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2. SMART Goal Sheet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5
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Journal 1:

Ms. Mazhar introduced me and my group to the German Clinic. She gave us the phone number of the nun responsible of taking care of the clinic and the church. So we called her and received her approval to come and help the nuns to set up the clinic and organize it. Luckily for us, we arrived there and other students had the same project. The nun responsible was Sister Petra. She gave us a tour around the whole church then asked us where we would like to work. The clinic was pretty clean but the nuns had received new materials to work with and it was our job to put the materials together and organize in a new way. We are three people in my group: Me, Deena Mostafa, and Abir Freiji. It was really helpful that I was working with two girls as they were really good at organizing. Our first day at the clinic was very successful and we decided that going to the clinic and improving the conditions of it would be our plan and we would try to make it a better clinic and serve patients more efficiently.

Journal 2:

Today, my group and I decided that we take care of the pieces of cloth. When we arrived, Sister Petra, the nun responsible of taking care of the clinic, told us how the nuns had to unwrap the cloth, and then fold it in a specific manner in order to store it. She asked us if we could focus our day today at finishing the clothes. When we went inside the clinic, we were welcomed warmly by all of the other nuns, as well as the patients themselves. So we first decide that we will divide the cloth among us and start doing it. After about thirty minutes of working, we discovered that it would be more efficient if we worked together as a group rather than individuals. So we assigned each other a job to do and therefore we finished our job quickly and we had enough time to do another bag of cloth. So by the end of our time, we had finished three whole bags of cloth and the sisters were really happy and thanked us a lot.

Journal 3:

Today I felt really bad for all of these poor patients. These people had suffered from misfortune in their lives and are not lucky like some of us. They do not have access to the best of healthcare systems and the clinic here is overloaded with patients with different injuries raging from a simple cut all the way to third degree burns. It is sad to watch these people request for help but none can be offered as the nuns are all working with other patients. It is not the nuns’ fault but the variety of injuries that they see does not allow them to prioritize patients; each patient has to stand in line and wait for his turn.

Journal 4:

It is now our final day this year working at the clinic. Our help did not directly aid the clinic as a whole but due to the fact that my group and many other groups helped the nurses a lot with different chores and jobs, the nuns had much more time to focus on other things rather than organizing the materials. And also they do not have to stay extra hours after the clinic is closed to organize. The nuns now focused more on improving the health of the patients and helped improve the status of the clinic. There was great improvement in the renovation of the clinic and the whole building was renewed from the inside, allowing more patients to go inside and be taken care of. It was a great year and a great project for me personally and I am planning on coming here again during the summer to further improve the clinic.

**S**pecific

* My goal this year is to improve the healthcare that is given to the different lower-class Egyptians who seek care in the clinic of the German Church in Maadi.

**M**easurable

* I will know when I have achieved my goal when the condition of the clinic has improved and the patients receive more effective healthcare. By the end of my project, the clinic should physically improve as I am planning on organizing and help renovate the clinic.

**A**chievable

* This is a goal I would really hope I would achieve by the end of my project.
* It will be a challenging goal though as it requires me to be determined, but I am determined and I am planning on exceeding the amount of hours due if it is necessary in order to further enhance the condition of the clinic.

**R**ealistic

* The goal is within my capability as the clinic are already planning on renovating the building, so I will aid them while renovating in order to improve the healthcare that is given to the patients.
* I would have to sacrifice all of my Saturday mornings in order to work from 7 am until 1 pm organizing the different materials.
* The obstacle that would face me is the long hours of hard work organizing and helping the nuns.

**T**imely

* I have no specific deadline to this goal but I would really like to achieve it by the end of the school year in order to rethink of a new goal in order to help my community even more.
* My timeline is going to be to go to the clinic every Saturday morning at about 7 am and work for about 5 hours until 12 pm in order to accomplish as much work as possible within the day and help the nuns focus more on the patients rather than the organization.

This year is been my second year of service learning and community service. Last year, I participated in the service learning program and worked with orphans throughout the whole year, educating them using the English language and improving their English at the same time. When I was choosing my courses for my sophomore year, I signed up for the service learning course because during my first year of service I learned a lot of different things and I think I helped make the community around me a better community. At the beginning of the school year, our amazing service learning teacher told us about the hours that were due at the end of each quarter, and the accumulative hours we were expected to have by the end of the school year. After working with orphans last year, I wasn’t really willing to repeat the same project as I wanted to focus on a different aspect in our community and improve it. I made sure though that these orphans weren’t forgotten and recommended them as a project to a few new students who are doing their first year of service learning. This year I decided to focus on a local clinic located in Maadi inside a German Church. I decided, with the help of two other students, that my project for the year would be to improve the condition of this clinic and help organize the medical stuff in it. Our job was to organize the medicines and bottles into envelopes and bottles for the patients to take them home with them. We went on a weekly basis to this church every Saturday.

My service learning project this year has been really helpful on an academic level as it helped me gain new skills which help me better organize my time and work in an efficient manner. A very basic but important skill I learnt during my service learning experience in the clinic is patience. This is a skill I had to master because the clinic would give us a lot of work to do and stuff to organize and we would spend sometimes over 3 hours organizing one thing. This community service project made me realize a lot of different things that I ignored. In my previous years in CAC and those in other schools, I only knew my community close to me, and ignored that there were many other people who lived around me that required help and assistance. By approving and completing my project for this year, I discovered the lives of many people who don’t have the chance as we do and who require help from us, this is how Earth is balanced. We faced a lot of problems when we were doing our project, but we always managed to face the problem and overcome it. It was hard focused for over three hours while we put caps on bottles or unwrap cloth then fold them in a special way. This helped me a lot academically as I found how important time management is, especially when u have a limited amount of time as the clinic would close at 12 pm. Time management and patience were important skills that I learned during this project.

