

The COVID-19 Pandemic: Perspectives of Saint Mary's University Students in 2021



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Carleton, the university's unofficial mascot, prowling the empty hallway in Loyola during an afternoon in January, 2021.

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COVID-19 General Information

What is the COVID-19 Pandemic?

- A flu-like virus causing severe symptoms was contracted in December 2019 at a seafood market in Wuhan, China (Velavan & Meyer, 2020)
- The virus had spread rapidly to many other countries through travelling by March 2020 resulting in sudden virus outbreaks and city-wide lockdowns
- The virus was declared the 6th public health emergency to require worldwide attention (Bruns et al., 2020)

Epidemiology

- COVID-19, or SARS-CoV2 or “corona virus”, is a strain of RNA based virus that spreads through respiratory droplets (i.e., sneezing, coughing) (Bruns et al., 2020)
- Coronaviruses in general are most common in **animals** (i.e., bats, camels, cats) but can be spread to **humans** when mutated (Bruns et al., 2020)
- The ability to spread the virus remains for up to 14 days after becoming infected

Main Symptoms

(Bruns et al., 2020, Velavan & Meyer, 2020)

- Cough
- Shortness of breath
- Fever
- Fatigue
- Pneumonia

How to Combat COVID-19 (Figure 2)

- Prevention is the most effective method for decreasing the spread of COVID-19 (Bruns et al., 2020)
 - Wash your hands frequently
 - Wear a mask around others (Figure 1)
 - Abide by social distancing guidelines
 - Monitor for symptoms

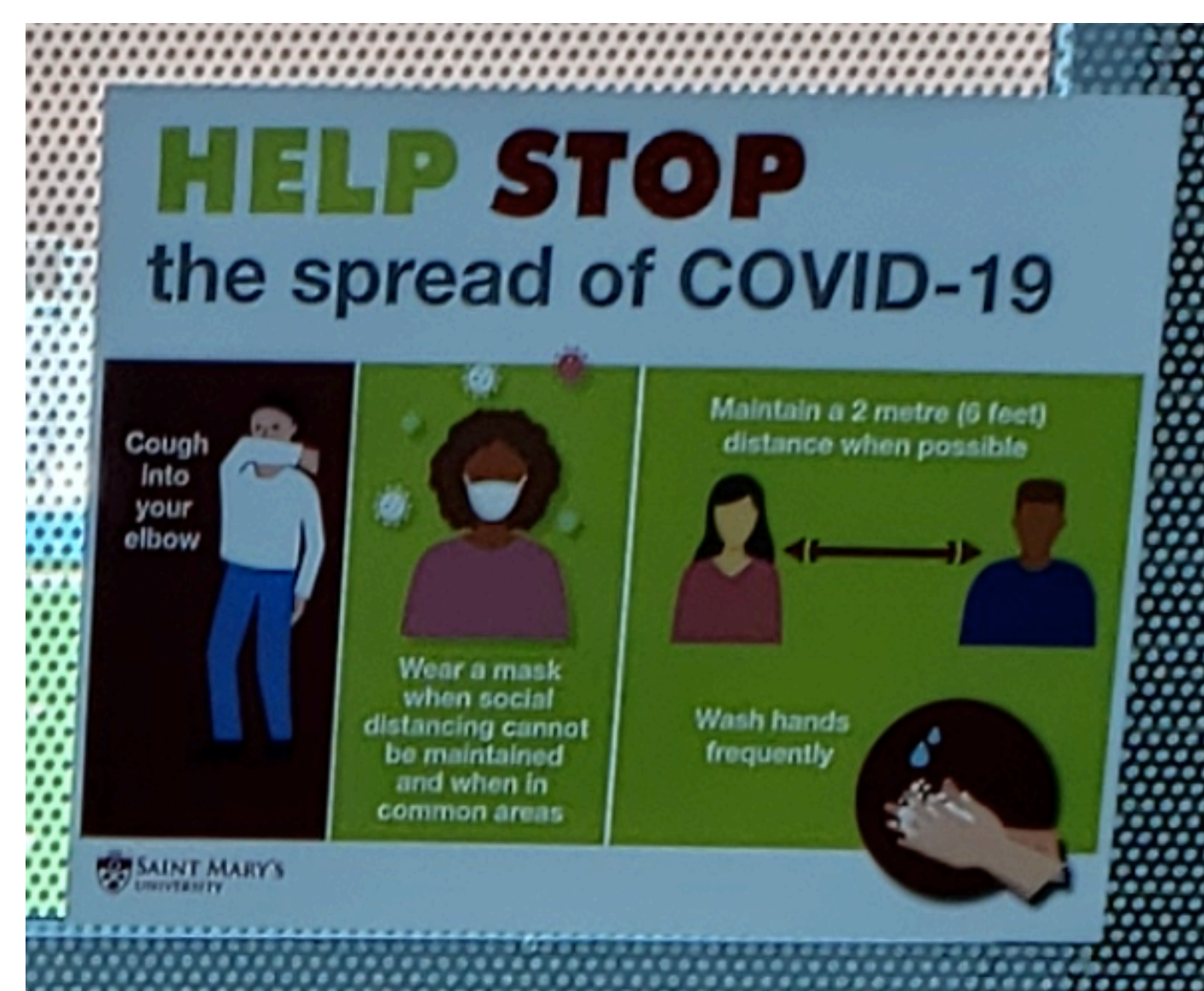


Figure 2. Sign displaying COVID-19 prevention steps photographed at Saint Mary's University.

Effects of the Pandemic

- Strict travel restrictions
- Enforced safety measures (i.e., monitored quarantines, gathering restrictions)
- Product shortages
- 21 thousand Canadian deaths in hospital (Statistics Canada, 2021)
- Mandated testing for the virus
- Strain on health care workers (i.e., nurses) (Bruns et al., 2020)
- Widespread job/income loss
- Negative mental health outcomes (Statistics Canada, 2021)



Figure 1. Stock image representing the masks now commonly worn in public as a result of the COVID-19 pandemic (Source: Pexels).

