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As of March, we have been in a shelter in place across California and it has been quite the drastic change. So many have been affected by this pandemic from losing their jobs to losing loved ones, and it is a very difficult time for most. Adjusting to this new norm has not been easy, and it comes with some large drawbacks and inconveniences for everyday life. I am very fortunate that my family was not affected adversely and that we are all so far in good health. I have had close family friends grapple with job losses and difficult adjustments, I have tried my best to be there for them virtually.

Though this is my final semester at SJSU, it doesn't feel like it. Rather than taking finals and then walking across the stage to graduate and earn my undergraduate degree, this week will be spent completing online finals and watching a virtual graduation ceremony. It is all so different, and though so far we've had a two month adjustment period, it still is a new experience everyday. Both my parents work from home, and it has definitely taken a decent amount of trial and error to be able to get our work done while all being in the house, and deciding which rooms we can take as our "office" or "classroom" for the day. Then there is finding a routine for working out, making meals and just having a regular family life, being constantly around each other and trying to still fit in some down time. It is a constant charade, and still such a foreign concept for someone like me that was usually out of the house majority of the day, but we are all adjusting at our own pace.

As a soon to be grad, I do feel nervous about something I would've imagined would be a natural first step for me following graduation: getting my first job post undergrad. Though I started my job hunt early March in hopes to have a job in hand by May, this did not work in my favor as this is when coronavirus first came into play. Despite not having a job in hand, and it is quite frustrating to be hunting for a job in this market for myself and my fellow grads, I remain optimistic.

It is difficult to stay positive in these times of uncertainty, but though we have needed to physically isolate, I have found this time to be very transformative and felt encouraged to not socially isolate, virtually of course. While sheltering in place, I have

felt my community rise up from all directions. Students in my classes are extra supportive to peers, cheering each other on through virtual presentations and providing valuable advice on how those who need to can file for unemployment. We form group chats to help each other keep up with assignments and help one another study so we can be successful on exams. We discuss how those who are in need can get resources and testing for those who have symptoms of the virus. My mom has started teaching virtual yoga classes for my friends and I, and in return my friends and I have been recording the classes for her so that we can turn it in to her teacher so she can become a certified instructor. My friends and I have been more supportive and involved in one another's lives sending each other job postings, having online networking meetings and helping buff up one another's resumes. We've been more open telling each other we miss each other and pull together through these unprecedented times.

Though these times have been difficult, they've also been impactful. As a public health major, I am inspired by my community and how strong we all are. There is no guide to how we get through this, but watching my peers and community members act gracefully gives me strength. Seeing that the curve is being slowly, yet surely flattened in the Bay Area gives me hope that someday this virus will have an effective treatment, and lives can be saved.