**PE 9 Year End 2020 Self Evaluation in COVID-19 Era.**  **Name:** \_\_\_\_\_\_\_\_\_Kenya Anand\_\_\_\_\_\_\_\_\_\_

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.

When it comes to my physical well-being, being stuck inside doesn’t help. The majority of my physical activity comes from being in a PE class, or going outside to spend time with other people. A lot of that is gone now, so things have been more difficult. Though, in the Personal Awareness and Responsibility Competency, it shows Self-Regulation. I was still able to go on walks and play a bit of ball hockey and go on a run. I overcame my issue of quarantine by controlling what I could by changing things up a bit. Socially, coronavirus has impacted me strongly. Many relationships have been damaged by this, and not being able to spread my time out amongst friends. I’ve been struggling this but as it is brought up in the Social Responsibility Competency, building relationships is really important and rather than building them, I’ve been working on repairing them due to the accidental neglect I’ve put towards some friends. I believe I’ve been worst impacted mentally. My mental health has gotten a lot worse over quarantine since I’ve been battling many struggles. Though, as it is shown in the Personal Awareness and Responsibility Competency, well-being is important and I’ve been working on taking time for myself and going to see a therapist to regulate my mental health and get myself back to where I used to be, or even better.

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

I hope to make many communication changes. I am aware that all of them need improvement especially with my relationships/friendships. Part of the Communication Competency is connecting and engaging with others, and I believe I need to improve that and communicate better with many people. When it comes to the Thinking Competencies, I need to work on adapting to this new “normal” while being creative with new ways I can be social, while being critical by abiding the rules and considering my own and others’ health. In terms of Social and Personal Responsibility, I need to work on motivating myself to do things, such as get out of bed, doing my homework, making plans to do distanced visits, etc. I also need to work on my building relationships as previously mentioned.