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COVID-19 and Students

How the pandemic has altered the school experience- both socially and academically

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What's Ahead?

Interviews with college students allowing the reader to take a glimpse into the new reality as a student during a pandemic that seems to have no end. Able to understand how their school work has been affected, along with their mental health and personal lives.

These individuals have all been affected by the pandemic, and were asked the same set of questions regarding their experiences. The goal is to gain a general understanding of what it may be like as a student during this pandemic.

How long/how many times have you had to quarantine?

I have had to quarantine three different times now. Once when my sisters had a covid scare, which lasted 5 days waiting for their results to come back. Once when my sisters actually got it. That lasted about 20 days, exposed to them for a couple of days, and then separately quarantining 14 days after the last exposure. The last time I quarantine was when I moved into my college apartment, two of my roommates tested positive. This was the longest quarantine, as I had to quarantine until their quarantine was over and then 14 days after their last day.

How has covid affected your school?

It has been okay, the biggest struggle is keeping up with everything, since everything is online. Classes haven't been extremely difficult, but I have felt that there is too much busy work, and it is hard to get everything done on time with the lack of motivation.

My Experiences: Mia, 19, College Sophomore

Has not tested positive for COVID-19

How has covid/quarantine affected your mental health?

It has been a struggle. I think that the major factor that contributes to declining mental health is the lack of motivation. Especially when I was in quarantine, it was very hard to find motivation. When there is nothing to get ready for or wake up early for, I found it hard to get out of bed and get any sort of motivation at all. This had me falling behind in classes because I really lacked the motivation. It has been very rough, but I have been trying to stay positive.

How does your daily life look different than it would have been if there was no pandemic?

I honestly think my daily life would be pretty similar to what it looks like now, with the exception of going to classes, and an occasional social gathering.

Izzy, 19, College Sophomore

Has tested Positive for COVID-19

What were your symptoms?

“I had a sore throat and a stuffy nose. I lost my taste and smell for about a day, but still have not fully gotten my smell back.”

How has covid affected your school?

Very negatively because I am better at learning in person, and I am more motivated for in-person classes. When classes are all online, it feels like I am teaching myself.

How many times have you had to quarantine, and for how long?

“I only had to quarantine once when I tested positive, and that was for about 12 days.”

How has covid/quarantine affected your mental health?

Another very negatively. Especially during quarantine because I did not get any human contact. I have a lot less motivation. But, I have noticed that it has made my relationships with immediate family and close friends stronger because I hang out with them more.

How does your daily life look different than it would have been if there was no pandemic?

When we were sent home from school, I was not able to go out. I went for a lot more walks. I was exercising a lot less because I wasn't able to go to soccer or the gym. I stayed home a lot more because I usually like to go do stuff.

Nate, 20, College Sophomore

Has tested Positive for COVID-19

What were your symptoms?

I had aches, sore throat, lost taste, and smell for about 10 days.

How many times have you had to quarantine, and for how long?

One time for 14 days. (When he tested positive)

How has covid affected your school?

Negatively. I have not been able to build relationships with my teachers that I would like to. Communication with students in a virtual setting has been difficult as we have not been able to use non-verbal gestures. It has been a lot more difficult to get into a daily routine and therefore I feel like I have not been as productive in not only my school work but my daily life

How does your daily life look different than it would have been if there was no pandemic?

I was able to create a better bond with my family by partaking in more non-traditional family activities. Also, my daily routine was much more relaxed and forgiving than prior daily routines.

How has covid/quarantine affected your mental health?

It has affected my mental health negatively because it has been hurtful to see the way that covid has become political and divided our country even more. Also, it has been difficult not interacting with family members.

How many times have you had to quarantine, and for how long?

Yes. From the stay-at-home order in late March until about June.

How has covid affected your school?

There has been a lot more free time in between classes, to study whenever. School is easier because you have open notes, but there is a lot more work. Seems harder because maybe I am not allocating my time properly. All the fun of school is gone. College is more social, and I am missing that. I am currently living at home away from the dorms doing everything.

How has covid/quarantine affected your mental health?

I have become a lot more open with myself as well as the people I interact with. I have been becoming more of myself. I have appreciated things more, and it will allow me to not take things for granted in the future. I have been able to realize things about myself and the world.

Gabe 18, College Freshman

Has not tested Positive for COVID-19

How does your daily life look different than it would have been if there was no pandemic?

I have tried to keep a nice routine, wake up early, get to class, tried to maintain a schedule. With the current online school, I am taking a lot of credits, but I still have time to run, bike, which has been a good benefit. I have been at home but it means free food and. Home is comfortable, but it feels like I am still in high school.

Kaden, 19, College Sophomore

Has not tested Positive for COVID-19

How many times have you had to quarantine, and for how long?

About 4 different times, all when someone I was exposed to tested positive. It was about 2 months combined.

How has covid affected your school?

The Corona virus has made me focus less on school work and participate in all online courses, which I struggle with, because I have no drive to do them. I also have been responsible for teaching myself the content provided because class meetings are typically used for review and discussion days.

How does your daily life look different than it would have been if there was no pandemic?

I have found myself enjoying my sports and hobbies more because I am spending less time at school and on campus.

How has covid/quarantine affected your mental health?

The quarantine has positively impacted my mental health and wellbeing because it has allowed me to work at a job that I thoroughly enjoy, and has made me consider pursuing that career. The reason I can work at this job is because most of my classes are online, giving me plenty of hours to work.