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<p>Step 1 Description</p> <p>This reflection is based on the Poverty Simulation, "Poor Kids" PBS video. My role was that of an audience or an observer. The video showed an insider point of view of three families in poverty, how they became poor and how they are currently doing 5 years after. Additionally, the video showed multiple facts about the status of the country's population in relation to poverty.</p>	<p>Step 4 Analysis</p> <p>It is difficult to make sense of a situation unless we personally experience it but somehow it is easy to say things such as "just get a job." This video teaches its audience that it isn't just about losing or not having a job, it could be having no transportation or childcare to be able to go to work. The perspective of the kids showed their emotions during such times, and how they had to feel helpless in such a young age. The parents' perspective was also sad as it shows how hard it is for them to see their kids suffering in such a way.</p>
<p>Step 2 Feelings</p> <p>Just by reading the title, I already thought that this is going to be a sad documentary. I related to some of the situations the families were in, so it made me feel nostalgic and relieved that somehow, we were able to surpass such situations. The most important feeling I had was the feeling of being grateful. Like one of the kids described, it is scary to have everything then it be taken away. I am grateful that I started the opposite way where we had only enough for necessities to now, where we can afford wants and not just needs.</p>	<p>Step 5 Conclusion</p> <p>A way I could make the situation a little better is by advocating for such a population, supporting organizations in favor of helping those in need, and by offering my skills to them. I have learned from this video not to take things for granted because they can be easily taken away. And when we hit rock bottom, it is important to be resourceful and work hard to climb our way back up. I learned to be grateful and show appreciation to my parents.</p>
<p>Step 3 Evaluation</p> <p>The good thing about viewing this video is that it not only showed comparison of a diverse population, but it also showed how these families are able to find resources and still be able to survive the hardships in this society. I expected a different outcome, as maybe the families would be able to make ends meet. There are a few things I didn't expect in the video, such as the family who left their dog for adoption yet came home with a different dog, or when one of the kids ended up being jailed or lost opportunities due to doing drugs.</p>	<p>Step 6 Action Plan</p> <p>This video was a mind opener, especially for someone like me who has seen and experienced the spectrum of poverty. From this video, I can apply concepts such as the "nutrition club" or the food drive to other countries in poverty. Maybe someday, I could use this knowledge to effectively decrease financial needs of some families. This experience will further improve my practice in the future as it will help me understand my patients a little more and be knowledgeable enough to provide them with resources.</p>