

Prior to the pandemic I was doing really well in life. I had my own place in downtown san jose, I paid all my own expenses and was doing great in school. However around April everything started going downhill. I was laid off from my job and had to relocate back home. Once I moved out of my own place I felt my mental health deteriorating. I miss hanging out with my friends and the overall college atmosphere. I can't seem to study or focus like I used to be able to prior to the pandemic. I believe for next semester the university should host small weekly social group meetings to allow for students to distress and express themselves.