

Des Moines Area Community College

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Life in the Times of Coronavirus: stories from
students, staff, & faculty

Coronavirus (COVID-19)

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The COVID-19 pandemic has likely brought many changes to how I live my life. During the COVID-19 I have felt life has changed a lot to something I never expected to be. The virus itself has killed so many people and caused material and moral losses, the virus has caused people to become stress, anxiety, fear, frustrated, sadness and loneliness, my thought about life has changed during this time I have realized life is too short and we should appreciate every moment we live. I have learned about self-care strategies, and how to take care of my self more and my family. I have been worried and think a lot about this virus and how long the pandemic will last and what the future will bring. The COVID -19 has stressed me out, makes me afraid to be around people because some people are not taking this virus seriously.

Before this began, my typical week was be in the DMCA campus and return home two weeks, but now all I have to do is stay home all day which is a decent and awful at the same time because now I have a lot of time to spend with my family, and some of my close friends, but in the same time is awful because my summer has been ruined be. My older sister and I were going to Florida to visit our old friends, but because of the virus, we cannot go anymore which is very sad. I take a step back and realize that the entire world is going through this, too. It was not just me that lost something, people are losing their wedding plans, their jobs, and even their loved ones. This situation is so much bigger than us, and there is only so much we can do.

When I heard the news that the rest of my semester courses would be online, I was shocked. There would be No more classes at the campus or face-to-face interactions with the professors. I am still adjusting to online courses, as this will be my first time taking an online course at DMACC Boone, and I am worried about how my learning will be impacted by taking online classes. I also worried about how I'm going to keep on track of my assignments, so I set reminders of when something is due so I can be able to do all my assignments and time and have enough time to do them. As students, this will be one of the hardest changes from one thing to another; however, we should continue to do our best to accomplish greatness. Keep Continuing to reach out to your professors if you are struggling because they are ready to help you. DMACC has given many useful online resources for students to use.

The media tends to focus on the negative impact of COVID-19, however, I think all we need to try and look at all of the people who have recovered from it, and share some positive things on social media. As a college student, it is hard to focus on school at all with all of this going on. But I have realized that once I stopped scrolling through those negative news updates about the COVID-19, I was able to refocus on school more and get more things done. It is important to know what is going on about the COVID-19 situation, but we all must keep our mental health in check. While it is important to keep up with current events, look for all the good happening in the world as well. I know a lot of people are getting frustrated and bored. Do not just get sucked into a time warp where you are only doing school homework or not doing anything at all; be sure to take time for you and the things you enjoy doing.

No one knows if life will ever go back to the way it was. Each day is precious, so I encourage you to make a difference not only in the lives of your family members but also those who may not have family or friends. With so much change going on in everyone's lives, it is important to stay focused on the positive and try not to dwell on the negative. I am trying to make this a learning experience for myself, knowing that anything can happen and needing to be prepared for the unknown, and I have learned to not take anything for granted. Everything can change so fast in one night and you never know what is going to happen next.

It is very hard to tell what is coming next or what to expect in the world about this virus. The entire world is in panic mode and I am hearing more and more negative news every day. Even though there is the existence of this, I still encourage everybody to take a deep breath and to stay positive, optimistic, have positive-thinking, and be strong. It is important to stay focused on the positive and try not to dwell on the negative.

DMACC Student #10