

It was my freshman year in college. I was studying Kinesiology at ASU, but eventually switched my major to early childhood education. I am not going to lie, the first year of college was difficult. I experienced, like most young adults do, being away from home for the first time, culture-shock, adulting etc. ,but nothing could have prepared anyone for what college was going to be like during COVID-19. It was sometime after spring break the university had to shut down the dorms. I packed up all my stuff and had to move out urgently. It was Saint Patrick's day. I remember how hectic it was moving out. That was the first thing I was really sad about but switching to remote online learning was the most difficult thing. I never had experienced taking online classes and frankly I didn't and still don't thrive in that type of learning environment. It was hard not having class interaction and being able to go in class. I felt like I was being cheated out of my college experience. Not thriving as a student, not being able to hang out with my friends because of the restrictions and living with two high risk family members was a lot. After trying to make it through two more years of college I couldn't continue. I just didn't feel like myself and wasn't proud of my experience in college. I was depressed and unhappy. I needed to make a change and step back from college. COVID-19 had an impact on my mental health, friendships and education. I am glad to say I am back in school now and doing in person classes. I am really enjoying it the second time around and have done much healing with the rest of the world as we learned to overcome and coexist with COVID-19.