

Student #6

Last class we had a speaker named Kasey Render come into my composition class. Before he was introduced, I didn't know who he was. I assumed he was another one of Professor's Nelson's students. My first impression of him was that he was young and stylish (He was wearing street fashion. I loved the shoes). I also thought he was down to earth with his personality, especially when he sat down to speak with us.

One of the first things he said was that he promotes "health and positivity". I appreciated that, and I could also sense that he was going to talk about mental health. He went on to talk about his business "Family Dreams Fitness", which incorporates physical and mental health training. I really appreciate that he's going into this business because I think that mental health is very connected to physical health so it is very smart to have a place that's not just for one or the other.

He mentioned that he changed his major in high school. It was nice for me to see someone who changed their path in life and is still going to become successful and happy. I question a lot about what I'm going to do as a career, so seeing him made me more positive about what's to come.

He talked about how he wrote a book, and that he uses writing as therapy. I like to write my thoughts down too, just so they can be put somewhere and not just linger in my head. I think writing is very therapeutic. Concerning all of the unfortunate events that have occurred in his life, he still seems upset about them but I think that he wouldn't change anything because it got him to where he is today.

For example, his relationship with his girlfriend didn't work out, but he learned so much about what he wanted to do in life while with her and got a lot out of it. It was interesting hearing his thoughts on "behavioral hospitals" and his time being Baker Acted. He seemed to have a very positive experience there and it helped him get better. A lot of stories I've heard about being Baker Acted are negative, so it was compelling hearing a different side. I do agree with him that mental hospitals are more needed than prisons.

I really liked what he had to say and I felt like I could really relate to him. I was very surprised that he was the author of the religious essay, but I can definitely see him being the one who wrote it.