Pandemic Experience

Life during the COVID-19 pandemic occurred very unexpectedly. I remember talking about during the pandemic during school and saying that more cases keep occurring each day. By the final week of school before spring break, the cases per day in the United States were increasing at such a rapid rate that we all believed that we would not come back to school. Once President Cooper announced that we would have a two week break, I prepared myself to bring home the majority of things from my dorm room because I believed that we would not be back in school for the rest of the semester. This was heartbreaking because I was looking forward to finishing the year strong at Springfield College, but those plans were put aside for the pandemic. Switching to online classes was a little bit chaotic in making a new routine, but once I made a routine. I got more used to it. I have learned that no matter the situation I can always find a way to adjust and motivate myself to achieve my goals during this pandemic. I still worked hard during online classes and made sure to submit everything on time. I also am still keeping myself in good physical shape by exercising almost every day like I did before the pandemic. Even though gyms are closed, I still find creative ways to workout and keep in shape. The most difficult thing for me during this pandemic is not being able to see my grandparents. People of older age are at a lot higher risk of acquiring the virus, so we stay away from them as much as possible. Phone calls and facetimes are a good way to communicate with them during these tough times, but it is not the same as a true interaction in person with them. Along with these difficult things to endure during the pandemic, there are also things that give me joy. I now find joy in driving around in my car a few times a week because it is really relaxing and I never appreciated that freedom before the pandemic.

My loved ones have been affected by this pandemic because their whole lifestyles have been affected. A lot of my family members cannot work because their work is closed. My brothers and cousins sports games and practices have been cancelled in order to practice social distancing. I was supposed to have a few basketball tournaments during April and May, but they have been cancelled due to the coronavirus. My typical day during social distancing is to wake up, eat breakfast, do my homework and attend zoom classes, eat lunch, exercise, finish up homework, eat dinner, and at night I shoot around in my driveway on my basketball hoop, watch TV, and play video games until I go to sleep. This schedule is nothing special or exciting, but I believe I can get through these boring days until the end. I miss the upbeat and welcoming environment of being on campus. I also miss my routine that I had at school because I was a lot more productive with it. I have never experienced anything like this pandemic before, but I did learn a lot about myself during it.

I have been impressed by places actually closing down and not having business during this pandemic. Some families rely on these businesses to provide food, leisure, etc. but without them people have to find other things to keep themselves occupied. I have been disappointed by people still gathering together in public to see each other in my city. People are still going to parks and fields and having gatherings that do not practice social distancing. This disappoints me because it will only extend how long we are going to go through this pandemic. My deepest fears for the COVID-19 pandemic are that there will never be a vaccine and people are just going to get sick of social distancing and start acting like the virus isn't even there. This would be horrible because the amount of cases would increase due to the fact of silent carriers of the virus. My greatest hopes are that we will find a vaccine to combat this virus and that people will look at the

Elias Tsiantoulas

HSCI 325-21

whole situation as a positive that the United States successfully got through it together. I would like to see the world look at this as a battle the human race won against a deadly virus that caused fear in so many people!