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COVID-19 Journal | Cayla Boswell

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COVID-19 Journal

Description: My name is Cayla Boswell and this is my COVID-19 Journal. I am from Birmingham, AL. I am a freshman and right now I am in Integrated Studies. I am discussing my time at home during the quarantine. I am talking about things that I have done and been through during this time. I have been out of state and out of the house multiple times while still having school work to finish.

March 30

By today, we have been out of in-class sessions for about two weeks. We have also just gotten off of Spring Break. The school has just announced that we have the option of moving out of our dorms this week too. During this time, I have been doing nothing but on social media all day. I still have homework that I need to get done and tests to study for but it is hard to focus on online work while being at home.

This is something that has happened quickly and is very hard to adjust to. I never understood how hard doing online work is until now. You never know what to expect. Since being home, the quarantined is helping me find new hobbies or pick up things that I have forgotten about. Maybe this is not as bad as I think. I just have to make the most of this time.

April 1

Today was the day that I had to go back to school to get all of my things out of the dorm. I felt that it was rushed because my roommate and I were not prepared to move out before we left. Even though we had to clean before we left, there still things we were saving for when we arrived back at school. The day we left was also the last time I saw my best friend/roommate. There was food still in the fridge and pictures and other items hanging up.

It has been a struggle so far because of the school making us do online work. I enjoyed going to class and having face to face interactions. Now, I have to find things to do and adjust in such a short time. We also have the choice of prorated credits when we moved out of our dorm. I think that is good considering we've been out for a month and will be about for almost another.

April 3

The rest of the state has been out under the mandatory stay at home rule, which will be starting tomorrow, Saturday at 5 pm. Jefferson County in AL (where I live) has been under this rule but the rest of the state just enforced it. The stores are making sure to enforce the social distancing by letting a few people in at a time. Stores like Walmart are letting approximately 25 people at a time. I think that this crazy and will take forever, but this really makes sure people stay at home. No one is going to want to stand in line unless it was an emergency.

Also, this rule is in place until April 30th for now. That is a long time for people to be without jobs and kids not to be in school. The next school year is going to be a bigger struggle because everything we've learned will most likely be forgotten. This applies mostly to high schoolers since most are already promoted.

April 5

The news stated that we can attend church but not in large groups. Everyone is basically doing what they want. The news also stated that if the police pull you over and you do not have a reasonable destination, then you will be fined \$500. On my social media, everyone is saying that they will still go out past the curfew until they get pulled over.

I think that the state should just issue a rule to not go anywhere. We are doing the same thing we do any other day, just not the mall and any other fun activities. In my neighborhood, they are still having parties and cookouts. No one will learn to stay in the house until someone close gets affected.

April 7

Today, I am in Tennessee at my sister's home. I had the urge to get out of the house and go somewhere. This is one of the only places I could go. My nieces are also with me. We've all been in the house doing schoolwork or job work the entire day. That's what we can do honestly. We've gone outside to exercise. We took a walk around the neighborhood. I don't do this often, but it feels good to get some fresh air and see other people.

As I observe my surroundings, I see there are many families doing the same. They are getting fresh air and having fun with their kids and families. When we walk past someone, we have to make a space between us. We even went to the store. We wore masks when entering the store. I saw many people doing the same so I didn't feel weird.

April 9

This week was very hectic. I had tons I work and tests for every class. It seems like we have more work now that we are home than when we were in school. We also have a new grade policy but I do not understand it. I am just ready for the COVID pandemic to be over so that we can go back to our regular lives. I have learned that crime has decreased in Birmingham due to this and I think that this is amazing.

In Birmingham, there are killings very often but when I heard that it has decreased, I gained hope. In my neighborhood, I see everyone is still continuing their everyday lives by having parties and gatherings with family and friends. We also have begun to cook more instead of eating out, which is also something we don't do often.

April 11

Today, all I have been doing is making Tiktok videos and watching shows on Netflix. I have been watching more television now than I ever have in a day. I am binge-watching shows that I have put on my "to watch list." I only go outside to walk around and maybe go grocery shopping but other than that I am in the house all day.

The good thing about this so far is that I get to see my family more than I would have if I was still on campus. I get to help my nieces with their homework and spend more time with

them. I was happy to spend time with them because I don't usually see them that much in a regular month.