The church is a well built place and it is really clean from the outside as well as the inside. We haven’t changed anything in the place from the outside, but the important thing is the inside. The church contains a clinic and a school for little girls only, as well as the church itself. It felt very nice walking in and seeing how there are a lot of volunteers helping the nuns with the children or the clinic. We met a lot of our fellow students over there and we worked together which made our task easier and more fun. The clinic was being rebuilt during the last month of out project, and it was harder to organize as the place became smaller due to the renovations that are occurring. But that problem did not stop us and we took our work outside the clinic and worked outside in the garden and finished our work on time.

Although this project taught me a lot of different things personally, there was a bigger picture and a bigger lesson that I learnt from this project. Although I didn’t fully help the clinic, I helped some people working there because they sometimes had to stay hours after the clinic was closed in order to organize he different things, so we did that work instead so that the nuns can focus more with the patients and less about the organization as we were doing it for them. By helping this clinic, I am trying to solve a worldwide problem, but it is extremely popular in Egypt, and it is low class health-care. Most of the people in Egypt do not receive any healthcare at all or receive one that is inefficient or improper. By helping these nuns better improve their clinic, I am helping to fix this major problem in the Egyptian streets, and would really hope that it would end someday. This problem could and would only end by the cooperation of all of the Egyptian population. And as the Egyptians proved before, in the 25th of January revolution, we are able to end any problem, even the most stubborn and the most difficult. Not only the CAC students should work on improving the community around us, everyone who has the power to help should help, and everyone who doesn’t have the power to help should work on getting this power, not just sit there and wait for chance to do something to help him. Although I really enjoyed working in the clinic during this school year, next year I will try a different project and would try to fix another problem present in our community. I still don’t know which subject would my project next year focus on, but I hope that my brilliant service learning teacher would help me find another project that would improve this world, but at the same time I need to make sure there is a new volunteer who will focus on completing me and my group’s work in the clinic. I want to make sure that this clinic would forever be served. I would like to focus next year on another project, aside from teaching orphans and little children and working and organizing a clinic.

Organizing over thousands of bottles and envelopes and medicines was a hard task to do, and it is not yet fully accomplished. But sadly the year has ended, and so did the service learning course. But I realized that to do service learning and community service, there doesn’t have to be any school or grades involved, but I can still keep on doing service learning during my summer vacation. In addition to this year’s course and my personal summer course, I still reapplied for the service learning course next year so that I can undertake new challenges and understand new things about this world which I realized that I know really little of.

A mental disorder or mental illness is a [psychological](http://en.wikipedia.org/wiki/Psychology) pattern, potentially reflected in [behavior](http://en.wikipedia.org/wiki/Behavior). It is generally associated with [distress](http://en.wikipedia.org/wiki/Suffering) or [disability](http://en.wikipedia.org/wiki/Disability), and which is not considered part of [normal](http://en.wikipedia.org/wiki/Normality_(behaviour)) [development](http://en.wikipedia.org/wiki/Developmental_psychology) of a person's [culture](http://en.wikipedia.org/wiki/Culture). Mental disorders are often defined by how a person acts in public, feels, or perceives different ideas. It is usually associated with different parts and regions of the brain. The recognition and understanding of [mental health](http://en.wikipedia.org/wiki/Mental_health) conditions have changed over time and across. Usually, there appears to be a [misunderstand](http://en.wikipedia.org/wiki/Continuum_(theory))ing between mental health and mental illness, making diagnosis complex. According to the [World Health Organisation](http://en.wikipedia.org/wiki/World_Health_Organisation) (WHO), over a third of people in most countries report problems at some time in their life which meet criteria for diagnosis of one or more of the common types of mental disorder. The [causes of mental disorders](http://en.wikipedia.org/wiki/Causes_of_mental_disorders) are varied and in some cases unclear. [Services](http://en.wikipedia.org/wiki/Services_for_mental_disorders) are based in [psychiatric hospitals](http://en.wikipedia.org/wiki/Psychiatric_hospitals) or in the [community](http://en.wikipedia.org/wiki/Community_mental_health_services), and assessments are carried out by [psychiatrists](http://en.wikipedia.org/wiki/Psychiatrists), [clinical psychologists](http://en.wikipedia.org/wiki/Clinical_psychologists) and [clinical social workers](http://en.wikipedia.org/wiki/Social_work), using various methods but often relying on observation and questioning. Psychiatrists seek to provide a [medical diagnosis](http://en.wikipedia.org/wiki/Medical_diagnosis) of individuals by an assessment of [symptoms](http://en.wikipedia.org/wiki/Symptoms) and [signs](http://en.wikipedia.org/wiki/Medical_signs) associated with particular types of mental disorder. Other [mental health professionals](http://en.wikipedia.org/wiki/Mental_health_professionals), such as clinical psychologists, may or may not apply the same diagnostic categories to their [clinical formulation](http://en.wikipedia.org/wiki/Clinical_formulation) of a client's difficulties and circumstances.

* The problem I am combating is the poor healthcare that is offered to the lower-class Egyptians in Egypt.
* I am planning to help the low-class Egyptians who suffer form different injuries and seek help in the German Church’s clinic.
* The clinic is located in Maadi next to midan Sawaris; it is inside the German Church for Nuns.
* My goal is to improve the condition of the clinic from the inside as well as the outside by helping in renovating as well as organizing the different materials needed in order to help the patients.
* Obstacles that would face me would be the long hours of hard work in the heat while organizing different materials and helping the nuns with their patients.
* My task is to organize the materials for the nuns. For example I must put the pills in envelopes and arrange them in a box for the nuns to use them with the patients. Another task is to fetch any material the nun needs in order to help the patient with his/her injury.







