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In Sickness and in Health in South Texas: Narratives of COVID's Impact

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COVID's Impact in My Life

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Rubiya

COVID's impact in my life

Description of Narrative: *In this narrative I describe the emotional, intellectual, social, and physical dimensions in which COVID has had an impact in my life.*

COVID has had a multi-dimensional impact in my life. First, it has impacted my life in the emotional and intellectual dimensions of wellness. Once COVID hit, I had to take all my courseload online asynchronously without having any set breaks in between. Further, the courseload was increased more than what we would have in the in-person setting. For example, we would have multiple assignments due in one week with lecture recordings posted all at once. Sometimes the lecture recordings would have errors so it would be hard to grasp the concepts thoroughly. Continuously, there would be class announcements sent through email with changes to the overall layout of the course. All these factors created a situation where I could not be as productive in managing my emotions. I endured a lot of stress since I could not thoroughly understand certain concepts and I didn't know how to manage my time in between the multiple asynchronous courses. I also felt anxiety since I would have to take multiple online quizzes and exams back-to-back. Emotionally, I did not feel like I could share or manage these emotions productively since I couldn't even have time to journal my emotions. Intellectually, this also had a negative impact. The lack of face-to-face interaction with the professor made it difficult for me to improve my skills and to learn new things. I did not feel as motivated to complete my course work since I could not communicate with the professor as effectively. The asynchronous lectures made it hard for me to ask questions which decreased my desire to have an open mind to learn the new concepts and to apply those concepts.

Additionally, COVID has had an impact in my life in both the social and physical dimensions of wellness. Taking a complete online course load, I could not communicate with my peers. Further, I couldn't even see my cousins, aunts, or uncles face-to-face. Thus, socially the COVID pandemic decreased my ability to connect with others and it made it difficult for me to maintain my relationships. Using text or video-call to communicate with others was very difficult and it created a barrier for me to thoroughly develop my communication skills with others. Physically, COVID has also had a negative impact. Due to the setup of taking online classes back-to-back, I felt tired since I had to sit for 8 hours straight. The disorganization of the courses made it difficult for me to make time for physical exercise and so I endured physical stress and fatigue.