April 13

The news says that we will be back open by April 30. I hope that this is true. Even though I don't think this will happen, I will hold on to hope. I am tired of sitting inside the house. When everything opens back up, everyone will run outside and everything will be packed. I don't think that things will go back to normal unless they find something to help stop this.

I am looking for a job that is not closed right now or will be closing permanently in the future. I will be working at the newly built Amazon building in Bessemer, Alabama. I might as well make some money while we are on summer break early this year. I need to save this money to help with my tuition for next semester. Trying to prevent debt.

April 15

The Florida beaches have reopened and I think that this is a bad idea. The government wants people to social distance and be away from people but to open a place where anyone can go and where many people will be it is crazy. They do not even have a vaccine yet and opened up the beaches. I will be waiting until at least June to go out to the beach. Just to make sure.

I understand that everything will have to open at some point but they need to be smart about what they are opening and allowing people to go to. I think that I will be waiting until everyone goes out and see what happens to them before I go out anywhere.

April 17

While being at home, we have been getting more homework and assignments than we have while being face to face in class. I don't think that is fair. A lot of people are not adapted to online classes and I am not either. I do not think it's fair to be drowned in work while this pandemic is happening. I understand light work but this is unacceptable.

We are being forced to adapt while, in some cases, in-home or places we are not comfortable in. This semester is almost over. This pandemic may be over soon. Well, things may go back to normal. I will happy when the times come that we can go back out and hang out with our friends freely.

April 19

While at home, I have been thinking of things that I never started on, to start now. It is a good time to start new things. Today, I am beginning to do some exercise and start eating better. This was supposed to start in January but it was hard but now that I am home and with people to help me it is so much easier.

I have to admit that I have been outside walking and getting fresh air and around people. It had been a month, almost two, while being at home away from school and people. I am tired of sitting in the house and I want things to be back to normal.

April 21

The rest of this semester is winding down and I can honestly say that it has been tough. I have struggled more in online classes than I have in the in-person classes. This week I have many things due. Even though they were open for about a week, it still has been hard to concentrate and be able to get them done. I have about two papers and about four exams. What I do appreciate about this is that, the tests are open notes and that we get to take them any time of that day if the teachers let us.

I still have been trying to exercise more and eat more. I am going to weigh myself this Saturday. Every day I wake up around 11 AM and I get sad because half of my day is gone. I need to get my schedule together because when I start working, I will have to wake up at 5 AM.

April 23

Another thing I have been doing this week is watching Black Lightning. I am normally not into superhero type shows but this one is amazing. I love the characters. In a normal school day and setting, I would not have the time to watch this many shows AND get done with them. I do say this may be unhealthy but I need some time to just watch tv and this is the time to do whatever you choose.

The time to reopen the state is close and I do not know if I am excited or not. I understand it won't be as "normal" anymore because we may have to wear masks everywhere we go but at least we'll be out and being social. Humans need to be social and be around other people. I think that the store will continue to allow a limited amount of people inside, which is ridiculous. I hope that things return back to normal (minus the crimes rates) soon.

April 25

Yesterday I had a very long morning. I had two exams to take and they both had to be done at a specific time which was right after each one. I had my Filmmaking exam at 8AM-10:15 AM and my Biology exam at 10:30 AM-12:30 PM. I guess this would have been how it would be if we were still at school. I do not like how difficult the tests were make JUST because we were home.

For my weight loss journey that I have started, I lost 5 pounds! Amazing. I hope to continue this when our social distancing and quarantine is over. I know I would like to go to restaurants more also. I also know that many of them are closing permanently and while I understand they don't have the money to pay their employees, how can they? They were literally forced to close which meant they could not work. How are they suppose to pay anyone?

April 27

Today is Monday and tomorrow I have my last two final exams and I will be done with my freshman year of college. It was nice and fun. I was really hoping to make all A's this semester but if that does not happen then hopefully A's and B's. Not sure how I would have been at school right now. I would have probably been stressing just like I am now about these exams.

I hope someone sees these journal entries and learn something. I wanted to express what I was going through during this virus and hope to have given some insight into my life as well. This was a fun and stressful time but we can only live it day by day and do the most that we can with this time. So many good things have come out of this that it over shines the bad and this is what I got out of this quarantine.