

OPTIONAL

I have been working with the University of Wyoming on a research project investigating how the COVID-19 pandemic has impacted our lives and, more specifically, how it has impacted our students. If you are willing, would you please provide as much information as you are comfortable sharing by answering the questions below.

Please DO NOT include your name or any personal identifiable information. This is for research purposes ONLY. Information will not be made public in any way.

Lesson Objectives

- Analyze the social and emotional impacts the pandemic has on their lives
- Recognize the ways in which people in society are impacted by the pandemic
- Understand the need for community and social interaction

Essential Questions

1. How has the pandemic impacted your social and emotional well-being?

It made me more connected to my friends. I created a "bubble" and they became a lifeline as someone who lives alone with no intimate partner.

It also made me realize what I gained from being around people - positive and negative. I am naturally introverted, so staying home and reading wasn't the worst, but i did grow to miss hugs and beign in the same space as others.

2. Why is social distancing and isolation so difficult?

for me it was the unknown and uncertainty. How long was this going to last, when is the next time i can see family, what will this look like for my job. If i go home for christmas what will that look like? The uncertainty was hard.

3. In what ways has the pandemic allowed you to see the world in new ways?

It has gotten me to look at people with more open-mindedness and pushed me to learn about systemic racism as the BLM movement is tied with COVID-19.

I also have a greater appreciation of the times i get to spend with friends, family and co-workers. I do notice that i get drained from social interactions faster or easier as i spent close to a year with minimal social life.