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Capturing Quarantine: Student Pandemic Experience Journal

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Why Remember

Reed Wisinski

2/8/21

1. Why is documenting this crisis important?

Documentation of events allows us to go back in time to an extent, to see how we coped with things, and lets us see how we could learn from the decisions we made. By documenting our past, we give ourselves a better chance to make a brighter future, and we give ourselves a chance to better handle similar situations that may happen in the future.

2. Why is the college-student voice important?

Education in general is very important. College students are the next in line to find a job in a field they want a career in. The field a college student wishes to be in, will most likely require some form of education. Education during a pandemic is especially challenging, especially for degrees that require hands on experience. The college-student voice is important because the experiences they document can help for the future.

I have played sports throughout my life beginning in grade school. I played football in high school, which started my regular workout routine. I played football Freshman and Sophomore year, but I was frequently injured and did not have the passion I used to have for it when I was a bit younger so I quit. The one thing that stuck with me after quitting was exercise and weightlifting. It was sometime after I quit football that I got a membership at a gym, which would have been my Sophomore year. I kept up with my workout routine going multiple times a week. I took a few little breaks here and there, but still kept up with it. My senior year, I was getting tired of not being in a sport, or doing anything other than school. My buddy told me to join the wrestling team, so I did. I went all in on this sport... the first few days in I was already watching wrestling videos and tutorials, taking notes as I watched them. I woke up at 4AM and showed up for the early morning practice they had that week. I was excited. The coaches thought I had a lot of potential. The last day of practice that week, was a Friday. We were doing a live wrestling drill and before the practice was called, my leg got was in an awkward position when I was caught in a takedown. Unfortunately I fractured my fibula on the way down. I was pretty upset, and as I write this now it makes me upset. This was a recurring theme for me. I had injuries in football at middle school, and both years I played football in high school. After going to the doctor I was put into a cast for about 6 weeks. I stopped working out during this time... I could have kept up with my upper body, but I thought, "what's the point, I'll just wait until my cast is off." It took me a while to make up the progress I lost during those 6 weeks. I wasn't as motivated as I was before, so that was also a factor in why it was taking me a while to work back up to where I was. Over time I began going more and more... I began getting back on my routine. As I am getting momentum, the pandemic starts, which means no more gym time. This was a morale blow for me and my brother (who also likes to work out). We thought we would be able to get just as good of a workout at home as we did at the gym. It was much harder to get a workout at home like you would at the gym. We didn't have the equipment the gym had, or the space. My momentum halted, and I stopped working out as much, thinking what's the point if I'm not even getting that good of a workout. After a while of trying to workout at home, the gym's opened back up. We were skeptical of going at first, but my brother and I eventually went back, being sure to wear masks as we worked out. We were going 3 to 4 times a week. Last week I decided that I would go a solid 5 times a week no matter what. I have made it back to where I was just a month or two ago before my injury in wrestling. I will keep going to the gym 5 times a week once this pandemic is over. This experience has taught me that there will always be adversity, and you cannot use that as an excuse to not try.

Reed Wisinski

March 14, 2021

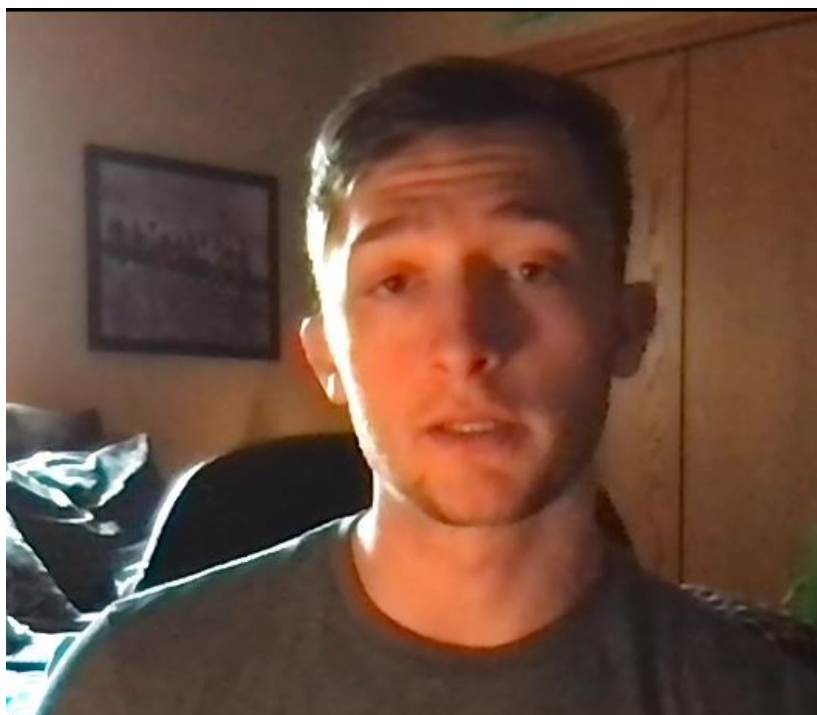
After one year how has the pandemic changed me?

Before the pandemic I took for granted being physically around my friends and family. After experiencing a year of the pandemic, I have a greater appreciation for having the ability to be near my friends and family. It is weird, when I watch a film that has a crowd of people extremely near to each other I cannot help but think of staying 6 feet apart or wondering where their masks are. I then remind myself that I am watching a movie that was made in the 1980s. I now think of crowds as danger.

I hope soon that crowds will no longer signify danger but rather it signifies a group of people having a fun time hanging out. After the quarantine was lifted at the beginning of the pandemic, I still did not go out anywhere, I was trying to be as cautious as possible. I spent a lot of time with my family which I was very grateful for. It wasn't for another few months that I saw my friends.

My buddy asked me if I could help him move some furniture into his new house. After thinking about it for a bit I decided to help. I couldn't help but smile when I got to his house. It had been a few months. It felt nice seeing friends you usually before saw weekly. All my friends' hair was long. Another thing I took for granted before the pandemic began. I used to hate getting haircuts, but now I appreciate getting them just a little bit more.

Experiencing one year of a pandemic has brought me more appreciation for things I had not really appreciated as much as before. The pandemic has shown me to appreciate the little things in life that you do have.



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