Current Pandemic Reports

- The virus continues to spread in populated areas into April 2021
- Many businesses have closed permanently, but most businesses/schools are reopened for distanced in-person accommodations
- Various vaccines are now being offered in several countries including Canada
 - Many people are interested in becoming vaccinated (Figure 3)

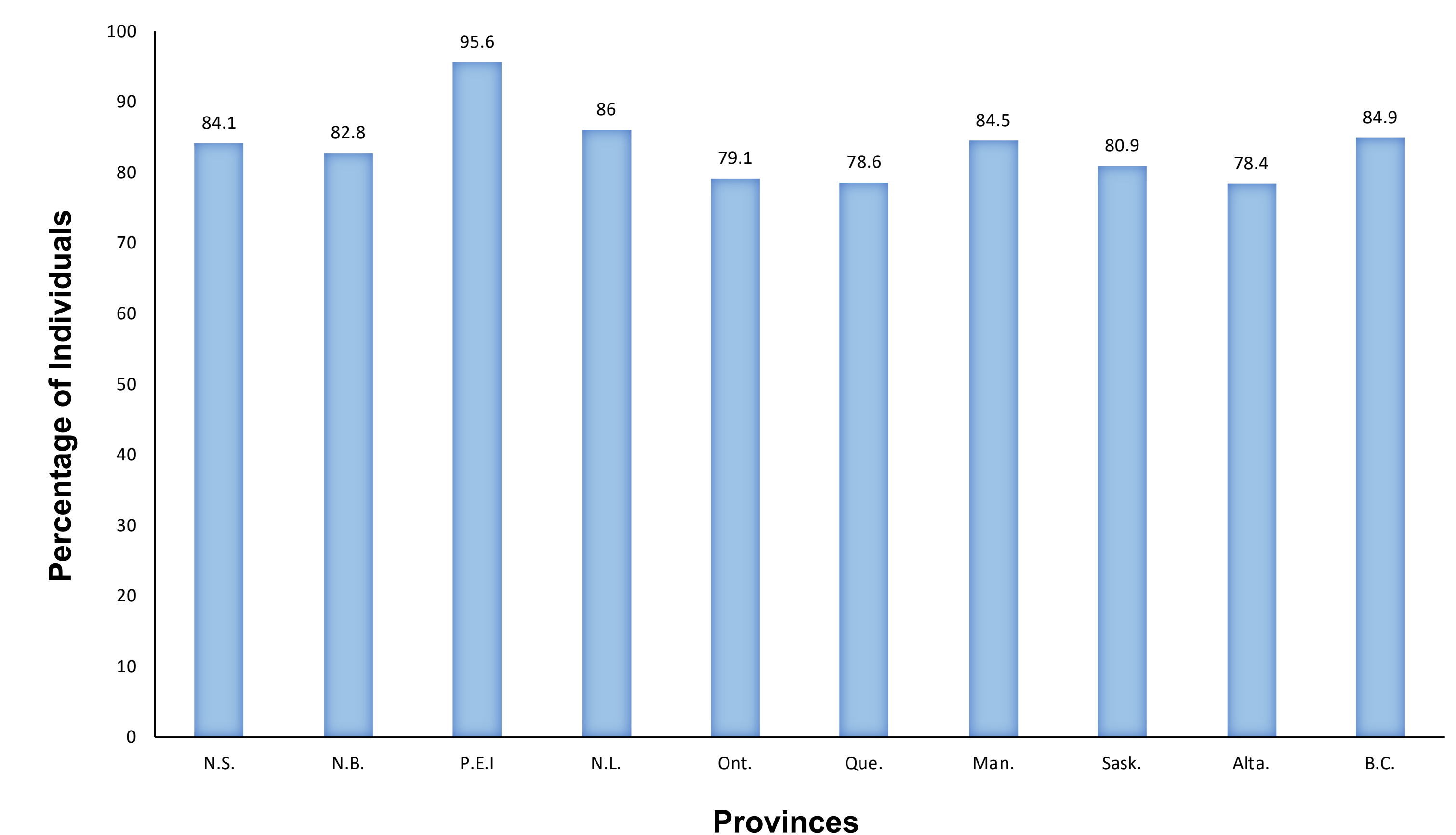


Figure 3. Histogram graph comparing the percentage of surveyed individuals in November-December 2020 over the age of 12 who reported being somewhat or very likely to get a COVID-19 vaccine by province (abbreviated), excluding the territories due to no data. (Statistics Canada, 2021)

What worries you most about COVID-19?

- “My parents and people I love getting dangerously sick”
- “I worry about getting Covid and accidentally spreading it to other people”
- “Will this pandemic ever go away? Will life be “back to normal”?”
- “There are still many people [who] don't care about it”
- “Nothing [...] I believe it will be contained and the country will get back to its feet eventually”
- “I worry about contracting the virus and giving it to someone I love.”

