**Ashley P Intro Post to class 10 week 1**

Hello class,

My name is Ashley Pangalangan and I am from a small town called Walterboro, South Carolina. Today is officially my first day returning to class. I just took a 6 week break due to a terrible car accident I was in. The great news is that I recovered well and I am refreshed and eager to be back in school to learn more!

I have two beautiful children, ages 9 and 2 that are the light of my world. My daughter is the oldest and is so smart and mature for her age. My son is in his "terrible two's" and needs as much guidance as humanly possible. I enjoy horse back riding, swimming, karaoke, walking on the Carolina beaches and gardening. I absolutely love babies and puppies. In fact, both have proven to be some sort of therapy for me. My child’s father was tragically shot and killed a few years ago. This specific event as well as being the sister of a mentally disabled teenager has helped me in making my decision to further my education in psychology. I have considered careers working with children that have experienced trauma as well as operating in a group home facility. Regardless of where this career path takes me, I want to help! I want to better understand children and people in general. I desire to learn more about brain abnormalities, substance abuse issues, PTSD, and any other material I can get my hands on. I do believe I am exactly where I belong and learning exactly what I need to be in order to reach my full potential and help others.

After reviewing some of our weekly overviews, one sociocultural group that caught my attention was those experiencing gender dysphoria. Gender dysphoria may be experienced by transgender individuals that feel uncomfortable with the gender they were given at birth. My current knowledge of this particular group brings me to conclude that depression, anxiety, and suicidal tendencies are commonly diagnosed in these individuals. After further researching this topic, it is revealed that my assessment validity is high and accurate. In fact, anxiety, depression, self-harm, eating disorders, and substance abuse are all common diagnosed conditions among transgenders (Valashany & Janghorbani, 2018). School attendance may also be poor for this sociocultural group because they fear being bullied and harassed. Many of these individuals drop out of school or are unemployed for this reason. Individuals that suffer from gender dysphoria may be at risk for suicidal ideation, suicide attempts and suicide. The risk of suicide may still continue even after the gender is reassigned (Valashany & Janghorbani, 2018).

Reference

Valashany, B. T., & Janghorbani, M. (2018). Quality of life of men and women with gender identity disorder. Health and Quality of Life Outcomes, 16(1), 167. https://doi-org.proxy-library.ashford.edu/10.1186/s12955-018-0995-7