

My name is **Song**. I experienced my first episode of psychosis when I was in my first year of university. I started to hear voices and I was worried that my professors were conspiring against me. I am now about to graduate from university with a degree in Health Sciences.

My occupational therapist helped me to:

- **Develop and use** strategies to improve my concentration and attention for school work.
- **Connect** with campus accessibility services and access academic accommodations.
- **Plan and maintain** a regular routine that included school work, taking care of myself and being with friends.

My illness hasn't gone away, but I have the skills to cope with it and I think I am a better student and person because of it.



Because of occupational therapy, I am graduating from university.