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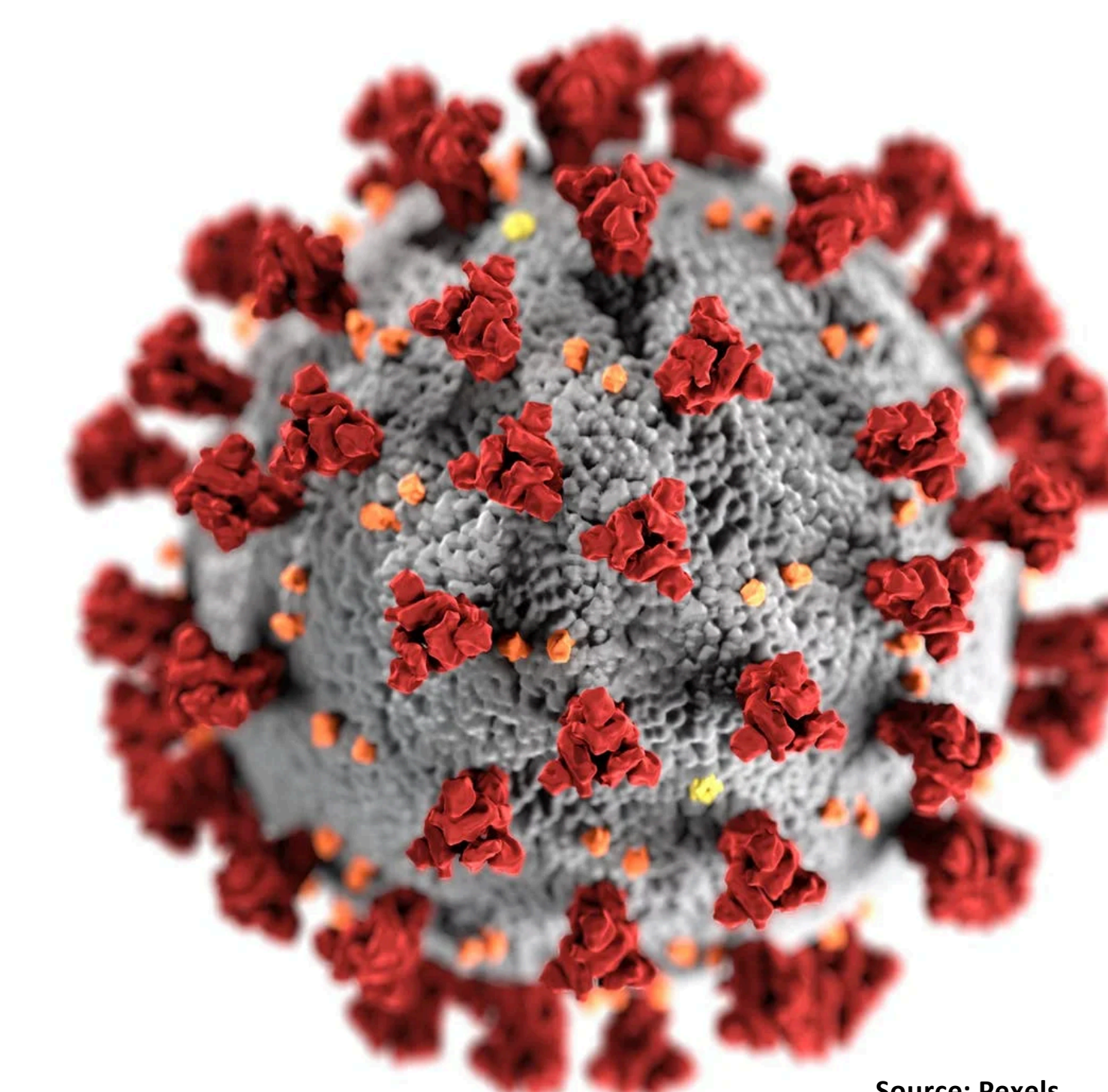
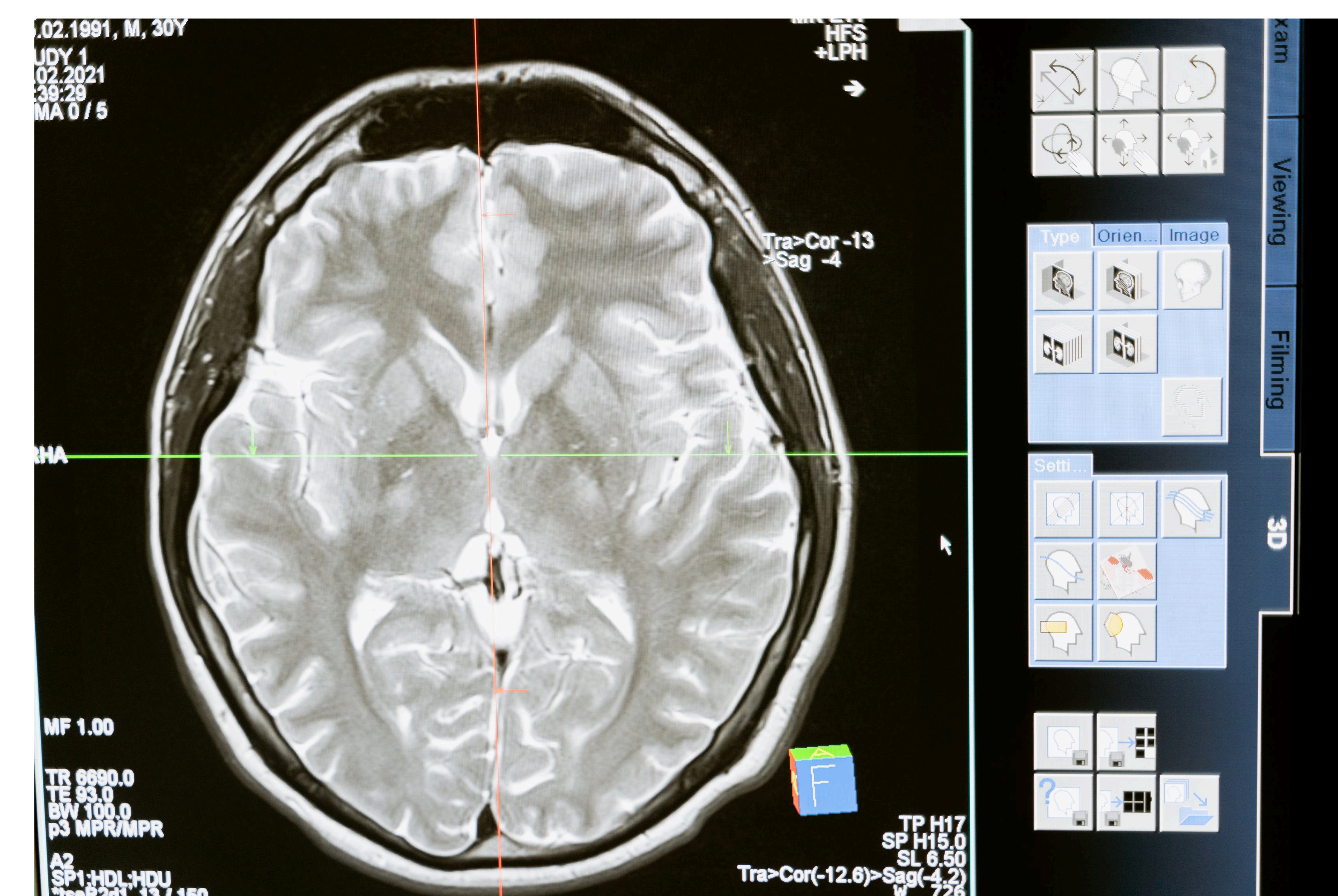
Neurological Effects of COVID-19

Effects of Living Through a Global Pandemic

- COVID-19 is the first major global pandemic in a long time, and with this comes a great amount of stress on the body
- Past major events such as 9/11 in New York have left people with psychological distress for the following years, and the same is predicted for COVID-19 (Abbott, 2021)
- More than 1.5 million people have confirmed cases of COVID-19 (Acarli et al., 2020)
- Lockdown limiting social interaction and added tension within families could have neuropsychiatric effects- regardless of contracting the virus or not (Abbott, 2021)
- Abbott (2021) states that 42% of people reported anxiety/depression in December- an 11% increase from the previous year
- Young women, parents of young children and people with previous psychiatric disorders are at most risk for neurological effects such as mental-health problems (Abbott, 2021)
- Those effected with such may be at risk for predisposition for neurodegenerative processes (Pero et al., 2020)

