to say.
- This experience did change my perspective towards people with schizophrenia because I understand how frustrating it can be for them to focus on one task at a time.
- This experiment did increase my empathy towards these kinds of patients.
- This will impact my initial conversations with these patients as I will be more receptive to what they may be going through and understand how I should talk to them.
- I would recommend this to other students. It was a good eye-opener to stand in someone else's shoes with a mental illness.