

Reflection on COVID-19

How has your life changed since the university moved to online instruction?

First, learning becomes inefficient. As the online instruction begins, I do not need to go to school including the library, but I do need to study at home because of the coronavirus. However, there are lots of distractions at home and I cannot focus on learning. For example, I can play my computer and cellphone at any time and because I only need to watch instruction online videos instead of attending classes, I will only view videos before I start to do my homework and I will not view carefully, which leads me to miss lots of important knowledge and concept. Also, I can play computer games all day and all night, so sometimes I may forget today's date and miss homework due. In this way, I lose lots of points. Second, I cannot always go to the dining hall. Because I need to stay at home to protect myself, I need to cook on my own. I know I can get delivery, but I do not have so much money. However, I am not good at cooking, so I need to ready cooking books and follow the steps. This is really fun for me.

How have you been connecting with others during this time of "social distancing?"

Yes, I have been connecting with my friends during this time of social distancing, but I do it by using my computer and cellphone. It is true that we feel alone and bored. We really want to go outside together and go shopping, but we do know how dangerous outside and the importance of protecting ourselves from the coronavirus. For this reason, we only use our phones to have facetime with each other or play games together. This is enough for me. Also, I think connecting online is very important. Everyone may feel alone and bored and they need to talk to someone, which is beneficial for their mental health.

If you wanted other people, both in the present and in the future, to know one thing about your current experience, what would it be? Why?

First, I am willing to let future people know that my experience is not that bad. Actually, because of our advanced technology, I believe we can finally control the coronavirus and create the vaccine. Thus, I do not want them to feel anxious and worried. Second, I would like future people to learn our mistakes. They should not only feel surprised, instead, they need to summarize our mistakes and do something to prevent this situation to happen again. In this way, they will build a healthy and great world. In the end, I wish future people could remember doctors, nurses, and every who sacrifice themselves in this pandemic. They deserve to be remembered all the time. They are heroes because they saved many people's life.

How has the pandemic been affecting your communities (broadly defined)? For example, there have been heightened incidents of racism, biases, and violence against Asian and Asian American communities.

Well, I think this pandemic really affects the relationship between each other. For example, my family members group together to fight against the pandemic, and they feel more connected

with each other. This is great. On the contrary, some people feel distant with their friends. Also, during this situation, when someone coughs, everyone around him will feel that he gets the pandemic and stay away from him, but actually, he just feels uncomfortable about his throat.