Direct Effects of the Virus

- Infection may cause respiratory failure, but the effects of COVID-19 are not limited to the respiratory/cardiovascular system
- Central and peripheral nervous system affected (Figure 1) -- fever and cough not predictors of neurological symptoms (Acarli et al., 2020)
 - CNS Symptoms: Headache, dizziness, impaired consciousness, ataxia, epilepsy
 - Neuropathy symptoms: Hypogeusia, hyposmia (neuropathic pain)
 - Skeletal muscle symptoms
- Stroke is potentially the most lethal and leading neurological symptom resulting from contracting COVID-19 (Pero et al. 2020)
 - UK study reveals various other symptoms resulting from the virus in patients- 62% show acute cerebrovascular incidents, 31% show altered mental state, 6% show peripheral disorders
- Another EU study (Pero et al. 2020) revealed further symptoms in patients
 - 85.6% showed olfactory dysfunction,
 - 20.4% show anosmia,
 - 12.6% show phantosmia
 - 32.4% show parosmia
 - and the remaining showing hyposmia
- Long-term Effects
 - Possible but unknown long-term effects
 - A study with mice revealed after a surviving for a year after infection of a different coronavirus (HCoV- OC43, a type of betacoronavirus) the mice had abnormal reflexes, decreased activity in open fields, and smaller hippocampus (Deforges et al., 2014)
 - The incidence of a neurological or psychiatric diagnosis in 236,379 survivors of COVID-19 at 6months is 33.6% (Taquet et al., 2021)
 - The incidence was higher, 46.4%, for those admitted to an ICU



COVID-19 CNS & PNS Symptom Percentages

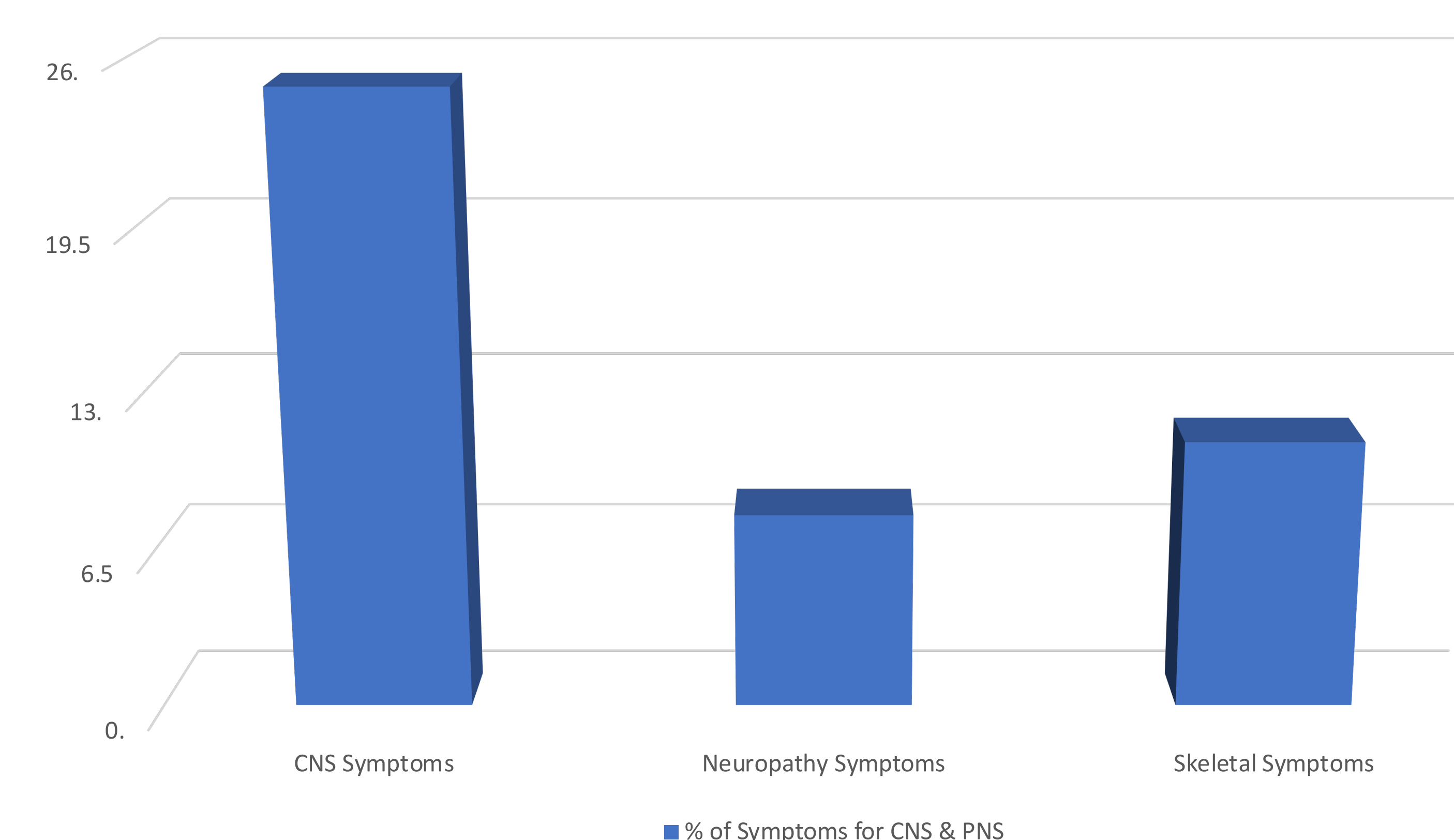


Figure 1. Percentage of COVID-19 Patients with CNS and PNS Symptoms (values taken from Acali, et al. 2020).

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SMUdent Wellbeing, Technology Use, and Education during COVID-19

Introduction: SMU and COVID-19

- Saint Mary's University and most other educational institutions in the city of Halifax and the wider Maritime region had to shut down all in-person campus facilities entirely when confirmed COVID-19 cases emerged locally in March 2020.
- This severely changed how in-person education was to function -- it was mandatory for public health to educate virtually and remotely (see Figure 1) (DeMont, 2020)
- Similar measures were and remain to be seen widely across post-secondary institutions globally (Sahu, 2020)

