

<b>Subject</b>	Ian
<b>Date</b>	February 2, 2021
<b>Location</b>	Tucson, AZ
<b>Interviewer</b>	Cecilia Peru
<b>Annotator</b>	Marissa C. Rhodes
<b>Project</b>	
<b>Notes/Bio</b>	
<b>Minutes</b>	
0	Cecilia Peru introduces herself/Purpose of podcast is to uncover College-aged struggles during covid/Introduces interviewee good friend Ian
1	Ian was full-time student during pandemic/He will share his struggles and explain how he achieved success in school/ Q: "What kind of ruts are we talking about?" A: Ian moved into a 1bed/1bath apartment by himself before pandemic hit/He was lonely and lost motivation
2	Nothing else to do but eat and watch Netflix between Zooms/Struggled with lack of motivation and lack of productivity/Ian's mother encouraged him to be active as a child and he'd lost that on his own
3	Took Ian from March to May to figure out how to motivate himself/Q: "What has motivated you the most?"/ A: Lost summer internship because it required travel/Getting job was best thing he could have done/ Structure and scheduling got him out of hole/Q: "You were a full-time student?"
4	A: Yes, Shift to online was very difficult/Teachers did not know what they were doing/Mental health still suffering/Q: "Can you specify what you mean by problems with mental health?"/ A: No motivation, depression, cooped up, weight gain, messy apartment, socially isolated/Summer girlfriend moved in
5	Summer 2020 was a little better but still not old self/Ian and his girlfriend struggled being home together all the time/Summer was hot/Arguments with girlfriend/Impact of lockdown on new relationships
6	Potential for COVID-19 to create stonger bonds between romantic partners/Ian's relationship struggled but is stronger in the end/ Q:"How did Fall 2020 semester go?"/A: Ian moved into a shared house with two roommates./School still not back to normal but life improved because he was living with friends
7	Shared experiences with roommates/Partied together/Exercised together/Supported each other/ (safe) personal connection was key/ Q: "Has moving in with roommates impeded visits with family?"/ A: Yes, initially they couldn't interact with each other normally because of vulnerable family members
8	Finding boundaries with each other a challenge/All three roommates on the same page/ took pandemic seriously/kept masks handy/only small gatherings/ Q: "Have you guys kept up with your word?"/ A: Yes, miracle all three of us avoided getting COVID/Two of the three are vaccinated/Q: "When if your lease up?"/A: technically July 2021 but most will be gone by June/ Q: "Isn't it crazy that you'll be graduating and it's still COVID? People couldn't walk last year for graduation/A: Still is
9	A: So weird/ Online students want to just get it done with./Q: "How are you doing today after a year?"/ A: First period was tough, Summer 2020 was better, Fall was even better
10	Spring 2021 Ian got a second job/very lucky to get an in-person job/loved being somewhere in person with masks/socializing and mental health improved/ Q: "How are you balancing school and work?"/A: Coping with stress of both is difficult to cope with
11	Hard to find balance/ Stepped back from responsibilities that weren't essential/took off work and went hiking/taking breaks is important/Cecilia says : self care is important
12	teachers are under just as much stress so they are willing to give you grace/COVID has put stress on everyone/people are more empathetic now/ Cecilia says that she and her co-workers have been working to support each other and relieve stress rather than make it worse for each other
13	Q: "Can we transition into a more positive light? What do you like to do?"/ A: The outdoors/hiking/Grand Canyon- it was empty/important to find things that make you happy to keep you going/Being outdoors, fresh air has kept Ian going/Q: "Do you have any favorite spots?"/ A: Sedona
14	Q: "How far away is Sedona from Tucson?"/ A: Two hours/Ian and Cecilia agree that Sedona is a wonderful place/majestically beautiful/Cecilia thanks Ian for sharing his story
15	Cecilia closes out the interview and says goodbye, asks listeners to follow Ian on Insta @eentisdale (not the correct spelling of his name)