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Spring 2021

***Capturing Quarantine: Student Pandemic Experience Journal***

Rosa Espinoza

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Rosa Espinoza

Feb. 5, 2021

### Why Remember?

The idea is to bridge communal history and offer a fully realized look at the outbreak that can help the public, researchers and policymakers better understand how the pandemic permeated our lives. It's important to document this crisis because the stories document sickness and death.

Years later, our memories of the pandemic may be somewhat distorted because of the way our brains process emotions and events. We will remember the pandemic as we seek actively to forget. They expose the essential conceit of governments, the lie that everything can be solved and more than that, they make us all realize how fragile we are. If politicians act quickly and assuredly, they can save us from their worst effects, but viruses are, by their nature, beyond anyone's control.

The student voice is very important because we element the reinforces and knowledge what we can renew and authenticity to classrooms and school's effort. All students need to be provided with an opportunity to exercise and mature leadership skills. We have important ideas to share for how we can adapt during the pandemic.



Rosa Espinoza

Feb. 19, 2021

### My New Normal

Almost a year ago, we all had our routine down. We could hang with friends without cautious day by day. We would hardly have a thought as to how to fill our time. But over the last several weeks, the COVID-19 pandemic has brought everyone's routines to a screeching halt. Our days are going to continue to look different for a while, so it's important to establish a New normal. In these times, we need to remain calm to best handle the situation.

In other words, it's important to have a routine during Quarantine because so many of us have been sheltering at home, some of us without jobs, others trying to help their kids learn at a distance, all of us wishing for positive news giving us a date for when things will be back to normal. Even though there are reasons to be optimistic, we are still a long way from our lives returning to the way things were before COVID-19. Coming up with a routine or a regular schedule for your life is more important than ever. It can help you and your family deal with uncertainty and put you in the best position for whatever comes next.

Finally, without a routine, during a single day, you could be making hundreds of decisions, and the stress and anxiety will add up. Building a routine can take this pressure off and sticking to a routine can help boost your self-confidence. Whether you're taking online courses or working from home, create a zone in your dwelling where you can work uninterrupted and focus on the task at hand.

Rosa Espinoza

March 14, 2021

Public History

### **After One Year: How Has the Pandemic Changed You?**

Now, a year on, it seems possible that my life might never be the same again. For millions, working from home has come to signify higher-end employment. Indeed, working during COVID has been hard because you have to be cautious and have to wear a mask for a whole day. The coronavirus pandemic has disrupted lives all around the world. As people across the U.S. practice social distancing to help slow the spread of COVID-19, many businesses have temporarily shuttered, and the justice system has ground to a halt in many parts of the country. My life has never been the same and never will be because of COVID-19. I can't believe that a year ago I was in one of my classes and didn't think that it will be the last time to sit down next to my friends and the last time to see my teacher face to face at school. Next thing you know COVID happened and nothing was the same again, we had to finish the rest of the semester online/Zoom.

In other words, the pandemic has changed my daily life to some extent as I am stuck in my house, like many others, during

the lockdown. This global pandemic has affected various aspects of life in different countries. Even though a year has pass I have not been able to see my cousins like I did before or even go on vacations every Spring break, Winter break, and summer break. It hurts knowing that we might not be able to hang as we did before or even see each other. As an academic it's a tough time, although many of us are taking online classes and doing our best of our ability. Many universities have a devoted online portal from where we can take online sessions. It is safe and secure.

Finally, school has been the same ever since the pandemic started, nothing new has changed or happened. I've been sitting in my living room and changing rooms for class and doing homework ever since last year. Even though there is so much uncertainty and change to deal with, I try to keep myself motivated and engaged. I watch the news and tv shows to distract my elf only occasionally to keep my mind off the current situation. Instead I listen to music and try to do yoga to take care of my body and mind, but it's not for me it's just for fun.

Rosa Espinoza

April 8, 2021

Public History

**What do I miss the most, what am I looking forward to?**

The last time someone had asked me what I miss the most was when during March at work, they had asked me the same question. I answered with two simple words. The thing I miss in the entire world is family bonding, why you may ask, well I have so many reasons to why. Before the whole pandemic my family and I will hang out non-stop even during the week and weekends, mostly nights or mid-days. You might be wondering why we are hanging out every single day and I still told them I missed them every single day. We would usually have every single day during the week all planned out. For example, every day we will talk about how our day I work went or how school went and started playing a game called Loteria. It's a Mexican game and you have to play it with money because that the fun part of it.

