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Recommended Citation

Anonymous, ""Quarantine experience"" (2020). *Documenting the CSUSB COVID-19 Experience*. 176.
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My Life Throughout COVID-19

My life has changed throughout the COVID-19 pandemic because my dad got less hours at his job and to help him out I went out and got a job to help him out with the bills at home. My life has also changed because I used to really rely on the gym to keep my mental health in check and it really helped me out a lot, but when everything shut down I found it really difficult to adjust to staying at home 24/7 and I no longer had the gym to keep my mental health in check. I have since adjusted and found new ways to keep my mental health in check and keep myself busy while still social distancing and being safe.

My experience with distant learning and/or remote work is that I tend to feel like I have not learned anything and/or that I am pretty much just teaching myself how to do everything. I have managed to be able to keep my grades up and I have tried to max out my units just because I have a lot of time on my hands and I no longer have to worry about commuting to school everyday and spending a lot of money on gas. I feel like that's the one good thing that has come out of all this is that now because I have been maxing out my units, it looks like I am going to have a pretty easy senior year and it will be easy for me to focus on graduate school applications and my CSET exams and CBEST exam.

Some adjustments that I have made to my daily routine is that now that everything is due at 11:59pm or earlier and not the next class day I have found that I need to do my homework earlier and I am no longer able to work on it until 4am the night before class because of the deadline. It was something that it was hard to adjust to at first, but now I got the hang of it and it has helped me procrastinate less.

Technology has played such a huge part throughout the pandemic. I use my laptop to participate in zoom meetings, do all my assignments, I have all my books on it because I only purchase e-books, facetime my friends and family, and etc. I use my phone a lot more to keep in touch with all my friends. I was pretty familiar with all the technology that I have to use now, so I found it pretty easy to adjust to that part.

At my house we always had an empty room and so now I redecorated that room for it to be my workspace because I found it very difficult to do my homework in my room. If i tried to do work in my room I would just get lazy and lay down on my bed or just turn on the tv. Now that I have my own room to focus on school I find it very easy to get my work done.

I am staying connected to the campus community by reading all the emails I receive from on campus clubs, departments, and faculty. I also follow CSUSB pages on twitter and instagram to stay up to date with everything that is happening. I found all these very helpful and helped me feel/stay connected to the campus community.