Going back to the Sim Lab after a long summer break was pretty nerve-wracking at first, especially being in a different environment. I tend to get nervous at first, then I remind myself that everyone else is probably just as nervous if not more nervous than I am, after that it's usually smooth sailing. The overall experience went better than I was initially expecting, going first and relieving that anxiety allowed me to actually pay attention instead of thinking about when my turn was up. Being able to witness in person how the disorders varied from one another definitely helped clear a few things up for me. I was happy to be able to go through the motions again before heading back to clinical for my OB Rotation, it was a good refresher, especially when it came to how to properly administer medication, the 4 Ps, and acquiring patient consent. The whole experience went well in my opinion, and it also didn't feel like we were there for a long-time either. When it comes to what could've have gone better, nothing immediately comes to mind. Other than the construction work, which was out of our control, it was a good informative and interactive Sim Lab experience. During one of my scenarios, I had to play the role of a schizophrenic patient. The scenario gave me a chance to experience just how chaotic and/or difficult something as simple asking a few questions could be, however the nurses did a good job staying on track and continued progressing down the list of questions. After this week I feel more confident in my ability to communicating therapeutically, and now I have something to resort to if I don't know how to respond to a patient. My view on mental health didn't necessarily change, I always believed it was an underserved and overlooked area of medicine/health however, I now know that I have to show even more patience when it comes to this particular demographic since a lot of their actions are out of their control. The knowledge I gained will help me learn how to work with mental health patients whether it's in a psych setting or a normal hospital setting, and to better distinguish between the differing Mental Health Disorders.