

February 3, 2022

Pandemic History

When the pandemic first hit, I was in my freshman year of college fresh out of Highschool now I'm in my Junior year, looking back to that almost being 3 years ago is a complete nightmare because of how fast time flew and the things that happen in-between. For us in Long Island Covid came off as a regular flu but soon we would learn what a tragedy it turned into, Covid has brought nothing but pain, confusion, and losses into everyone's life wheater they were personally affected or not, everyone felt the negative ripple effect from Covid all around the world.

For me personally Covid affected me negatively because I suffered in a lot of areas in my life for example, my academics, social life, mental state, and physical state. The one that affected me the most was my academics because, I lost all motivation for anything having to do with school while being confined into my home for the past year. I feel as though I still have not returned from March 2019 and the student in me died that day we were dismissed from our classes for what was called a "little break" that turned into a heavy two years. I feel as though my mental state has also not left March 2019 and I will remember that day forever because it changed everything for me.

Another thing that was affected in my life because of Covid is my mental state because I had to go without human contact for months because we were afraid of getting others sick which now affects me negatively because I get social anxiety when I am around a group of people and don't really know how to interact properly especially in college settings.