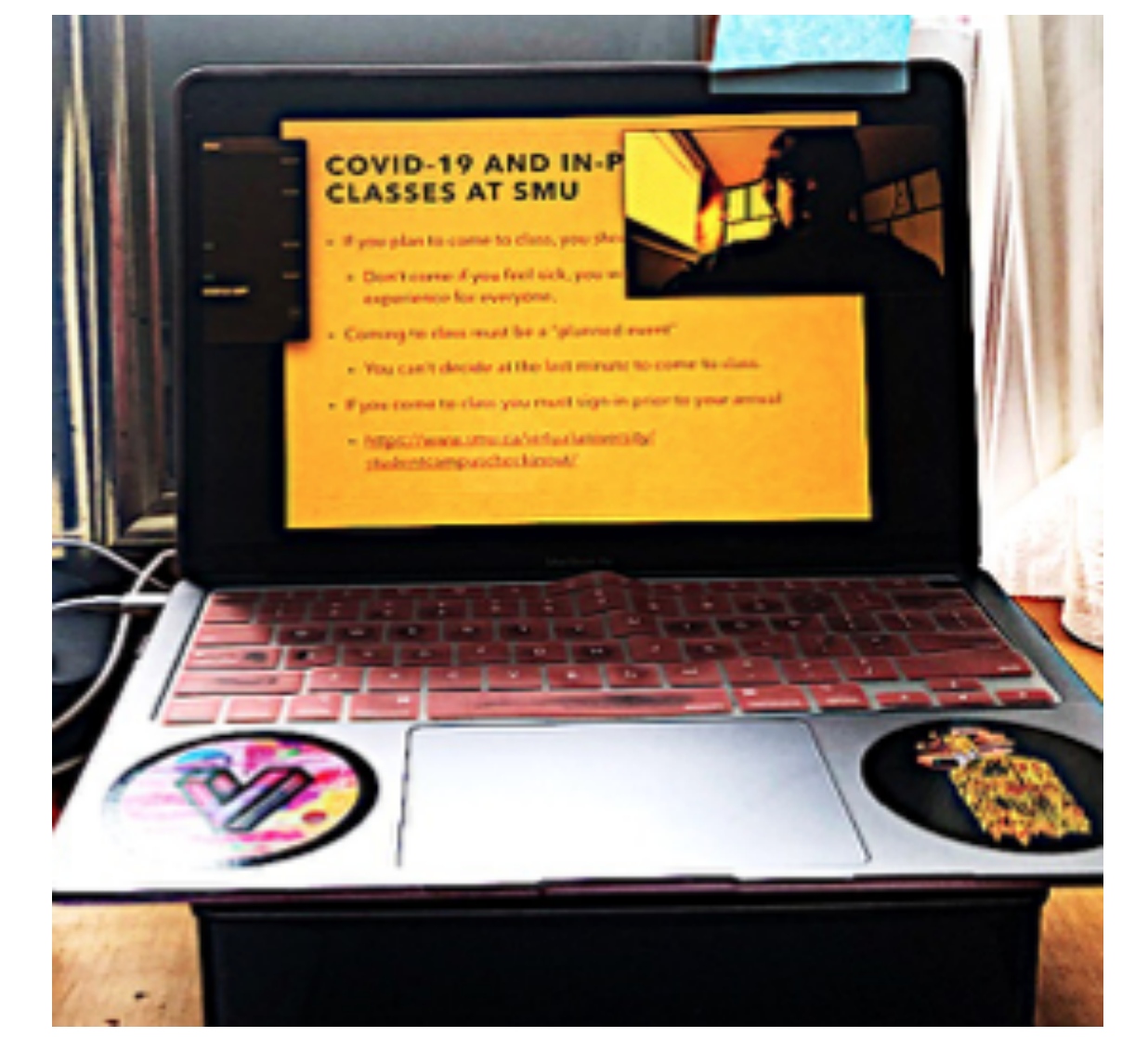


Figure 1. Laptop streaming the first PSYC4411 class in January 2021.

- "It feels like we are teaching ourselves so it absolutely infuriates me and breaks my heart that we have to pay more than ever now. [I'm] more tired of doing academic work in the pandemic than the pandemic itself."
- "Overall, I was [extremely] grateful and happy that we [switched] to online learning. I was living in poverty and going through a lot of [challenges] so [switching] to online classes was more of a blessing..."
- "I am not satisfied with the quality of education I am receiving online. There is a huge disconnect between students and educators and I feel as though the entire university experience has been stripped away."
- "My screen time has gone up significantly. I often suffer from headaches and eye strain. My face-to-face interactions are much less than they were before. I feel that this has been detrimental to my mental health and i dont feel fulfilled in my day-to-day life anymore because i spend so much time alone. I feel like many others feel the same way and threatening to make next semester online was really disappointing to hear for many of us."
- "[I'm] absolutely terrified to go back to in person tests and exams. [I] have completely grown accustomed to a relaxed, at home test taking environment, and the [convenience] of open book."
- "Seems like profs [don't] care as much, take longer to get grades back and assign double the course load. "

Tech Successes & Going Forward

- Digital technology, despite some issues – is invaluable during times like these
- Technological innovations developed by researchers, scientists, engineers, etc. has largely kept up with the demand the COVID-19 pandemic has brought -- but there is always more work to be done (Kumar, et al.; Whitelaw et al., 2020)
- Some students were happy to be able to continue their education despite this ongoing monumental global struggle

Tech Use; Mental Health; Coping

- Technology has helped keep us literally connected in these difficult times – but this extra tech time can be draining (Figueroa & Aguilera 2020)
- Some have dedicated more time for nature, to alleviate distress related to COVID-19, including distress associated with increased tech use (Soga et al.; Venter et al. 2020)
- Some students have struggled with more screen time due to COVID-19
 - Acknowledging the incredible hardship the world is experiencing right now has encouraged some students to take extra steps to promote good mental and physical health.



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Social and Equality Issues During COVID-19

Racial Inequality & The Black Lives Matter Movement

- On May 25th, 2020 46-year-old George Floyd was accused of using a counterfeit 20-dollar bill leading to his murder by a Memphis police officer who placed his knee on his neck for over 8 minutes (Dave et al., 2020)
- The video of his murder circulated the internet widely
- During the coronavirus pandemic there was an outburst of Black Lives Matter (BLM) protests in all 50 states and many countries around the world honing an estimated 15 million protesters (Buchanan et al., 2020) protesting police brutality that took the life of George Floyd (Dave et al., 2020).

