

Individual Responses to the Question: Please help us understand the diversity of experiences by sharing any further information on your quality of life here.

Zoom learning saves my time a lot more than before. Commuting to school takes a lot of time since I take public transportation all the time and during COVID-19, taking public transportation is very dangerous. Another advantage of Zoom learning is that teachers can record their online lectures, therefore students can repeat the lectures to fully understand and learn. Now, I can save my traveling time to school and spend that time studying more. I believe that COVID-19 will not completely disappear until the end of 2020, therefore students should socially distance and study online for at least Fall 2020 or even Spring 2021.

Work, student, and life balance have become more difficult to manage.

The workspace and living space are the same now. Having one environment try to take opposing roles doesn't work for me. Have also been barely had any contact with other people since March, under 10 encounters.

With being at home all the time, professors tend to assign more work. The assignments take up a lot of time along with other housework. I started to go back into work, therefore I get less time to rest. Very high stress recently.

When the Shelter-In-Place orders came into effect, I felt a great deal of fear and helplessness. During the first few weeks of sheltering-in-place, my body physically ached from the anxiety and it was a struggle to get myself out of bed to attend my online classes. When the online format came into effect, it was nearly impossible to keep up with XXX. I found in-person labs to be essential in tying up the week's lessons, through collaborative efforts with the instructor and other groups. The labs for XXX are an invaluable resource and the online format did not allow the same quality. My XXX group did continue to stay connected through Zoom and texting, but because we didn't see each other every day at school some questions and misunderstandings we had as individuals fell through the cracks.

We are intensely social animals. The lack of social interaction due to not attending in-person class causes adverse psychological effects. Attending in-person class helps maintain structure and discipline for completing class assignments. Without attending class in person, motivation to complete assignments is lacking and impetus to compete assignments must be self-derived.

Very wary of going anywhere with people to ensure the safety of the family.

Using lockdown browsers for testing caused an exceptional amount of stress for me and my fellow classmates.

Unable to work, unable to shop at stores, unable to take my kids out, seeing negativity constantly from the president and strife.

Unable to meet friends and staying away from family is the worst possible thing right now

Time management began to worsen with time. When I had to physically drive to campus, and stay on campus for the entire day, I was much more productive. Online courses were handled horribly. The professors treated online courses exactly the same as an in-person class, rarely using new utilities available to them. Other students most likely cheated due to the lack of discipline with the Lockdown Browser, affecting curves on tests and overall grades. I lost potential internships, receiving emails from companies saying they stopped searching for or canceled internships for the summer. I could not visit my friends or girlfriend, and having virtual conversations and hangouts is just not the same as meeting in person. All of these factors are correlated to the closures of COVID-19 and are attributed to increased stress.

This entire situation has affected my mental health and has added stress in my school, work, and personal life.

There's more uncertainty in almost everything.

There have

Online school has basically become self-teaching with fewer resources. Overall, it forces me to work harder to do well, which is kind of a good thing, but it makes me question the value of paying \$4000 a semester to teach myself.

One of my parents might lose their jobs in the future(they work for an airline that took bailout money from the government, which means they won't be laid off until October), This has caused a lot of stress as it would cause me to lose access to health care.

Not much has changed except school was more convenient online.

Not having to rush to class and pay for parking has been great. I am much less stressed because I do not have to sit in traffic and waste hours of my day. Dr. YYY gave us a talk in class once about the negative effects of sitting in traffic and it is great to not have to deal with it anymore.

Not able to network with my fellow students.

not able to concentrate and collaborate with students. feel trapped in my house.

No support from the professor.

No real adversities. I worked as an RA in housing and continued to work in it throughout the pandemic

Narcolepsy causes this lockdown to be extra detrimental. It is much harder to learn online and stay focused. I can assume this is similar to other disabilities.

My workplace was open through the pandemic (medical devices), and there was a lot of uncertainty at the beginning regarding whether we would have to work from home or not. We were working in person for a bit even after SiP was announced. After that, we worked from home as much as possible while going in when necessary (lab access). Personally, without having to commute to work (up to 2h per day) and without having to commute to school (45 min round trip), I was able to manage my time much better. I was less tired and more productive as a result. However, it was very stressful at the beginning to be working in person and with the uncertainty with regards to work-from-home.

