

Reflection on COVID-19



Taken by Logan M. 4/8/20

Today is May 4th, 2020. It has been roughly 6 months since the first infection in Wuhan, China. However, this writing takes place within the context of San Jose, California. We are currently quarantined into our houses. This situation is unlike anything I have ever experienced in my lifetime. The effect of the coronavirus is rippling through all industries and sections of our lives. This also includes education. I like many others, have had to move out of my dorm at San Jose State University and go home. The change from having friends surrounded by me to states away has been drastic. These changes were sudden and have left us all feeling very lost and confused.

The revelation that I've had is that through the quarantine I truly realized how important it is to socialize with other living beings. It is a natural human instinct to talk with each other.

Social media has helped us through this time. I believe that it is not and never can be a replacement for genuine human interaction. I am not the first person to claim this and am definitely not the last. After logging in and texting friends, I find myself more fatigued as if the whole process was a task instead of a healthy break from responsibilities. I don't get that sense of satisfaction that I once did going out and sharing some laughs. I treasured the opportunities to get off of my computer and get some fresh air. This real-life communication also helped me be more aware of the news and what's going on in the world. The digital medium has distorted our view of the world and polarize us to what's actually going through fake news and targetted content. This contributes to making us all feel ever more disconnected. This is not to say there are not a lot of benefits to social media. They can be helpful for those that do not live in close proximity to each other. However, social media will never be a replacement for interacting with each other in person.

This brings me to my next point. It is important to have a healthy dose of social activity. However, it is equally healthy to have some alone time. In this pandemic, a lot of us have been forced into a situation where we may not get any time to be just with ourselves. For example, those of us who are returning home with multiple family members all around. This lack of privacy personally makes me feel very distracted. I am less able to focus on myself when I can't have space to just think or plan for the future.

One aspect of my life that has been affected tremendously is my productivity especially with regards to college. Although the work assigned is mostly the same, the difficulty in doing them has increased exponentially. New online structures arranged unintentionally make it harder to do simple things such as reaching a counselor or logging into an assignment page. With the

number of complications, we are faced with it can seem impossible to focus while loud family members are around. I also have been assigned to do a lot of chores on top of my existing workload. Despite the hardships, we all must push on, for our future is contingent on us going above and beyond these obstacles.