BLM's Effect on COVID-19

- BLM protests went on for weeks while the world was in the height of COVID-19
- Dave et al. (2020) found that though risk avoidance behaviors were elicited in response to BLM protests, the protests themselves had little effect on the spread of COVID for the population over the 5-week protest period

Racial/Social Inequality & COVID-19

- There has been a disproportionate amount of COVID-19 related deaths in the Black community
- In the U.S. 20% of their counties are majority Black but accounted for 52% of the national COVID diagnoses and 58% of national COVID deaths (Millett et al., 2020)
 - Within these Black communities 90% had COVID cases and 49% reported deaths
 - In non-majority Black counties had 81% had COVID cases and 28% reported deaths
- Racially diverse neighborhoods in Canada have twice as high COVID deaths than majority White neighborhoods. Visible minorities have an average mortality of 35 deaths per 100,000 while less racially diverse populations average at 16 deaths per 100,000 (Tasker, 2021)

Anti-Asian Hate During COVID-19

- There has also been an increase in anti-Asian hate being that COVID-19 first appeared in Wuhan, China and xenophobic rhetoric spread from President Trump calling COVID the "China-virus" (Gover et al., 2020)
 - 39% of Asian Americans have said people have experienced people being uncomfortable around them, 31% have experienced racial slurs and jokes, and 29% have feared the possibility of threat or an attack (Lupton et al., 2021)
 - The first 13 weeks after Trump called the virus the "China-virus" there were 2,089 hate crimes against Asian Americans such as getting coughed/spit on, physical assault, workplace discrimination, verbal harassment, and barring from transportation and establishments (Lupton et al., 2021)

How do you think the circumstances of the quarantine/lockdown affected social justice movements, such as Black Lives Matter? How was the impact of George Floyd's death different than previous police killings?

Discuss.

- "BLM is justifiable due to historic systematic oppression but people who identify with the opposite side committed acts of terrorism due to rising political contingency."
- "It's hard! It's harder to get signatures for petitions for example. that impedes movements. but there's also a lot of keyboard warriors out fighting for good causes, so that has also changed. Hopefully, people [find] the need to be "better" humans after all of this."- Megan
- "It was really disheartening to feel powerless to help in my experience I couldn't attend any protests, so I donated to black owned organizations and funds in Minnesota, and I still felt powerless... especially... seeing police pepper spray people who are just standing on the sidewalk holding a sign. It's really disgusting..."

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Figure 1. Crowd of BLM protesters in downtown Halifax (Courtesy of Jillian Taylor).

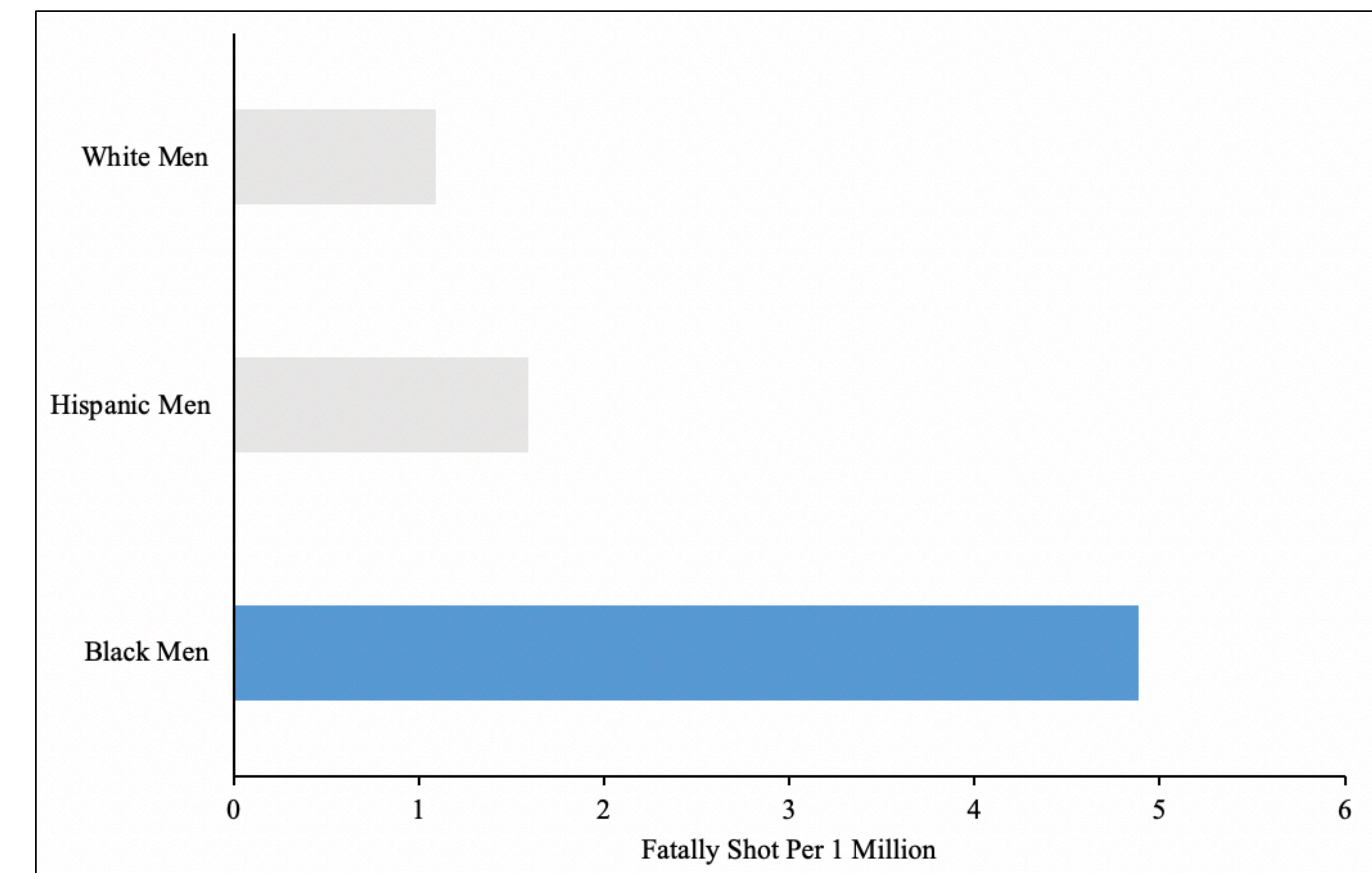


Figure 2. Chart of overall population compared to men fatally shot per 1 million (from Fox et al., 2019)

What are your feelings on the large crowds at Black Lives Matter marches during the height of the pandemic? Do you believe the marches were worth the risk of spreading the virus?

- "No, it doesn't help the pandemic. the marches are needed and it's unfortunate COVID happened. We don't control these things, but it would have been nice if everyone just cooperated with public health advisors."
- "I don't think the risk was worth it.. but again, I understand why they felt the need." – Megan
- "Absolutely worth it. Systemic racism won't pause for the pandemic. Masks being worn and trying to socially distance, as most did, were responsible moves when citizens rightfully protested. "
- "The marches were worth it. Those who went, chose to go. And the racism towards BIPOC in Canada and the United States is abhorrent and marching is for an important cause"
- "I don't think it is worth the risk. People should care about their own health first."
- "No, I think they could have done a better job respecting the pandemic rules, it's a new world there's new ways of doing things either virtually or by distancing."

