

- A. It was harder than I thought it would be. I barely finished it, and it was not my best work. It was so relieving to take the headphones off and finally be done with it. It made me feel sad that people must experience this constantly.
- B. I had emotional discomfort as I was getting upset at being constantly interrupted and being overstimulated. My cognition was so much slower and clouded. It took so long to come up with the right answers even though they were straight from the article.
- C. I was unable to accomplish the tasks asked of me because I felt so distracted. Every time I had a thought and was working towards the task I was thrown off by a different auditory hallucination.
- D. This experience did change my view of people with schizophrenia because I will be so much more patient with my patients with this illness because it wasn't very evident to me how big the component of distractibility was. I knew that the patients have voices and sometimes these voices make them feel uncomfortable, but forgot how hard it is to do an assignment when there is constant chattering in your ear.
- E. This experience increased my empathy as I will be so much more patient with the client as I now know how hard it is to function while being distracted.
- F. I will always repeat patient education as many times as the patient needs and will not get upset with them over having to repeat myself.
- G. I would recommend this experience to other students because I don't think anyone realizes how hard it is to function and process information while being constantly distracted. Its something you have to experience first-hand to be able to provide patient centered care and have more empathy to individuals dealing with this condition. It is a very eye opening experience and is very useful to gaining more understanding.