

**Expanding knowledge of Psych**

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### Expanding knowledge of psychology

Psychology is a subject that would never cross my mind in the past. My knowledge in psychology is very minimal and I am eager to learn more about psychology during IM6. I have experienced a type of psychology which is known as anxiety. Anxiety is the only knowledge I have about psychiatric mental health problems, but I would like to gain more knowledge. I will express my feelings, talk about my personal experiences, fears and what expectations I have during this module.

Feelings towards psychiatric mental health problems during this module are very concerning. The fact that I do not know much about what to expect during clinical has me feeling nervous because I do not know what to expect. I feel like the clinical setting will have a positive outcome, but I have heard many concerning things with the psychiatric patients. I am trying to move on to clinicals based on what I will experience personally before starting to feel concerns towards clinicals. I have seen documentaries about psychiatric mental health problems and most of the time are stories about the negative side of it but like I said, I am trying to stay positive. On the other hand, lectures seem hard to understand. I feel like the clinical part is exciting and the lecture part makes me feel anxious. I feel like the psychopharmacology side will be challenging.

The personal experience I have related to Psychiatric mental health problems is my anxiety. I have known about anxiety, but I never thought I had it until I was diagnosed back in 2023. I remember feeling worried all the time, shaking, and having insomnia. I used to feel anxiety episodes before, during and after my nursing school exams. The treatment has helped me stay calm and focused, but it took time before I started to feel normal while taking nursing school exam. I do not want to take my anxiety medication forever, but I do plan on taking my

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medication at least until I am done with nursing school. I have learned that a lot of people have anxiety, and most of the time they are unaware. My Dr has been good about helping me and guiding me throughout this process but for some people it can be hard to talk about this.

Psychiatric mental health problems have many disorders and each one of them have a different affect in the brain. Some people can become very violent and that is what I fear. I have seen many documentaries where homicides are due to mental problems. I do not want to encounter taking care of a patient that had negative thoughts or committed any crimes. I just fear that they will try to attempt something towards me since their brain has been damaged in a way where there not themselves. I am a little scared about what to expect during the clinical setting but like I said earlier I will try not to think too much of it and try to learn why people have many disorders related to the brain. Something that grabs my attention is how they study the brain and how they come up with treatment with the violent patients.

The expectations I have during this module is being taught in a way where I can understand psychiatric mental health problems and being to apply this during my exams. I want to learn more in detail and understand how and why it affects the brain specifically. I expect to be taught easy ways to learn all the psychopharmacology expected during these two upcoming tests. I want to hear personal stories of encounters with the psych patients during the instructor's careers because it makes it realistic. I expect to have fun as well, I have been liking the activities they have been providing after lectures. I would like to find answers on, I would like to find out what causes psychiatric mental health problems and why is it different on everybody?

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I would like to understand how the medications really impact the patient's conditions when they have severe cases of mental problems?

I would like to learn more about why anxiety is under mental problems?

Finally, I expect for this lecture and clinical to be interesting and hope that I will learn new things from psychiatric mental health problems. I am actually very interesting in getting to learn about psych and hope to get through IM6.