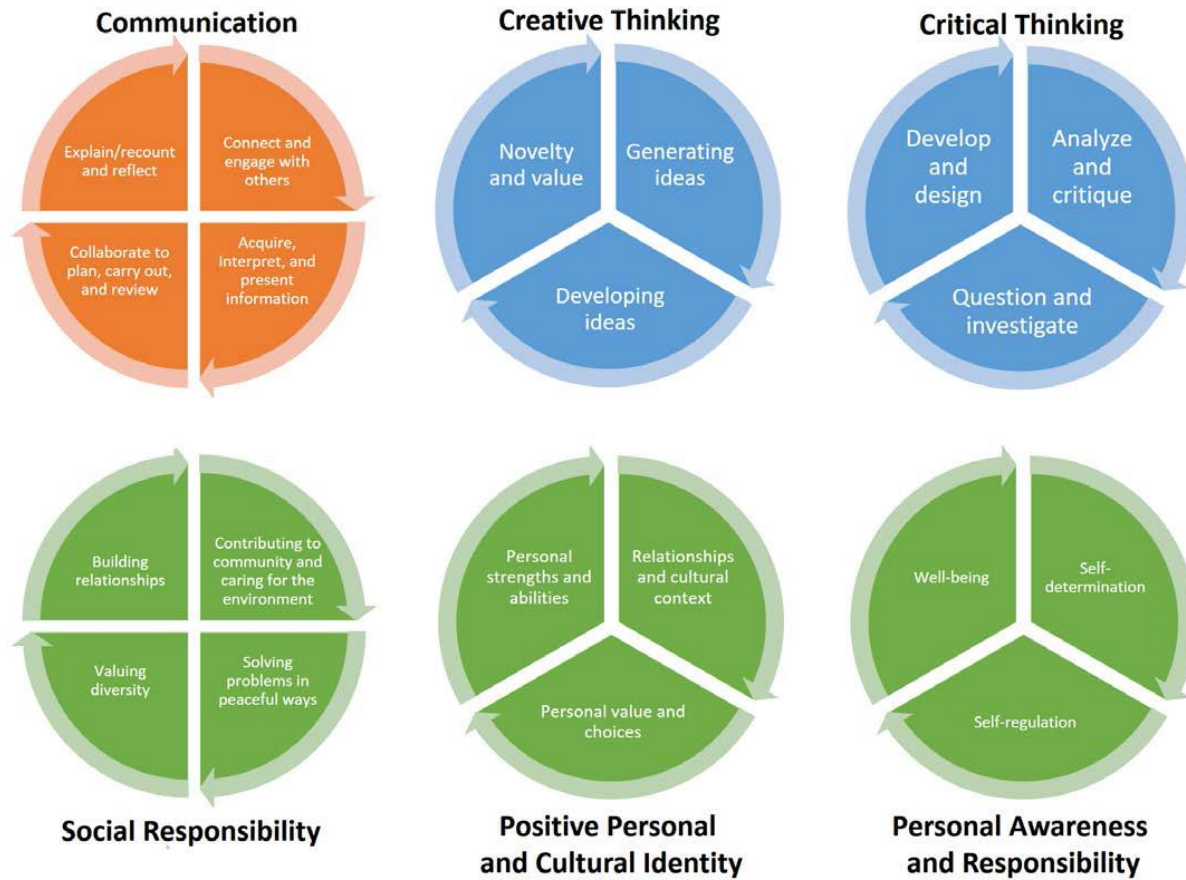


Consider the following areas of student growth



How have the last 3 months during the coronavirus pandemic impacted your physical, social and mental well-being? Use the above core competencies to help with your analysis and reflections.

During the last three months, my life has changed a lot. I was not able to see my friends in person and my vacation plans were canceled. Since I had more free time, I tried to read more to keep my mind sharp instead of being on my phone all day. I went on 5km walks almost everyday. These walks not only made me feel better mentally but they helped me stay in shape. I tried to be socially responsible by practicing social distancing when there were others on the street. I also went to the stores less. In addition, I started eating healthier. All of my actions during the last three months improved my well-being as well as others.

Moving forward, what changes do you hope to make with respect to communication, creative and critical thinking, as well as social and personal responsibility in the new “normal”.

Moving forward, I am planning on using my critical and creative thinking skills to find new ways to celebrate important events in my life. For example, surprising my best friend on her porch with a happy birthday poster. In addition, I can find new ways to spend my free time without going on vacation but enjoying the local nature while being socially responsible by keeping my distance. Furthermore, I want to start facetimeing my friends rather than just texting them, so it is as if we are facing each other in the same room.