Misinformation and Social Media

The Relationship Between Fake News and Social Media

- Social media is popular, increases interaction and diffusion of new ideas (Zhou & Zafarani, 2018)
- Spread news through shares, likes or retweets
- News comes from independent authors (Apuke & Omar 2021)
- Misinformation can be deliberately or accidentally shared on social media (Brindha et al. 2020)

Exacerbated by the COVID-19 Pandemic

- Pandemic highlights the interconnected-ness of our globalized world
- With social distancing policies in place, virtual communication has become an important source of (mis)information (Sharma et al. 2020)
- Exchange of misinformation linked to:
 - increased public fear
 - under-use of health services
 - distrust in government messaging (Parsons Leigh et al. 2020)
- Current media climate “infodemic ” (WHO, 2020)
- Exposure to misinformation can have serious consequences (Greenspan and Loftus 2020)
- Examples of misinformation:
 - the virus being a biological weapon, created either by the US (to destroy Chinese) or China (to destroy Americans)
 - COVID-19 is the likely by-product of Chinese foods, like bat soups
 - unverified home remedies like vitamin C, cow urine, turmeric etc.
 - self-detection test by holding breath (Brindha et al. 2020)
- Greater cognitive reflection and science knowledge associated with stronger discernment (Pennycook et al. 2020)
- Nudging people to think about accuracy is a simple way to improve choices about what to share on social media (Pennycook et al. 2020)
- Social media posts commonly identified as untrustworthy
 - Posts from family and friends or influencers were viewed as less trustworthy than posts from government or public health agencies (Parsons Leigh et al. 2020)



Source: Pixels

What are your thoughts on social media use by students during the pandemic?

- “Using the same screen as our work, class and leisure has been demoralizing...there [is] no separation”
- “[Social media] does not help with feelings of loss [or] loss of motivation...it's a good distraction... most of us feel really depressed and unsure of our future.”

What are your thoughts on those who get their news exclusively from social media?

What are your thoughts about those who spread misinformation on social media?

- “No one trusts conventional news anymore and [they] opt to get their news from social media which feels more first-hand but of course it is not”
- “[Regarding politics] during lock down I found a lot of people had nothing else to do except scroll through [social media]...[you] see something really shocking that is presented in a way that seems true...[you're] going to share [this] and it can be very terrifying”
- “At the beginning of the pandemic before the mask mandate in Nova Scotia, there was all kinds of discourse about whether or not masks work, which in hindsight is terrifying”

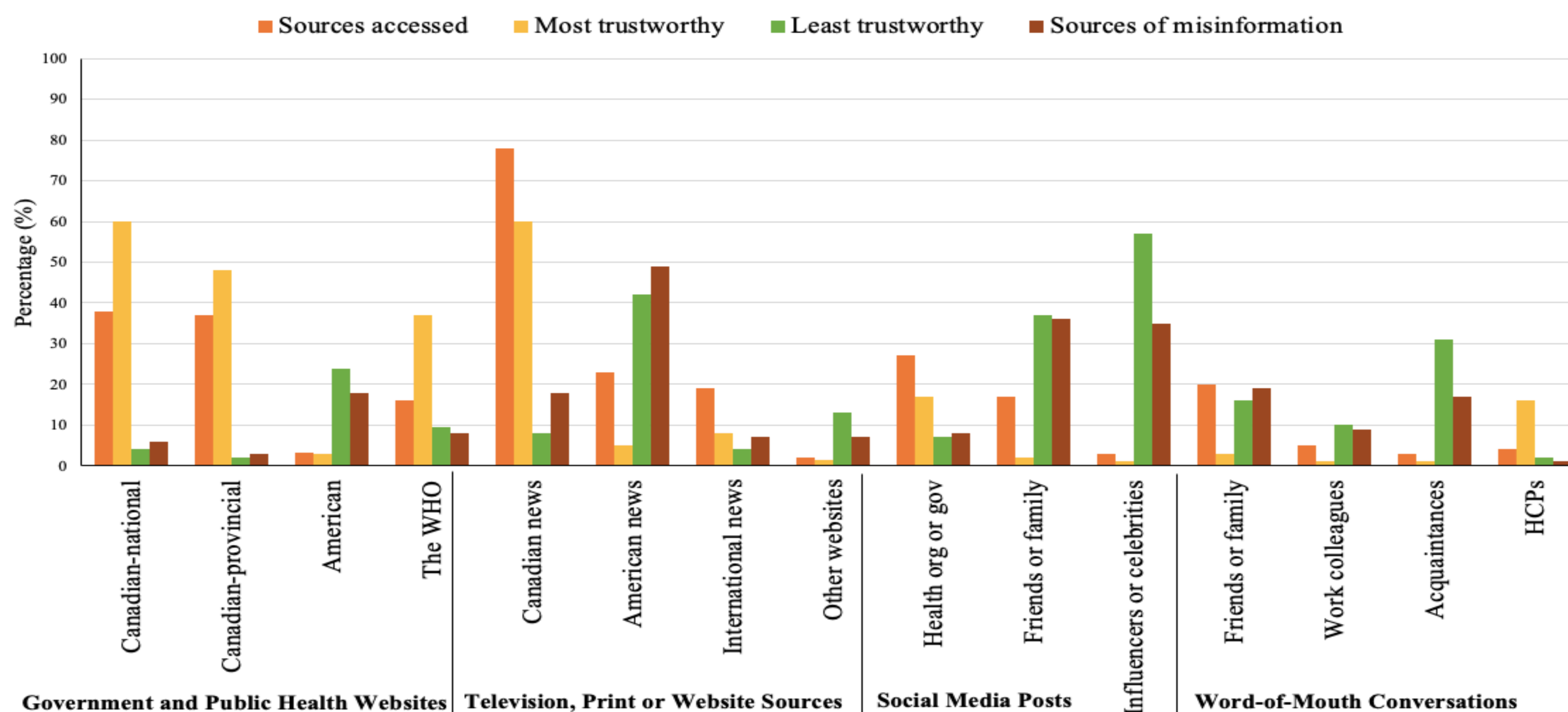


Figure 1. Graph derived from data from Parsons Leigh et al. 2020 <https://doi.org/10.1371/journal.pone.0241259.g004>. Information sources accessed, selected as most trustworthy, least trustworthy, and sources of misinformation indicated by respondents. Prefer not to answer responses are excluded from analysis (range: n = 5, 0.3% to n = 99, 5.0%). Canadian news is a combined category of Canadian television news, Canadian newspapers/magazines, and Canadian news websites. American news is a combined category of American television news, American newspapers/magazines, and American news websites. HCPs = healthcare providers; WHO = World Health Organization.

