

1. "For this reason, says Dembo, instilling hope and optimism in people with mental illness can be an important part of their recovery. A positive mindset can have behavioral consequences including greater sociability and creativity, which have knock-on benefits for a patient, leading to a virtuous circle of recovery." ("Is It Ethical to Instill False Hope in People with Mental Illness?"). It's proven that it's ok to give your patient hope, especially if they are recovering quite well.

2. I was raised to help others. My family is all about sticking together and my parents would always say, if you see someone that's alone, it's always good to talk, and especially listen to what the person has to say.

I help others with their problems that they may have at home, or at school. For example, my friend feels like everyone is against except a few of her friends. She trusts me enough to talk about what she feels in her heart.  
**I want to help her because no one should feel alone, or feel like everyone is against them.**

2. Helping others is what any living thing should do. I believe helping others is a trait not just people would have, but especially doctors.  
**I think people should help others because it's kind, helpful, neighborly, supportive, and boosterish. Doctors are always supposed to be helpful in the medical field.**

It's not only helpful, but it builds character. I help other members at church while ushering by placing them at their seat, giving out bulletins, leading offering, giving fans, etc.

I believe helping connects to me becoming a psychiatrist. A psychiatrist helps their patient by communicating with them about their mental illness and prescribe drugs to help them be cured from their mental illness.  
**I believe helping connects being a psychiatrist because they are always with their patients and talking to them about their mental illness. They also talk about how they could get better after a while.**

3. "Lastly, psychiatrists shouldn't spend their time talking about themselves because providing mental health care isn't about the provider. It's about the patient. Talking can play a major role in treatment, especially in psychotherapy, but we should focus on the patients' lives, their symptoms, and their treatment." (Morris, Nathaniel P.). A psychiatrist and patient should be talking the patient's life and how things can get better for them, no matter what.

3. I believe hope connects to me becoming a psychiatrist. A psychiatrist is meant to give their patients hope when dealing with their patients. A psychiatrist should give the patients hope to make them feel if they will get out of their situation.  
**The reason why they should give the patient hope is because they should feel like they have something to hold on to.**

2. Hope is something to hope for at the end of something, or an end if a problem. I believe hope is something you cherish until you meet your goal.  
**The reasons why I chose hope as a keyword is because hope is used a lot in the medical. The doctors always hope their patients will still be alive.**

Hope

"We talked about our childhoods, our hopes, our favorite places to visit." It's always good to talk about your patient's hopes and dreams if their mental illness stresses them out less. It's also always good to mention where they would like to go one day to keep the atmosphere in a positive way instead of a negative.

Help

"People seek psychiatric help for many reasons. The problems can be sudden, such as a panic attack, frightening hallucinations, thoughts of suicide, or hearing "voices." Or they may be more long-term, such as feelings of sadness, hopelessness, or anxiousness that never seem to lift or problems functioning, causing everyday life to feel distorted or out of control." (American Psychiatric Association). Patients come to seek help from psychiatrists either because they have a heart attack, panic attack, hearing things, a feeling of sadness, a feeling of depression, etc. Any of these mental, or physical illness could make them feel out of control and make them have suicide.

4. A psychiatrist does help their patients in many ways. They help them by setting the right environment for their patient, so it's easier to help them. They even help them by talking about warm and good things first to make sure they get a connection before talking about the mental illness.  
**The reason why psychiatrists make sure the environment is nice for the patient so that it's easier to work with them. Some patients get offended when they seem like they aren't welcome to new things and people.**

"Moreover, to the extent that the environment of care in inpatient and other mental health settings is healing and recovery-oriented, it is likely to enhance patient safety; warm, welcoming, and familiar environments often promote a sense of calm in patients and enhance their connection to their surroundings (often referred to as "place attachment"), rather than feel detached from or in opposition to it." (Neary Jr., Robert L.). It's always great to make sure your patient is comfortable so that the process of the meeting will go smoothly.

1. Every time I go to my grandma's house, I make sure I help with anything she needs. At the least I can do since she cared for me since I was very little, and I think it's right for me to care for her at an older age.  
**I make sure I take care of my grandma because she reaching that age where she can't do a lot of stuff on her own. Plus, this lets me have a tiny idea of what they do in the medical field.**

My grandma is by herself sometimes and she sometimes needs help getting things done outside the house. For an old lady, she's really busy, so she's going to need to someone to care for her and be at her side. I go to her house right after school on Wednesdays and Fridays to help her out. She keeps telling me I could be a nurse, but I told her that's not what I want to do!

