**PE 9 Year End 2020 Self Evaluation in COVID-19 Era.**  **Name:** **Sahar**

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?

During the past three months of self-quarantine due to the Covid-19 pandemic my physical well being has worsen, my social well being has decreased, and my mental well being has had its high and low times. Although, hearing about a global pandemic was heartbreaking for me, as a teenager the silver lining I found to it was that there was no school, knowing we would continue online was a chance for me to have a break from the heavy schoolwork and try out the experience of online school. During online school I was able to show growth in my personal awareness and responsibility CC. Starting online school was a fresh start which would help my grades go up however being able to have a shortened amount of homework and school hours it suddenly felt like an option which is when my work habits went downhill, having almost every assignment turned in late. Once I noticed how these habits were not only harming my grades but putting a negative result to how I spent my days I decided to have self- determination to quit staying up past 2:00am, spending 4-5 hours on my electronics and putting off my schoolwork. Setting up short- and long-term goals to shutdown my phone to spend up to 4 continuous hours for schoolwork by managing the tired and lazy behaviour I had it led to catching up with a great result having high A’s in each assignment under a week. Secondly, a month after the pandemic I have started to get back pains so bad that I am unable to sit up, however I used my creative and critical thinking to chose to lie down when starting my homework, or to get my sister to massage my back my making bets with her that she would lose in. Lastly, during this time of staying home my social well being had worsened leading my mental well being to a stressful and angry state, from the stress that I was building up on myself to things that angered me, which I’d start an argument to. However, I was able to see and understand that I needed to fix how I reacted which is where I grew in my social responsibility CC and I sought for ways to solve my conflicts in peaceful ways. In conclusion with the pandemic affecting the physical, social, and mental well-being of mine using different coping skills which were a part of the Core Competencies I was able to re-gain my normal routine.

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”.

Moving forward, some changes I would like to make using my creative, critical thinking and communication are to question and investigate the problems from the start before they escalate, while generating and developing ideas on how to solve them, and lastly reflecting on how I have dealt with problems in the past so I can carry out and plan ideas. Secondly moving forward for the new normal I would like to build a stronger relationship with my sister through out the summer so I can value and understand her diversity and difference instead of ignoring it.