Coronavirus Reflection Essay

For the past two months, all of our lives have changed significantly. It’s hard to believe our last time in the school building was March 13! We have all had to adapt to new ways of living and learning during this pandemic that will impact us in the weeks, months, and even years ahead of us.

Personally, I have learned quite a bit during this stay-at-home, quarantine, and lock-down. I have experienced highs and lows, good and bad, and learned much about myself and the world around me.

For this final assignment, I would like you to write a ***four paragraph essay*** response in which you share your experiences since the pandemic began in March. I will include some topics to consider writing about and will include my own responses so you can see what I have been feeling. Feel free to write what you feel comfortable sharing, organize your thoughts into four paragraphs, and present details and development in your writing.

1. What are some emotions you have been experiencing?
	1. I have felt anxious, fearful, and worry – until recently, I felt like a “house cat” because I feared going into the big, bad world of Covid 19.
	2. I have felt calm, grateful, and peaceful – I enjoy the comfort of my home and take comfort in knowing the people I love are safe and healthy.
2. What are some positives from the stay at home order?
	1. I devoted extra time and attention to my graduate work and completed my assignments ahead of schedule.
	2. I am completing home projects I never have time for, like cleaning the basement.
	3. Life has been quiet and simple.
	4. I have time to read for pleasure.
3. What are some negatives to the stay at home order?
	1. So many cancellations – Easter vacation, celebrations, graduations, birthdays.
	2. I miss seeing family, friends, and my students.
	3. I miss the freedom of going out and doing what I want.
	4. Stress and worry about so much – handling online learning, what will the future look like for work and life?
4. What have you learned about yourself?
	1. I crave routine, control, and normalcy – I created a new daily schedule and routine to satisfy my cravings.
	2. I can be insecure with myself, especially when comparing myself to my fellow teachers.
	3. I took so much of life for granted and hope I will not do that in the future.
5. What do you look forward to in the future?
	1. Hugging my loved ones and celebrating so much!
	2. Feeling safe about going out and doing things I used to do like shopping, going to restaurants, the movies, social gatherings.
	3. Feeling a return to normal ☺

Creating this assignment has been a bit therapeutic for me! I hope you will embrace this assignment and feel a release of feelings in expressing your thoughts. These are just a few ideas to consider, so choose to write about what you feel connects to you. Feel free to add something that you experienced. I miss all of you and look forward to seeing you in person, whenever that may be.

I hope you are able to enjoy the summer and that we can start to rebuild ourselves. Your health and well-being are the most important priorities so please take care of yourselves and each other.

Please email me if you have any questions or concerns.

Stay safe, healthy, and be well.