

# Changes Experienced Through COVID 19



Ariana Monarca

# Overview

The following photographs and topics displayed in this visual essay represent the crazy year that I've had. Due to Covid, I'd say a lot of things changed in my life. Some things for the better and others not so much. My senior year of Highschool didn't turn out quite how I expected it be to. I missed out on my last track season with my teammates as well as typically senior activities and trips. I both gained and lost friendships in a span of a few months. I started a new chapter at Springfield college too. Even now, I'm still currently adapting to new changes. Covid is still having an impact on my life, even months later, however I can't change that. Filled with ups and downs, it all feels like a roller coaster.. Sometimes it's a lot to handle and process the changes that COVID has thrown in my direction.

# Last Months of Highschool



My senior year of high school was different than expected. All my senior trips and prom nights that I was looking forward to since freshman year were canceled. Due to the fact that it was just too unsafe to carry through with these activities, my senior year felt like it went straight out the door. This photo was taken with my group of senior friends back in October. Little did we know that the end of our senior year would become so unpredictable in the months to follow. I never knew that officially my last day stepping foot into my high school would have been in March. Unknowing that it would be my last day, I never got to say a proper goodbye to my friends.

# Athletics on Pause



Last time I was able to compete was my indoor track season that ended in February. We unfortunately got put on pause and weren't able to have one last outdoor track season. In this photo, I was with my 4x800 relay team after breaking our school record for the first time. For our outdoor track season, we had a goal to advance our 4x800 team to state opens but never had the opportunity to give it a shot. Even coming to college, competition season was canceled. We still train but I haven't been able to compete representing Springfield yet.

# Friendships



COVID also had a big impact on the relationships I formed with those closest to me. Before quarantine, I was pretty content with the people in my life. I had a group of friends that I talked to all the time at school. After stepping foot out of school in March, those friendships started drifting apart. I lost friendships with people I thought would be in my life always and it was difficult to handle. In the process of losing friendships, I've also strengthened other friendships. My bond with them has grown. We all continue to keep in touch even though we're following our separate paths in college.

# Family Time



The one positive about COVID is that I got to spend more time with my family. I've been able to stay home and enjoy family dinners together, have bonfires, and watch movies more often. The situation sucks but at least my family is helping me through it all. In this photo taken in August, I went kayaking with my dad, aunt, and cousins. My family tried to get out of the house a bit and do more fun outdoor activities. We wanted to take our minds off COVID and get that quality time together before I left for college.

# A Fresh Start at Springfield College



Coming to Springfield college, I wasn't sure what to expect. It was all so nerve wracking yet exciting since it was my first time really getting away from home in months. It was finally a time for me to have my own independence. I knew changes were made to adapt to the COVID 19 guidelines. Wearing masks at all times and remaining six feet apart was something no one was used to doing. Online classes can get pretty hectic too. I'm not used to learning in an online format but I keep improving my skills on navigating the system daily.