My roommate and I struggled for a while to find a routine that wasn't intrusive on the other person and their school routine.

My religious liberties have been stripped from me. I am not allowed to practice my religion freely.

My reduction in work hours greatly affected our ability to pay our bills. I had a major increase in stress trying to provide for my family.

My quality of life is great. I have a full-time job and a good place to live. COVID 19 actually improved my life (i.e. didn't have to commute to classes or work) by giving me the ability to spend more time with my pregnant wife and more time to actually complete my assignments.

My quality of life is good in light of the circumstances. I'm now living with my mom in Lodi, California, and in some ways, it's been better than living in San Jose. It's just been a pretty depressing summer so far because of the pandemic and mostly everything being closed.

My mother is a nurse for Santa Clara County, so this was extremely stressful. She is also my only parent.

My living situation was not set up for me to be here all the time. I usually spend 8hrs a day at home (sleeping) and the rest of the time I'm at school or work. I do not have a place to sit and study in peace since the quarantine. I failed two of my classes and had to delay

My internship was rescinded because of the COVID-19. The COVID-19 also impacted my school projects and had to be converted online, including senior design. This required me to input more time on school than before and working on the senior design simulation wasn't easy because of the slow Wi-Fi I have at home, which progress became slower than before.

My fiancé lost his job and has been struggling financially. All my money was invested in the stock market, so I have very little now. I left the dorms to live with my mom who is very much at risk for Covid-19. She ended up falling and injuring her sternum and wrist, but I couldn't bring her in for medical treatment because of Covid-19. Online classes are difficult because teachers don't interact with students very much, and I can't meet up with my peers for study groups.

My experience after starting school in Fall 2019 has been moderate due to the COVID

mean to just bash on administration for something that's outside of their control, but then why are we (students) paying full tuition? Why are we paying full tuition to watch YouTube videos?

It's the same as before, but now everyone is told to stay indoors.

It's hard to stay at home all the time. I have grown up in a manner where I would be out

found it hard to trust/relate/socialize with my Caucasian peers. Logically, I know I shouldn't let a few bad apples ruin the bunch, but that influenced my mind subconsciously and has been an area that I struggle to overcome.

I originally thought maybe moving away from my peers and going back home I thought school would be easier because fewer distractions but living around my parents who are not in school or live around people who do not go to school made me lose motivation because no peers were around to study with. It was harder to ask for help or clarification on class subjects because my peers weren't around, and everyone was going through a different environment during COVID, so it wasn't as easy to text them and get the help I usually need. Also, when it came to group work, obviously we could zoom but when everybody had to relocate, everyone had a different schedule and it made it more difficult. Horrible experience and we pay so much for tuition and stuff but nothing will compare from working in person to working remotely it truly isn't the same in which I believe that's why a lot of students demand the tuition to be cheaper because we aren't getting that in-person experience of learning. Even when it came to teacher teaching they uploaded videos of lectures which was nice to go back to but even then it was hard to truly grasp the material we were being taught during zoom and I feel a lot of engineering students could agree that the materials that are for us to learn is very difficult on its own but to learn it over online? It's game over us and it honestly makes us lose more motivation to learn because we can't grasp it as if we were in class in an environment where we are supposed to learn vs where everybody had to do their zoom which is probably at home some may have to take care of siblings or some may have to care for the elders in their home. I just wish the professors were just more understanding and although some may have tried I feel like they don't understand us in our shoes like yes as much they want us to pay attention their class and grasp their material but we have 4+ other classes too that is as equally as rigorous. I'm not complaining but this is just how I felt and maybe I could be a voice for others

I had to move from the dorms on campus to my parent's house in Fresno. I am not longer near as independent and routinely get interrupted during class times, as well as have background noise a lot.

I had to move back home to a house not quite like Charlie and the Chocolate Factory. It's a small house where I have to work around my parents, two brothers (one is k-12 special needs), a nephew, and one person who fits the description for at risk of corona virus. It's not exactly four people to a bed, but we all have to share rooms. This really digs into my quality study time which has caused me to stay up late studying so I can focus. I have looked into soundproofing a room, but the price is dissuading me.

