



5-1-2020

## COVID-19 Journal | Gavin Anderson

Gavin Anderson  
*Jacksonville State University*

Follow this and additional works at: [https://digitalcommons.jsu.edu/lib\\_ac\\_covidjournal](https://digitalcommons.jsu.edu/lib_ac_covidjournal)



Part of the [Epidemiology Commons](#), and the [United States History Commons](#)

---

### Recommended Citation

Anderson, Gavin, "COVID-19 Journal | Gavin Anderson" (2020). *COVID-19 Student Journal Project*. 25.  
[https://digitalcommons.jsu.edu/lib\\_ac\\_covidjournal/25](https://digitalcommons.jsu.edu/lib_ac_covidjournal/25)

This Article is brought to you for free and open access by the COVID-19 Archive at JSU Digital Commons. It has been accepted for inclusion in COVID-19 Student Journal Project by an authorized administrator of JSU Digital Commons. For more information, please contact [digitalcommons@jsu.edu](mailto:digitalcommons@jsu.edu).

Hello, my name is Gavin Anderson and I'm a Freshman Student at JSU. Before I start with my Covid-19 pandemic timeline starting with march 30th I think it's important to give some information about what my life was like in the months prior to Covid 19 becoming a global pandemic. I'm a college freshman and was pretty active around the campus. I would take walks daily and at the least 4-5 times a week go to the Soccer fields and practice with my friend. My typical day would be to go to class, eat, go to the field, do homework and then sleep. And I did that every day of the week.

March 30th: Worked on Essay 3 for English Composition. Began working on Analytical Essay 2.

March 31st: Turned in Essay 3 for English Composition. Finished Analytical Essay 2. Worked on my Music Album for the majority of the day.

April 1st: Rest Day. Worked on my Capoeira in the morning. Proceeded to train outside with some cones and my soccer ball I have to keep my fitness up right?

April 2nd: Worked on and turned in my Annotated Bibliography. Began coming up with the path I wanted to take creatively with the Creative storytelling project for American. Finished video lectures for History at about 5 PM

April 3rd: Started to work on my story and music album. Saw some neighbors we kept our distance but spoke like we usually do. It was my first time seeing them in a couple months because I had been on campus.

April 4th: Watched some movies with the family and played some FIFA 15. Went for a walk around the neighborhood and noticed more outside activity like people going to Jog Run and from the community. Most people I've ever seen while living here in this neighborhood. Sat with mom and watched a virtual business leadership conference and learned a lot.

April 5th: Woke up, cooked some breakfast and began outlining my new book idea. No classwork backup so it was a very relaxed day. Watched day 2 of that virtual business leading conference.

April 6th: Finished my Political Science assignments today so I could relax for the rest of the week. Watched a couple History documentaries today, I went across the street to see some new things. It has been awhile since I've left my neighborhood now.

April 7th: Finished my American History material then worked on my music project *Chillvibes vol. 1*.

April 8th: Nothing worthy of noting an extremely boring day Not complaining though.

April 9th: Worked on my Creative Storytelling Project and then studied for all of my courses the rest of the day.

April 10th: Turned in my Political Science work today then I started worldbuilding one of my scripts that I'm writing as a hobby.

April 11th: Decided to disconnect from the internet for the rest of the month unless it is school related.

April 12th:

April 13th: Worked on my English assignments due today and completed them promptly. People aren't wearing masks at all. Went to Anniston Alabama. First time leaving home for another city in a long time. People were being reckless at the stores nobody was respecting social distancing.

April 14th: Today it started to set in that we're probably going to be dealing with this for a while longer. I pledged to lose weight and learn a new language while cooped up in these four walls. This one first days I've started to feel the Isolation. Finished my History coursework in the afternoon.

April 15th: Working on my creative storytelling and other assignments for all my courses. From Introduction to Information Technology to American History.

April 16th: I'm learning a lot about myself during these times. Mentally I feel refreshed after disconnecting from the Internet World and focusing on the things I have true control over.

April 17th: Home Deep Cleaning with music and dancing. Today was a heavy school work day and I didn't have much time to do anything else.

April 18th: A day of relaxation. I watched movies with my family and ate real good. Brownies to Pizza. Mom made sure we had food, those Amazon boxes kept coming.

April 19th: I'm really starting to miss the soccer field at JSU. I haven't been going outside as much but I do take trash out every monday. My job

April 20th to April 21st: Final tweaks to my Creative story project due for my American History course. Looked over everything that needed to be enhanced or fleshed out.

April 22nd to April 26th: The main things I did during this time was complete the daily tasks assigned, study for exams, and complete the exams for my courses.

April 27th: Today I worked on my COVID-19 journal and completed my Writing assignment #4 for my English Composition.

April 28th: Turned in my Writing assignment #4 and completed my COVID-19 journal. End of my first year of college and I am in a good place mentally. This situation has taught me a valuable life lesson. That life lesson is being versatile and adaptable

More About Me: I'm a political science major from Tuscaloosa, Alabama. During the events of this timeline, I have been at home and practicing social distancing. Most of my classes were blended so the transition to online classes was extremely smooth. The COVID-19 outbreak has impacted me directly by taking me off campus sooner, keeping me from my friends and fellow students. Also, because of Coronavirus I can't make as many visits to my elders who are most at risk. My system of going to the field and working out almost every day has been dismantled and

now I have to find new ways to stay fit. Fitness is probably the most challenging thing I have faced since the outbreak began. I used to get an average of about 5,000-7,000 steps a day. Since the outbreak began, I rarely get out of the 1000s. Socially I have always been pretty reserved and rarely hung out around a bunch of people so I haven't felt too bad there. The main difference is that I can no longer sit and just relax in the campus center like I used to do. Academically, I kept up the intensity I had on campus with my work. I knew that going home and relaxing would not be the best so I knew I had to treat home just like school until the final day of class (Apr. 28th). I refrained from getting too relaxed and focused mainly on schoolwork. I went to online school during my senior year of high school, so this way of completing courses was familiar and I adapted quickly into my old habits needed to succeed in taking online courses. Overall, the main thing the COVID-19 has affected in my life is my exercise routine and my ability to just go out in public when I feel like it. Mentally I still feel pretty good because knowing that social distancing is being forced gives me a sense of security and helps me know that the spread will stay slow.