Paige LaGrow

6 Artifacts and reflections

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Effective study- Effective studying for me is being organized and taking lots of notes. keeping up with the class and everything that I need to do. Writing notes for my classes especially for the the ones with lots of lectures and power points I love to have those notes to go back for tests and exams, and it’s easier to do that then re-read chapters over and over again. Saves me lots of time in the end, and it saves me from questions, because if there is something I don’t understand i’ll ask right away I won’t wait. Being organized is a big part. having your notes and everything in one spot, like I like to have all my notes in a binder because it’s easy to find and this has really helped me in my classes.

**EXAMPLE:**



Taking and processing notes- Taking notes is a big thing and you want to make sure you are doing it correctly. I’m sure half the people who take notes just make it all jumbled on a piece of paper and call it a day. That’s really not going to help you if you have to go back and re-read all your notes and organize them in the end because you aren’t going to know what’s, what. You also need to be able to process you notes, so you need to understand what your writing. You want to be able to comprehend what is being said and what you are writing down.

**EXAMPLE:**



Analyzing reading assignments- When you have a reading assignment you are going to want to ask yourself questions about what you read, and maybe make a chart about what you read in the process. You want to remember what you read and that is one of the ways to do it. Also, you want to think what is the main point about what I have read and write that down and really think about it, and then was there anything in the reading that surprised something you didn’t expect. If so you want to write those things down to share with your teacher. Lastly did you find anything confusing? Because if you did you need to get those questions answered, because you will never understand it if you never share what you're thinking.

**EXAMPLE:**



Succeeding in science and math- To succeed in math and science you really need to be able to pay attention in the class and be able to participate and if you don’t understand something you need to tell the teacher this. Do not procrastinate when it comes to these subjects, because it’s easy to fall behind in them. They are some of the hard classes to keep up in, and you want to keep up. Math has always been of the hardest things to me. There is some that I understand completely and then there is some that I just don’t understand at all even with help and those are the times when I just want to give up honestly, but you can’t and don’t let yourself think that you can’t do something. Thats one of the worse things you can do.

**EXAMPLE:**



Writing essays- is one of the things I do best. I love writing when I know what i'm talking about or if I like what need to be talked about. I think that i’m a good writer because I have a lot of opinions. I like to speak what's on my mind when it comes to anything. I also have an opinion and sometimes that's not the best thing but I haven't found anything really wrong about it. The best writing I’ve done is my paper on teen suicide, because I feel very strongly about it. I’ve lost a couple good friends because of suicide and it is honestly one of the hardest things I’ve gone through because you think was there something I could have done to prevent this? Could I have helped more in anyway. I'm there for anyone who wants my help or even if you don’t that’s why it shocked me when they finally had decided to leave this world. Writing is how you express yourself and that’s exactly what I do.

**EXAMPLE:** Teen Suicide

Teen suicide is happening more frequently and quite frankly it’s disturbing. I’ve lost a few friends in the last year, and it’s so hard to understand why they would do this. All you want to think is how could they do this to their families or how could they do this to their friends. I think that’s very insensitive and you really need to think about the kids/adults that are going through this. They really have to be going through some rough times and depression i’m sure to want to kill themselves. They are just looking for help, and I think doctors should universally screen teen patients for suicide risk, because people who die of suicide see their primary care provider within the month before they die, if you don’t screen you will not find teens who need the most help, and it only takes a few seconds and it’s freely available.

People who die of suicide see their primary care provider within the month committing suicide. This is a wake up call because they are going to the doctor to get help and don’t really know how to share that with them. I’m sure they are just hoping that they realize something is wrong. If we had teen screening for suicide risk then it would be so much easier to get the help and you wouldn’t even have to say anything because they would already know. I also think that teachers can be a big part of this, because students feel comfortable going to one of their favorite teachers and telling them what is going on. Which I feel after this is being said the teacher should go back to the parents and talk to them about it because suicide is a big deal and no one wants to lose a child or a friend. Evidence has shown that screening is highly effective in identifying at-risk adolescents, and that screening in primary care contributes to more accurate diagnosis and better treatment of adolescent depression, and actually reduces rates of suicide. (as cited in Posner 2014,pg.761) I agree when it comes to this if this reduces rates of suicide then why wouldn’t you want to do it. Any parents that don’t allow this a ridiculous. Just because you think your child is fine does not mean they really are. Only they really know how they feel, not you are anyone else.

If you don’t screen the teens you will not find the ones who need the help the most. I think every teen goes through something horrific in their lifetime, and they just want to be heard and if they can’t say it outloud and they take this screening they wouldn’t have to because they would already know. I’m not saying that all kids think about killing themselves, but in this day and age it’s becoming regular and so more kid/adults are thinking about it. It doesn’t happen a lot with adults, but it still can occur and we want to prevent anyone who is thinking or wanting to commit suicide. We should be asking about suicide like we monitor for blood pressure, but assessment of depression and suicide is typically not part of medical examinations. (As cited in Posner,2014 pg.761). I agree with this statement we should really be monitoring depression and suicide because it is a big deal and people are dying and you would think because people are dying that they would take this way more seriously. Maybe if they start putting the assessment in the examinations and not make it a choice then people are either going to come to the doctor or their not.

It only takes a few seconds and is freely available. This actually decreases economic and systemic burdens by reducing unnecessary interventions, such as er overuse (as cited Posner,2014 pg 761) I think since it’s freely available why not just do the screening to make sure. People who are not caught before they attempt become a patient at the ER anyway. You could prevent this by doing the screening. How far does a person have to come to death to realize this is serious.

Clearly, we should universally screen teen patients for suicide risk, because people who die of suicide see their primary care provider within the month before they die, if you do not screen you will not find teens who need the help, and only takes a few seconds and is freely available. This is a very serious topic and I hope that maybe people will start taking this seriously. I’m tired of losing people I love, and I’m sure other people are too. These kids/adults wouldn’t be going through this if they just had some help, and I’m hoping that help comes their way soon.

Task Management- step 1 Taking data how you spend your time during the day,and fill out a chart. Step 2 Interpreting the data, you should be able to interpret and then make your life a little easier.Step 3 Setting priorities with a task management “ to do” list. find out what's important to you what comes first? write a to do list and all the things you really need to get done for the next day and the hard thing to do is actually using that list throughout the next day. Just remember you just need to get it done and do it. Waiting is not something you want to do, waiting can cause procrastination.

**EXAMPLE:**

