

Living through the COVID-19:

Tuesday 04/21/20:

Today I woke up in hopes that my hold was gone and I should be able to register for classes. Honestly, I didn't know how things work at all. I received an email from my academic counselor acknowledging how I haven't signed up for any classes yet. I had to email her back how it isn't that I'm having doubts it's more like I wasn't able to. Because I had a hold on my account.

This day I was sort of dreading it because I was hoping to be able to register for classes and was worried that I wouldn't get the classes I wanted. The most productive I was by actually trying to properly look at myself and start to take care of myself more seriously. For instance, I'm a very anxious person and when things start to get out of hand. I start to scratch myself specifically my hands and neck. I started to notice how this isn't a healthy habit and I need to take immediate action. So, I focused my mind in putting schoolwork aside and start to take care of what matters the most. Which is me.