

Week of March 9, 2020 - March 13, 2020

This past week was a whirlwind of uncontrollable events. It started with an unfortunate death of a woman in her late 60s due to COVID-19, which rippled through San José State University. The President of the school has decided to cancel the classes for the rest of the week, and by the end of the week, she decided to move all courses online for the rest of the semester. This changed my learning environment drastically. There were also multiple events that I looked forward to that now has been cancelled or rescheduled.

However, I still accomplished a number of tasks. First, I finished all my assignments in a timely manner, I was able to adapt to certain environments such as online classes, I was able to go home and be with my family, and lastly, I was able to check up on my friends and roommates during this time. There were also tasks that I didn't do right away because I slept in or went to the gym right away. These tasks weren't prioritized as much because of the nature of the task. I was able to sleep in a little longer because I no longer have to come in to work at 8am. I did not have to go to the gym at a certain time because my schedule has been freed up to go at a later time.

During the course of one week, I got to know myself a little better. First, I get stressed when uncontrollable events happen, but then I quickly accept the reality and move on to what I can control, which is my reaction. Second, I learned that it is best to trust God and not what is happening to the world. In doing so, I am more peaceful and not as anxious. Lastly, I learned that it is acceptable to ask for help. During these times, it may be hard to ask for help, but asking help humbles you to receive care from others!