I had to go back to India because of the situation and also couldn't secure a summer internship,

I came back to (another state), so all of my classes were thus XXX earlier. No professors really sympathized with this fact and would even go as far as to email me when I once missed a zoom lecture, even though the class was now at XXX AM for me.

I am a very social person. Not being to be able to be around people is really stressful. Also, online learning is not for me personally. I really need to interact with lecturers and peers to be able to comprehend the material.

I am very disturbed by the response from professors with this pandemic. My mental health has been deeply impacted due to the many stressors put upon me from this pandemic including losing my job, housing, unexpected expenses, dealing with a terminally ill family member, and the vulnerability of having a preexisting health condition and no health insurance in the midst of a pandemic. I did something I have never done before and reached out to my professors explaining that I was struggling with my coursework due to my mental health. One professor was amazing and worked with me, while the others were less than apathetic. Given my program is about understanding humans in their context, I have been disheartened to see how little my program has practiced what they preach. I do not want to

I am set to graduate Fall 2020 - if it weren't for Fall 2020 being my last semester, I would have probably taken a leave of absence until the pandemic is under control.

I am an international student with a huge loan to pay off and no job offers in hand due to COVID. I have limited time in the US to recover. Too much is at stake.

Home is not the best place for me to function, but it is safer in comparison.

highly halted in place alone. no social connects.

Higher education is much more than the sum of classes taken by a student. University is the accumulation of meaningful experiences shared in and out of the classroom. Whether this includes studying with fellow classmates, conversing with professors in office hours, observing scenery on campus, or spending time in clubrooms, we –as students– treasure the moments we once had on campus. Now that we have been stripped of these moments our university experience has been altered. These moments we used to share with our colleagues broadened our perspectives, one of the most important goals in education. Yet, due to the switch of online classes, we are unable to engage with our fellow classmates, professors, or other colleagues and it comes at a great cost.

Having to navigate the stresses of classes on top of worries about keeping my family safe from the virus has led to a weird mindset. I thankfully passed my classes but feel very inefficient thanks to how worried I feel all the time.

Graduating in this state of society has caused significant emotional and financial stress. I am unsure if I am able to get a job and my living situation has been impacted as a result.

Feeling moderately okay, only concerns are how long will food last, and keeping everyone healthy. Extremely stressed when a family member got sick, thankfully it seemed like it was a

Due to COVID-19, my on-campus job at SJSU got rescinded. I am financially facing a lot of stress. As an international student, it's very difficult to sustain and lead a normal student life with these hikes in rentals (housing). Also, there's no calm & silent place to study and focus on our studies. It was extremely stressful during our finals, as the library was also not accessible.

Due to COVID, I wasn't able to complete or participate in a lot of my classes. This meant I couldn't join online zoom meetings, do homework, etc(s)itTTBT(()Tj 12 -0 TjETq72o4 (ia)le)9 ()d a sbtcs touldr

lose focus, I have an unusually increased number of headaches on a daily basis and I feel like no motivation to push forward and try harder.

Before the spring 2020 semester, I had tried to switch majors into XXX Engineering but ended up failing. I ended up being in YYY and felt that I did not belong in the major. Around the weeks before COVID-19, I felt like I was starting to get a grasp of the major and felt like I could fit into it. After this semester, however, I've been having doubts about being in the major or at least what I want to accomplish in the major. I think what helped me was talking to the advisors and the students in the major, but since it's harder to interact with them. I feel either I do not belong or feel unaccomplished.

Before the Shelter-In-Place, I was living with my Grandparents and took care of them. I had a 30-minute commute to San Jose and commuted every day to campus. After the shelter-in-place, I had to help move grandparents around from their home to my parent's home due to financial and medical reasons. They, parents and grandparents, were the most prone to the virus because of their conditions. My responsibility had changed from school and work to their safety and health.

Before COVID, I felt that I had gained quite a bit of control of my living and family situation. I felt confident in my abilities to take care of myself. Now, I rarely see my family, but not by choice. I feel guilty about this. I'm constantly stressed about being able to make enough money to survive, but conflicted because now I feel anxious about going to work because I have to interact with strangers.

Because I live in a shared household with my parents and siblings, I worry that if anything happens

As a student of SJSU, I