1. Almost every single day, I always think about if I will go to college. I don't really have a lot of money to go to college since they're four kids in the house, plus debt, and bills. I pray and hope I that I take high school seriously and end up going to college. Preferably Penn State since I get 80% off my tuition each year if I'm excepted into it.  
**The reason I hope for this goal because it matters too much to be played with. If I don't go to college, then I can't go to medical school and then get my residency.**

I was always taught to hold on to hope, especially when trying to reach a goal. My parents say I should always have hope for a great career. I also have hope for other people like friends and family. I even encourage my friends to have hope because if they hold on to it, so they might become successful one day.

I want to go to college to learn and make my future a bright future. I need to study and understand all the classes I'm taking right now so I get a feel of what it takes to reach my goal of becoming a psychiatrist.

Care

"When I was in medical school, I spent a great deal of time talking to patients about shared experiences. We talked about our childhoods, our hopes, our favorite places to visit. These bonds were critical to patient care, engendering trust between patient and caregiver, providing comfort in clinical settings." (Morris, Nathaniel P.). It's always good to make a heart warming bond with your patient because you gain the loving trust from their heart. It's also important for the caregiver to be warm hearted back to the patient too.

2. Caring for family and friends is really important to me. I believe caring is when you love someone very much, and you can't forget about because you love them very much.  
**The reason to why caring is important is because, caring is one of the most valuable words in the medical field. In the medical field, you are always caring for something. Whether it's a person, animal, plant, or even machines.**

In most situations, it has always been easier for me to care for family, friends, and animals. My step mother and dad say I have a heart of a doctor. My step talks with me about how I could be a doctor who talks to patients and listen to their problems since I'm such a good listener.

4. Patients come into the room and sometimes feel like there's no hope for them. That's when a psychiatrist comes into play. The patient feels like everything is lost and everyone's against them. A psychiatrist is supposed to make them feel better about themselves and help them go through the process of their mental illness.  
**The reason for this is because I want to make my patients feel like the world isn't against them. If my patient isn't happy, it gets harder to work with them. So, it's always good to keep a patient on their feet.**

Psychiatrist should care for their patients in many ways. They give them drugs that will either cure them of their mental illness, or help them slow their problems. They even care for their patients by talking to them about good things in life and how they could overcome their situations. In other words, be like guidance counselors.  
**Psychiatrist prescribes drugs to their patients so their mental illness goes away, or decreases. A psychiatrist also has to communicate with their patient in order to know what to prescribe them, or how they should talk to the patient.**

3. I believe caring connects to me becoming a psychiatrist. A psychiatrist is a kind of doctor who studies psychology. A Psychiatrist is meant to care for their patient by listening to their mental illness, or situation that they may have and give them solutions to their instances.  
**I believe caring connects to being a psychiatrist because in some way they are always caring for a patient. They set up meetings, so that they can meet with their patients can discuss what they need to do for the patient.**

4. "Here's a frustrating fact for anyone who has been prescribed medication or therapy for depression: Your doctor doesn't know what treatment will work for you. "It is currently complete primitive guesswork," Leanne Maree Williams, a professor at Stanford University, says." (Resnick, Brian.). The patient is prescribed medicine from their psychiatrist, but your doctor doesn't certainly know if it will actually cure your mental illness.

4. "A medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. A psychiatrist can prescribe medication, but they often do not counsel patients." ("Types of Mental Health Professionals."). A psychiatrist is meant to know/figure out the mental illness and talk about what pills they should use.

3. "Meeting with a psychiatrist during "medication appointments" is usually a very disempowering experience. The meetings usually last for 15 or 20 minutes. During the meeting we are expected to answer a few perfunctory questions and to leave with prescriptions for powerful drugs that can dramatically alter the quality of our lives. In these meetings the psychiatrist assumes a position of power and we usually fulfill the expected role of being a quiet, unquestioning, passive patient." (Deegan, Patricia.). Many patients aren't very comfortable being with their psychiatrists because they're asked with so many questions and have to take pills for the mental illness to decrease.