

Reflection

Watching these videos is always quite an eye-opening experience, especially the first one. I have seen poverty firsthand because I have been on many mission trips to other countries. However, it's easy to forget that that same kind of poverty exist right here in our own country and even in our own city. Videos like this one also remind me of the importance of volunteer work and making donations to organizations that I believe support a good cause. If everyone who is fortunate enough to help does, it can make a world of difference to families stuck in these situations. This is where I feel like I can play a part in bettering our community. I want to volunteer my skills as a nurse one day to be able to provide care for people in hard situations. That is how these videos affected my future in nursing. They reminded me that I am lucky to be where I am at and that I should use that to help the people in my community.

Another thing I learned was from the kids who lived in a truck. Both kids were very positive about their situation and were trying to make the best of it. It reminds me to not only be thankful for what I have but also to not take a day for granted and to find the positive in even the worst situations. The second and third video correlated to the first one because it showed how experiencing something such as living in a car can have a lifelong effect on a person. Because it can affect brain development, it may create future problems that are hard for the child to overcome. It also stressed that these children need guidance and support to be able to overcome obstacles they face in life. I think this is where therapy is extremely important and can change the course of someone's life in a positive way. One thing that I found very interesting is just how much ACE's affect a person's life. The lady in the last video did a fantastic job not only explaining ACE's but also how they play into our growth and development and then how we carry the effects of them with us forever. One thing that made me happy was knowing that in the first video they gave two of the kids the chance to go to college. After understanding just how

much help and support someone needs to break the cycle, it made my heart happy that these kids got the support they needed and will be able to change the course of their life.