

Encountering Covid



When the pandemic first hit, it felt unreal. Stores were running out of food and necessities, I was told I couldn't see my friends or family anymore, and that it was unsafe to leave my own home.

I struggled a lot with the unknown and being out of control of my future plans. My plans for graduation, work, internship, and a study abroad trip could no longer be followed through. I was defeated, terrified, and anxious.

Online learning is also NOT for me. It was hard for me to grasp the content without being able to see my professors and classmates in person. I craved social interaction, which was stripped away from me without any notice.

Unexpected closure was another challenge. Some of my favorite professors and closest friends are no longer coming back to Ferris and I wasn't able to get the goodbyes that I wanted to.

Financial stress started to overtake my mind. My hours got cut tremendously, cutting my income in half.

Lack of a physical support system started to wear me down. I was terrified that I was going to lose my family without being able to spend more time with them.

I've kept myself motivated by spending more time in discovering myself and what makes me happy. With having a lot

of extra time and isolation, this is a chance to create something positive out of the loneliness. I also had to keep reminding myself that this pandemic is not going to last forever (hopefully), and that I can't let a virus get in the way of my success or my dreams.

Buying a planner helped me stay organized and focused on my daily tasks.

Spending time outside helped me feel less anxious. Getting fresh air can do wonders on the body and mind.

We also have to understand that it is okay to not be okay. It's easier said than done, but we shouldn't stress over things we cannot control. We are humans; We are known to adapt to our environments.

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