



5-1-2020

COVID-19 Assignment Details

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Recommended Citation

Bishop, Christopher, "COVID-19 Assignment Details" (2020). *COVID-19 Student Journal Project*. 29.
https://digitalcommons.jsu.edu/lib_ac_covidjournal/29

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Journaling is a timeless activity. As Rachel Trotter notes, there are a number of reasons why people should keep journals (or as she likes to call them, “personal histories”), including: It’s your story and you should tell it. Everyone deserves to be remembered. It creates a sense of self-worth. Your story will help others (and yourself)

As we have discussed many times throughout the semester, historians can only work with what they have been able to recover from a source base that has been intentionally preserved. Historians in the future will likely be interested to know how individuals reacted to the conditions created by the COVID-19 pandemic. Journals like these can offer a different perspective from archived news articles or opinion pieces - they would provide a brief (approximately one month), clear, uninterrupted snapshot of what life was like for students at Jacksonville State University.

In addition to creating a valuable resource for future historians, I am asking you to complete this assignment because the act of journaling is considered a mental health “best practice.” For example, the University of Rochester Medical Center recognizes journaling as a “helpful tool” in managing anxiety, reducing stress, and coping with depression. Journaling “helps create order when your world feels like it’s in chaos” and therefore may be a useful and beneficial way to process the extraordinary challenges we are all facing in the current COVID-19 crisis.

Students who keep a personal journal regarding the ongoing COVID-19 pandemic will have their lowest quiz grade replaced with a score of 100 (after this adjustment is made, the lowest remaining grade will still be dropped).

Journal entries can range from a number of subjects, but should remain focused on the ways that the COVID-19 pandemic has affected, shaped, and disrupted their life day-to-day. There is no limit to how long each journal entry can be. This is each student’s journal and space to record, reflect, and process our current events. **Each entry should be at least two paragraphs long**, but should feel free to write as much as they feel is necessary. Entries should be recorded at daily or every-other-daily intervals. Journals should begin on March 30 and are due via Canvas on Apr 28 (meaning Apr. 27 or 28 should be the date of last entry).

The instructor will donate these journals to the Houston Cole Library to be printed and bound for use by future researchers. By completing this assignment, the instructor automatically assumes each student’s permission to copy and archive their journal with the library.

Student who want to complete this assignment but do not wish for their journal to be archived with JSU’s library, please email the instructor and clearly state these intentions. If a student chooses this option, no copy of their journal will be preserved for archival purposes. Similarly, any student who wishes to complete the assignment but would like to have their journal archived under an anonymous pen name, please clearly communicate this to the instructor via email. If a student chooses this option, the instructor will assign a pen name to their journal to preserve their privacy.

Special instructions:

- 1. Save your file in PDF format.**
- 2. Here is how you should name your file: BishopHY201_LastnameFirstname**
- 3. The last thing you should include in journal is a brief (150 words or less) description of your journal (the things you discussed, the time period you covered, where you were during the time, your year, major, etc.) so that it may be included in the library finding aid.**