Helena Frisbie-Firsching HLTH 304 Portfolio Reflection 5/17/19

Part of why I enrolled in this course was my deep love for *Good Kings Bad Kings*, and being able to re-engage with the text once I had even more disability studies background and experiences has been very valuable. Being able to make connections between the fictional text and things I observed at the CCW made the pressing gravity of the rights argued for in the text even more apparent. And the freedom and flexibility of the course projects gave me a structure to allow me to explore the reality of institutionalization more formally. This course has further expanded my personal interest in and awareness of institutional structures of oppression, and the activism which works to deconstruct them. This was reflected in both my final project and also the depth at which I engaged with *A Disability History of the United States*. Reading this text was very impactful, as it details not only the rise of institutions but the start of their deconstruction as well. The recognition that power structures like those present in the medical industrial complex, which seem so deep and ingrained that they are too big to stop, have not been an ever present facet of the country, it makes them slightly less daunting to try and tackle.

Going through my posts, I noticed that I usually tried to relate the material to my own personal experiences in some way, from centering my midterm project around Wadlow to making some level of personal connection in every post with the exceptions of "Disability Culture" and "3 Impactful Parts of A Fierce Kind of Love." While I know doing so helped me engage with the material, in retrospect some posts, like the "Cure and Trigger Warnings" seem

overly self-centric given that I do not have a disability. On the other hand, this could also speak to the universality of Eli Clare's points, which is a valuable point that in retrospect I probably should have made in my post.

Working with the CCW artists has undoubtedly changed me the most out of everything in this class. My previous conceptions of who artists are and what a workspace for people with disabilities looks like has been inherently changed. Tell me to think of a professional artist, and first thing my mind goes to Karen, even beating out my brother in law! I'm always going to remember the energy and liveliness of the CCW, and the ways in which the physical space was adapted to create an accessible work environment for everyone. I also really value the opportunity I had to share physics with the CCW folks through the campus tour. Being such a passion of mine, it was really rewarding to share a generally inaccessible subject using the lab equipment. The artists, especially Tim, have levels of inquisitivity that are so valuable in the sciences and I hope to carry some of that with me as I further pursue my physics studies. The collaboration with the CCW introduced me to a demographic of the population that I just flat out did not have experience with in the context of making personal connections, always because of a perceived lack of opportunity. But I now recognize both the extreme value of making these connections, and also the many opportunities to do so, which I plan to seek out and take advantage of in upcoming years.

This course has encouraged me to pursue a health studies minor, which I am hoping to center around the power structures and imbalances of health and medicine. This is especially pertinent to my (potentially) future career in the medical industry as a medical physicist. I will carry with me my disability studies background and continue to recognize that all of my future

patients are people, not cases of interesting intellectual problems to solve (which unfortunately is the mentality of some medical physicists I have met so far). I will do better.