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### Humboldt in the time of Covid-19 - Meghan Burkert on the Pandemic

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My name is Meghan Burkert and I am telling a story from personal experience. My day to day life is usually waking up and trying to get the motivation to complete my school work for the day. I would want people in the future to know that life is very bland right now and having to stay in home. The most challenging thing in this time is finding motivation to actually do things everyday, whether in school or for pleasure. I miss being able to go to restaurants inside and I miss going to class in person. Essential to me means basic needs to live. You need food and water to live, so places like a grocery store would be essential to be open. For many Covid is allowing some to become a better version of themselves. I see good inn self-discovery coming out and knowing yourself better. This moment of being home is an opportunity for that discovery. I want to remember how boring it was during this time. I have learned I can not take life for granted and to take the opportunities that come to me. After the end of the pandemic, I feel that things will go back to normal, but in a new way. I would expect to see changes in mental health, but am not sure if it will be good or bad. I want to contribute to rebuilding the world with my major and helping those struggling with mental health. Whether that be through a therapist role or research, I plan to help in some way.