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## **Being a student during lockdown**

Brenda Barrios

**Name for posting:** Brenda Barrios

**Major and expected graduation:** Grad Student for Educational Specialist in School Psychology (EdS) 2024

**Additional information:** I am a distance online program. I got my 1st straight A's in college ever! Last time I did that was high school.

**Your experience during COVID-19:**

COVID had been going on for a few months before I finally took the plunge to apply to become a Grad Student for Eastern WA University. I have been out of college for eight years now, and applying to a program seemed like an enormous feat. COVID was a motivating force. Of course, we all wish that COVID could go away...but I very much enjoyed the lockdowns and social distancing aspect. If we could all continue doing that, I would not have to worry about FOMO “fear of missing out” on community events, special celebrations, vacations, or friends gathering. Everyone would be stuck at home, and I would be less distracted and get good grades! I finished my first summer quarter and excelled in my courses even though I did make time for vacations, meeting with friends, taking my baby to his first swim lessons. However, I have a very intense quarter coming up... can everyone just go back to their homes and stay put so I don't miss out on anything? On a more serious note, the implications of COVID on mental health in conjunction with starting school allowed me to prioritize my mental health. I started going to therapy and making more appointments with either massage or reflexology specialists to deal with the physical manifestations of stress I was enduring. I also understand that COVID will be increasing the educational gaps for some students. I am a proud graduate student of the Educational Specialist in School Psychology (EdS) distance-learning program. I hope to minimize the educational impact that COVID is having on our students, especially those most at risk.