

SPARTANS SPEAK ON COVID-19

Hello, my name is Daphne Jude Salom, I am a 4th year graduating senior at San Jose State University. This pandemic was something we never expected. This is most definitely not what I expected my last year at SJSU to be like. I had planned numerous things to experience in my last semester and was hoping to make many memories with the friends I have met in college. Is this how I was going to remember my last year? But being at home, I realize I've taken things for granted. There are people risking their lives to help others, in the name of public health. This is why I went to college – this is why I wanted to get a degree in Public Health. So that I can help people as well in times like these. But in order to help people, we should do our part as well and that means staying home. Besides, staying home has its benefits. I have had more time to myself and have been working on my mental health. It's important in times like these to remain positive and to keep striving. While this pandemic might affect us, it does NOT define us. I know we will get through this and we'll get through it stronger.