

1.) I was excited and nervous to work with the children's unit on day one. I expected the younger children to be fearful and apprehensive, and I expected the adolescents to be withdrawn or have bad attitudes. I was surprised how incorrect I was. **The younger children were very friendly and just wanted attention. Most of the older children were essentially the same way. They all wanted to share their stories, and they all wanted to be listened to.**

At the end of the day, I was optimistic about the rest of clinical. **I am looking forward to interacting with patients and gaining a more in-depth understanding of where they are coming from.**

2.) A common misconception about mental health is that people who struggle with these issues are dangerous. While a small number of people with mental illness do pose a danger, they are the minority and not the majority.

3.) I would like to see and understand the differences in people who are chemically imbalanced and those who are negatively impacted by their environments. Some patients, no matter what environment they come from, will always struggle with mental illness. Other patients will thrive in any environment, no matter what chemical imbalances may be present. Most of the children I saw came from bad environments, but some seemed to come from good homes.

In a video we watched about mental illness in class, one of the clients who struggled with OCD specifically mentioned she came from a good family and good home and didn't know why she had such a hard time other than that she was just sick. In many cases, it is a purely physical issue like an infection or broken bone.