

Ashley Cavender
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Reflection

What did you learn?

In module one, I got the opportunity to learn about the different kinds of drug cartels. Before this course, I had little knowledge about the drug cartels and it really opened my eyes as to what the drug cartels were doing. The three drug cartels that I gained more knowledge about were the Medellin Cartel, the Sinaloa Cartel, and Los Zetas.

In module two, I got to gain more knowledge about heroin and opiates. I already knew that heroin and opiates were but it was nice to learn new information from this module. The information that I learned from this module was how opium and heroin affects the body, the history of opium, where heroin was produced, the legal production of opium, fentanyl and krokodil, and harm reduction. I found it interesting to learn about harm reduction, as I didn't have much knowledge about the concept before taking this course.

In module three, it covered the topic of amphetamines and cocaine. The information that I learned was amphetamines and cocaine, how both substances affect the body, the history of both cocaine and amphetamines, where these drugs were produced, the medical use of both substances, and social determinants of health. The main concept I found interesting and gained more knowledge was how cocaine and amphetamines were used for medical purposes, I didn't know that before this course.

In module four, it discusses a lot of information about marijuana. The main take away from this module was what marijuana is, how marijuana affects the body, the history of marijuana, and medical marijuana. Before this module, I was skeptical of medical marijuana because I didn't know the proper information about the topic. However, after learning how beneficial it can be, I'm now more accepting of it.

In module five, it covered the topic of tobacco. Again, I already knew what tobacco was and how harmful the substance is to the human body but it was still nice to learn new things and have a review on the topic. The information that I went through was what tobacco is, how tobacco affects the body, the history of tobacco, and how tobacco is used worldwide today. What I learned from this module was how in some countries--such as Indonesia--many individuals are not educated on how tobacco is bad for the human body or that they were in denial of how harmful the substance it. That information, I found extremely shocking.

In module 6, I learned more about alcohol. The topics that were discussed throughout the module was what alcohol is, how alcohol affects the body, the history of alcohol, the use of alcohol worldwide today, and alcohol and culture. Before this module, I knew how harmful alcohol can be to the human body, but I thought it was fine to drink moderately and not excessively. However, I discovered some shocking facts. For females, even a small drink of alcohol can lead to breast cancer, and I was very surprised by that information.

What impact has this had on your life?

This course gave me exposure to very important international/global topics that are happening all around the world and how it affects many individuals. The information provided gave me more of an understanding of how the social, health, political, and economic effects of substance use and abuse that happens within the international/global community. Overall, the impact of this course has made me open my eyes and see certain situations in a new light.

How will this impact your future choices?

This course will help me to make smarter decisions in the future from the knowledge that I gained. I now have a clearer understanding of alcohol, tobacco, opiates, stimulants, marijuana, and other drugs on global societies. I understand how these substances can affect my body in a negative way, therefore, I will be staying away from them in order to be healthy and have control over my own body.

Does this course tie into any other courses you are taking or have taken?

This health course ties in with a yoga course that I took last semester. During my yoga course, we talked a lot about health, such as, finding a balance in your life, how to make healthier choices for your body, how to deal with stress, etc. In this health course, we discussed about an individual's health but in a different way. This course really focused on different kinds of substance use and how it affects the individual and others around them. The two courses go over about the different perspectives on health, yet they both go hand in hand. They both are beneficial together to making an individual's life healthier and happier.