Personal, Psychological Pandemic Plight

by E. W.

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May 4, 2021

Subject: UNIVERSITY HOUSING-Conditional Housing Confirmation

Dear E W,

We are pleased to be one of the first to congratulate on your acceptance. We are happy to conditionally confirm you for a spot in campus housing for the 2021-2022 academic year.

In order to live in housing, you must have one of the CDC-approved Covid Vaccinations. You will need to have proof have having the first shot submitted to the SHS Patient Portal by June 15th.

-Housing and Residential Life, University

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June 22, 2021

Subject: UNIVERSITY HOUSING-Housing Status-Fully Confirmed

Dear E W,

Congratulations, we are pleased to inform you that your Conditional Confirmation has changed to Fully Confirmed for on-campus housing.

-Housing and Residential Life, University

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August 10, 2021

Subject: University Enrollment Services-Are You Ready for Fall 2021

Dear E W,

We hope you're excited to begin the Fall 2021 term! Please take a few minutes to review this information to make sure you're ready to begin classes on Monday, August 23.

Sincerely,

Office of Enrollment Services

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September 7, 2021

Subject: Absence

Hello Professor S!

I hope you are doing well.

I am emailing because I live in the dorms and a situation has occurred where my roommate has to be Covid tested. We will not know the results until sometime tomorrow. For now, I'm not completely comfortable physically coming to class until the results come in. So, for now, I am not planning on being in class tomorrow. Please let me know if there's anything else I need to do or provide to you or anything else we need to discuss.

Thank you in advance.

Sincerely,

E W

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September 8, 2021

(RA AC has sent a message in Teams)

Greetings residents, it has occurred to me that a couple residents are feeling potential symptoms of COVID-19. I advise you all to please remain claim as you should go get tested to be safe. If any of you are experiencing any symptoms, please don't visit campus unless you've received a negative test result for COVID-19. Make sure to advise anyone you’ve been in contact with and email your professors. PLEASE WEAR YOUR MASKS. Let me know if anyone has any questions.

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September 10, 2021

Subject: Update

Hi again Professor S!

I tested negative! I look forward to class on Monday. Thanks for your flexibility and we'll wishes!

Sincerely,

E W

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September 12, 2021

Subject: URGENT-ACTION REQUIRED-MANDATORY COVID TESTING

Dear E W,

One or more of the community members have been diagnosed as Covid-19 positive despite every member of the community being fully vaccinated. The chances are decreased for fully-vaccinated individuals to become positive, but breakthrough infections, which is what this is, can occur from time to time. In speaking with Public Health, they are suggesting that all members of the community be tested for Covid as soon as possible to reduce the risk of further infection and health concerns.

-Housing and Residential Life

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Subject: Update 2

Hello again Professor S,

I'm sorry to be emailing again.

Over the weekend, a total of 3 people from our dorm tested positive for Covid. A further 5 have been quarantined. The rest of us are to be in isolation until we are retested and cleared again per the advice of Student Health Services and our RA. So, once again, I am banned from campus til at least Wednesday.

I apologize for the inconvenience. The situation is confusing and everyone is scared. Please try to bear with me I'm so stressed out.

Sincerely,

E W

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September 13, 2021

Subject: Leaving Early

Hello Professor M.

I'm currently in class but I have to leave early to go get retested at the request of Student Health Services since we had an outbreak in our dorm over the weekend. Thank you.

-E W

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September 14, 2021

Subject: Extension

Hi Professor S.

I am in crisis and I'm a commenting poster this week. I was wondering if I could do my comment later. I'm not even going to be in class tomorrow for the discussion please help. I'm concerned about my grades and falling behind.

-E

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Subject: Please Help

Hello Professor M.

Because of circumstances, I am in crisis and will miss class tomorrow. I really don't want to miss the quiz and I'm really concerned about my grades and my participation please help.

-E

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September 22, 2021

Subject: Need Help

Hi Dr,

Thank you for sending all those things last week.

I am emailing because frankly I wasn't in the headspace to call just yet but I need...like help. I guess. I know it's only been like a week so I didn't know who to like.. bother about it. Sorry for the informality. I'm worried because I'm missing classes today and I just don't know exactly why I'm struggling. I just think I'm overwhelmed and I don't want to drop out and I got behind and I'm freaking out.

Sincerely,

E W

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September 26, 2021

Subject: Absence and Extenuating Circumstances

Hello Professor M,

I hope you are doing well.

I'm sure you noticed I wasn't in class on Wednesday. I'm really not trying to go into details but I was in crisis. Over the past few days (and extending back to our covid scare) I have been extremely mentally unwell. I was wondering if I could extend my paper? There's almost zero chance I can get it in today and I'm really upset about it. Is there anything I can do? Please let me know.

Sincerely,

E

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The week after Labor Day weekend, 2021, is the week that my life went to hell in almost every way imaginable. As a college student, I had been working from home and going to school fully online since March 2020. So, in 2021 when I found out that I could transfer into going to school and living on campus, I was (cautiously) excited. Every precaution was taken. All housing students were required to be fully vaccinated before move-in. Mask mandates were in place at all times in all buildings. Tests were readily available. Everything was going well, everyone was prepared. At least…that’s what I thought.

My roommate came back late at night the Monday after going home for labor day weekend. He was feeling unwell and got tested as a precaution having taken public transport. Three days later, the results came back positive and the situation snowballed out of control. Suddenly, the routine and life that I had worked to establish on campus was uprooted by my roommate being moved into quarantine and our dorm building going into full lockdown. Everyone was required to be tested immediately and more positive results started to pour in. More people were moved. Everyone else was isolated in lockdown. No one knew what was going to happen next. The situation was being handled in the most confusing way possible. That’s when my mental health started to decline. Slow at first. Then it spiraled out of control as the feelings of isolation took over. My schoolwork began to suffer. I stopped sleeping. I was barely eating. A couple weeks later, everything was “back to normal”…except me.

It took until after Thanksgiving break for me to snap out of it. Even now, people don’t seem to understand just how much this pandemic has touched every single aspect of our lives. It serves as a reminder for us to be kind to each other. It’s all we have.