

## **Journal Entries**

**Date: March 27, 2020**

The transition from in-person classes to online classes has been difficult. It is challenging to concentrate on academic work when COVID-19 has completely changed our lives. However, continuing to practice yoga on my own has helped me cope. It really helped me to build a routine and I look forward to waking up every morning to practice the poses that we reviewed in class. Yet I do miss in-person instruction. When I initially was given the news of the shutdown I was not surprised as I was aware that this had been going on for months. It was expected to happen sooner or later. In my public health classes, we had discussed such topics and even considered possible ways of prevention, contact tracing, and containment. Regardless of whether this was foreseen or not it is still a difficult adjustment to make especially as I greatly enjoy the in-person class, especially my Yoga class. I am a little saddened as I felt I was making such good progress in class. Of course, I have the course reader and I could email the professor or search the web. I guess time will tell but I will certainly do my part to keep things going.

**Date: May 4, 2020**

The shutdown of SJSU started on March 10, 2020, it is now May 4, 2020, and the shutdown has been extended until the end of May. Initially, I was hopeful that things would not worsen however part of me knew that things would continue down this path. The shutdown has now been extended twice I believe, and I expect it to be extended again. The zoom classes have been challenging but also exciting as it is a new form of learning. Furthermore, as I am graduating this semester and I am supposed to be excited, but it is difficult to stay positive at this time. Nevertheless, I am happy for my accomplishments. On the bright side and perhaps the only thing that keeps me going is being closer to my family in a time like this. I am incredibly blessed to have all my family with me. I continue to practice yoga which started off due to my SJSU yoga class. However, now it has become an essential practice, especially during this time. I created my own home gym to keep me active and sane. I have now given my family 3 different haircuts, yes, I learned how to cut hair among other things. I try to keep busy and do other activities such as creating a bookshelf and cabinets along with my many school projects. Lastly, finals are around the corner and I am ready, but what is next?