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HNSC 2100

Prof M. Horlyck Romanovsky

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Covid-19 Reflection

I never imagined that my life would become so anxious because of a Covid-19. Just like everyone else, everything changed a lot when the Covid-19 broke out in 2020. Everything was not warnings. We were told that the school was closed and the whole of New York City was locked down. Later, I realized that this was the beginning of a difficult period.

When it all started, I felt very anxious because the school was closed, and I had to take classes at home. I don't know what my online course looks like. Will my network affect my class? Will my children bother me? There are too many questions, and doubts in my mind, and more questions become incomprehensible. During these anxious thoughts and unknowns, I can only obey the school arrangement and reschedule my classes at home. On the first day of the online course, I felt that it was not good. Because of the network, my learning experience became very confusing. As a student, I was forced to study online with limited support. I think this is a great challenge for me. Fortunately, some online course professors will have a recording, and I can watch the replay of the missing content in my class, so this is very useful. During this time, I tried my best not to give up altogether. I feel scared and tired. I'm afraid I can't keep up with the pace of the professor. For me, some courses have become overwhelming, and some are easier to manage. With time, I began to adapt to this new way of learning. I communicated with the professor by discovering what worked for me and what didn't work for me. Therefore, it is essential to communicate with the professor. But even so, online learning is still difficult to grasp during the

Covid-19 period. I can only say that it is challenging to be a student, but it is more challenging to learn as a student during the Covid-19 pandemic.

In addition, I feel that during the COVID-19 pandemic, the most challenging thing is my job. This job has put my spirit under high pressure, and even I was significantly impacted. I work in a primary medical office. During the Covid-19 period, I received many calls from patients infected with the COVID-19 virus every day, some of the symptoms were mild, and some were severe, but for me, they were suffering. In early April, I received a call from a patient who said that 4 of their families were infected with COVID-19. The symptoms of their parents were severe. The symptoms of the two children were relatively mild. They needed the doctor to give them the prescription. Later, I checked in and made a follow-up after a week, but three days later, we received a notice from the hospital that the parents of the family died because of the infection of COVID-19. Only two children were left. I felt broken, and I cried. I think life is too fragile. I feel too painful. I don't know who raised these two children in the future, but it's cruelled for them. There are still many cases. Every time I think of them, I find it hard to imagine the pain they have experienced. Separation is the most painful thing in the world. We all know that everyone has birth, old age, and death, but this separation is hard to accept.

The epidemic is still going on, I hope everyone can stay healthy and safe, and I believe the epidemic will pass.