In addition, when the weekend would come, we would get so excited because it will be the weekend that we won't go to sleep until Sunday morning. We were crazy I know. But trust me it was so fun that we all wanted the time to stop because we were all going to grow up and probably never be able to hang out as we



use to. Then, something big accrued, it's called COVID-19. I felt like we were ripped apart in just one second. A few weeks passed and we couldn't hang anymore we could only see each other by facetime because we were all being cautious. It wasn't the same anymore, it felt like I grew up and forgot about my whole family, that's how I felt.

Therefore, I'm looking forward that COVID-19 won't be as bad and that it will be cured. I hope for the better that one day probably this month or before this year ends to hang out with my family again like we use to. It doesn't feel the same when you don't have family around you that loves you and that are so far from you. That's what I look forward this year.

Rosa Espinoza

May 3, 2021

Public History

### **Personal Timeline**

Personal Timeline throughout my lifetime, I have experienced many different milestones that have made me the person I am today. Some of these milestones were difficult and traumatic, while others were very special and joyous events. I feel like a person has to face both the good and the bad times in order to grow. I was born on July 13th, 2001, which happened to be Friday the 13th. I was my parent's second daughter; I have an older brother and sister which makes me the youngest. My brother and I are really close since I was born, my mother will tell me that he would never let anyone touch me because he didn't want them to hurt me. Which made us very close friends growing up. I have always lived in Chicago, IL. My mother and father are both from Mexico. I am proud of the fact that I am very close with my family.

I want to start off with one of my best memories I have since I was a little girl, which was my parents working so hard for us to have a better life. For example, they both came to Chicago with nothing and it was one of the hardest moments for

them. Currently we are all fighting for them to get their Visa so they can travel again, but I really miss them now because I'm not sure when I will be able to see them again. The reason being is because they have interviews over there and need to stay there with my sister for at least 6 months, hopefully I get to see them sooner. It has been a very hard year so far and hope I get to be with my whole family again.

My second-best memory will probably be on June 16, 2019, I had finally graduated from High school and we we're the last class to graduate from a big ceremony because COVID-19 happened. I was really excited that day because my family was there and supporting me. It was really funny because when my name was called so I can get my diploma I heard my dad say "That's my baby girl, she's growing up so fast" I wasn't the only one laughing everyone heard him and he got shy. That day was actually the last day I got to see my friends because we were all going our separate ways and we were all growing up as well.

Lastly, the day I found out my cousin was taken away from us. I was one the saddest moment in my life. One morning I woke up and my brother told me and my sister that our cousin Brandon passed away in a car accident. I was really heartbroken because it's like we had just seen him a week ago and we were all laughing and then we get the news. It was really hard for us to

move on from the situation because he was only 20 years old and was still going to college and he had dreams. It's really hard for me to express my feeling because I'm not the kind of person to talk about feelings.

Rosa Espinoza

Public History

May 11, 2021

Sixth Prompt

### Self Portrait

There's a lot we can learn from the stories of our past if we tell them in such way that enables us to hear what they really have to say. This holds true with me and my life. To put it simply, the life I've lived up to this point has been nothing but a stressful roller coaster ride! Plus, some of my individual choices, have contributed into what's made me who I am today. And with that, I'm happy to say for this moment in time. I'm satisfied with the person I am and the path I'm taking. Growing up as a little girl my life was changing. Although I don't have many recollections of my childhood.

Today, I am a whole new person with a brand-new mind. I have got goals and a sense of directions. I know what I want, and I am doing what I can to get there. I tend to be more practical now than I was before about life. For example, this was what I did most of the time: daydream about becoming an Architecture to get status from my friends and family members even though I know for sure that I wouldn't like the job.

The past 14 months has made realize that life is hard and very stressful. When the pandemic started everything changed, they moved our classes to online, everything shutdown, and it was different. I told myself that "Yay! I get to be home" I totally hate now and then. It's funny how the pandemic made me visualize that everything can change in a second. I didn't get to see my family for almost a year because we had to be cautious. I stressed myself because I was in between School and work and it was really hard.



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