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Mental Health In Canada following Covid-19

Stats Canada Snapshot of Mental Health in Canada Throughout the Covid-19 Pandemic

- Mental health has decreased from 68% to 55% since the onset of the pandemic
- Teens and young adults from 14-25 have the highest rates of mental decline from 60% (pre-pandemic) to 40% (See Figure 1)
- 52% of women versus 58% of men report excelling or good mental health
- Seniors are the only group that do not show a reduction in mental health since Covid-19 began
- Individuals previously reporting experiencing mental health problems worsened over the course of the pandemic
- Gender diverse Canadians reported the highest rates of fair to poor mental health (70%)
- Visible minorities in comparison to white people were more likely to report fair or poor mental health (27.8% versus 22.9%)
- Those unemployed due to Covid-19 reported lower frequencies of excellent or very good mental health (34%)
- These numbers rose to 64% in July and may be linked to support programs

Effects of Covid-19 on Canadian Students

- 54% of graduates report being very or extremely concerned that their diploma, certificate or degree would not be regarded as equivalent to students that had graduated before Covid-19
- 17% compared to previously reported 8% of students indicated they would not be able to complete their education as planned
- 58% of students reported they felt very or extremely concerned toward potentially losing their job, while 67% indicated they were very or extremely concerned about having no future job opportunities
- Prior to the Canada Emergency Student Benefit (CESB) 73% of students reported high concern toward having to use all of their savings. Following the CESB, 63% of students still felt highly concerned about their financial situations
- 2016 National College Health Association survey reported that 44% of secondary students reported that at some stage in previous year they had felt “so depressed it was difficult to function” while 18.4% reported being diagnosed or treated for anxiety. Over half of respondents to a stats Canada survey investigating effects of Covid-19 disclosed their mental health was at least “somewhat worse” or “much” worse
- Higher levels of anxiety among youth are due to financial concerns, academic hindrances, and loss of employment opportunities

- “Synchronous learning is not the best, and asynchronous is terrible. It is so difficult and the adjustment has been depressing...”
- “[I] have a much different schedule, staying up late and sleeping in. [S]leep [a lot] worse require more sleep aids. [S]leep more as more time to sleep in.
- “I [don’t] get as much sleep as [I] did before the pandemic because my brain has trouble shutting down, which never was an issue for me before. I believe that its likely from the immense amount of screen time. My dreams seem to be more vivid when i do dream, but most of the time [I don’t] sleep deeply enough to dream and tend to wake up multiple times throughout the night. These are also new sleep habits for me.”
- “I am 100% more moody and it's terrible. I'm more short tempered and more likely to start crying over something small. I think I'm overly stimulated by news politics school the pandemic. it's a lot to constantly worry about.”

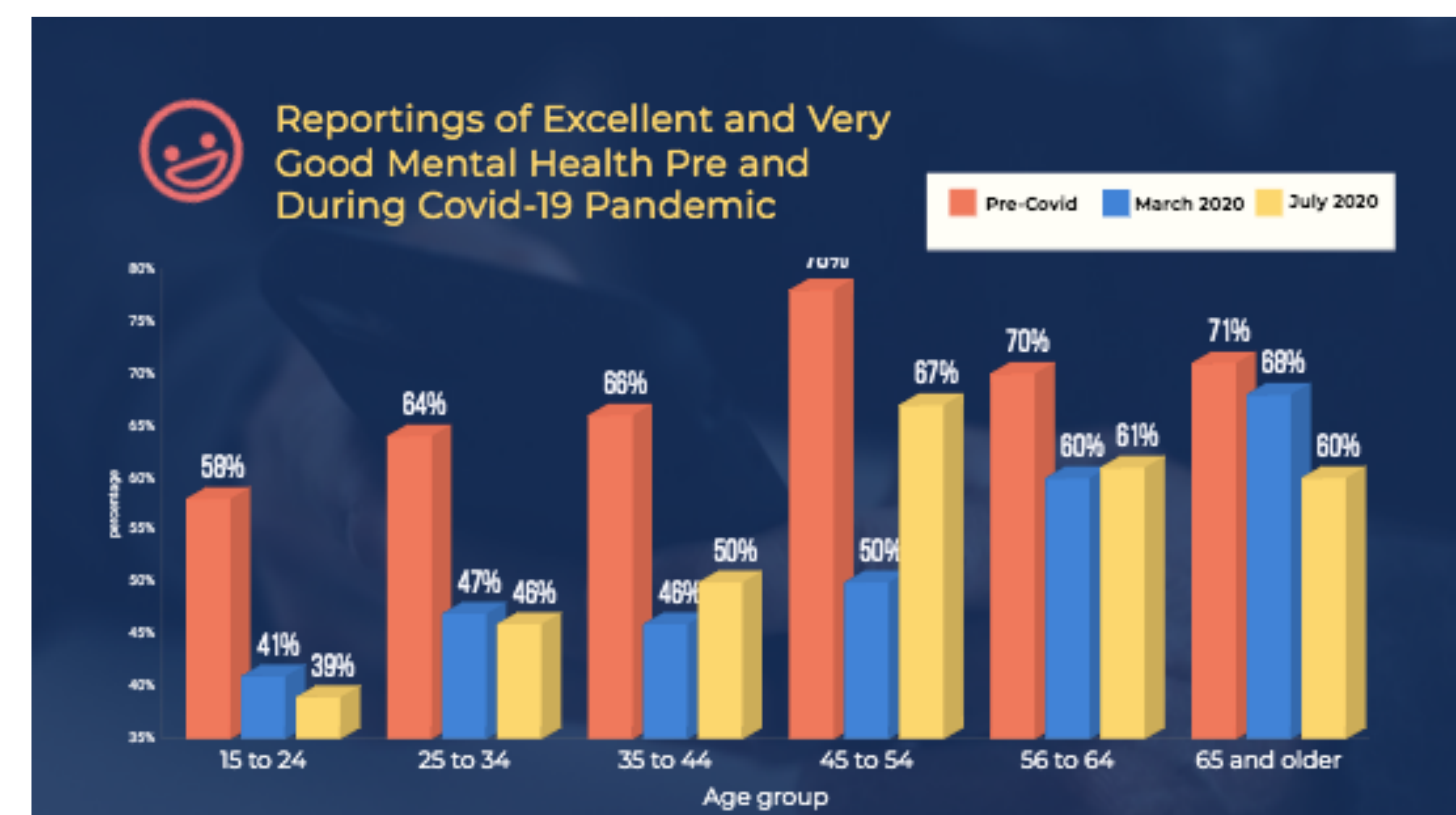
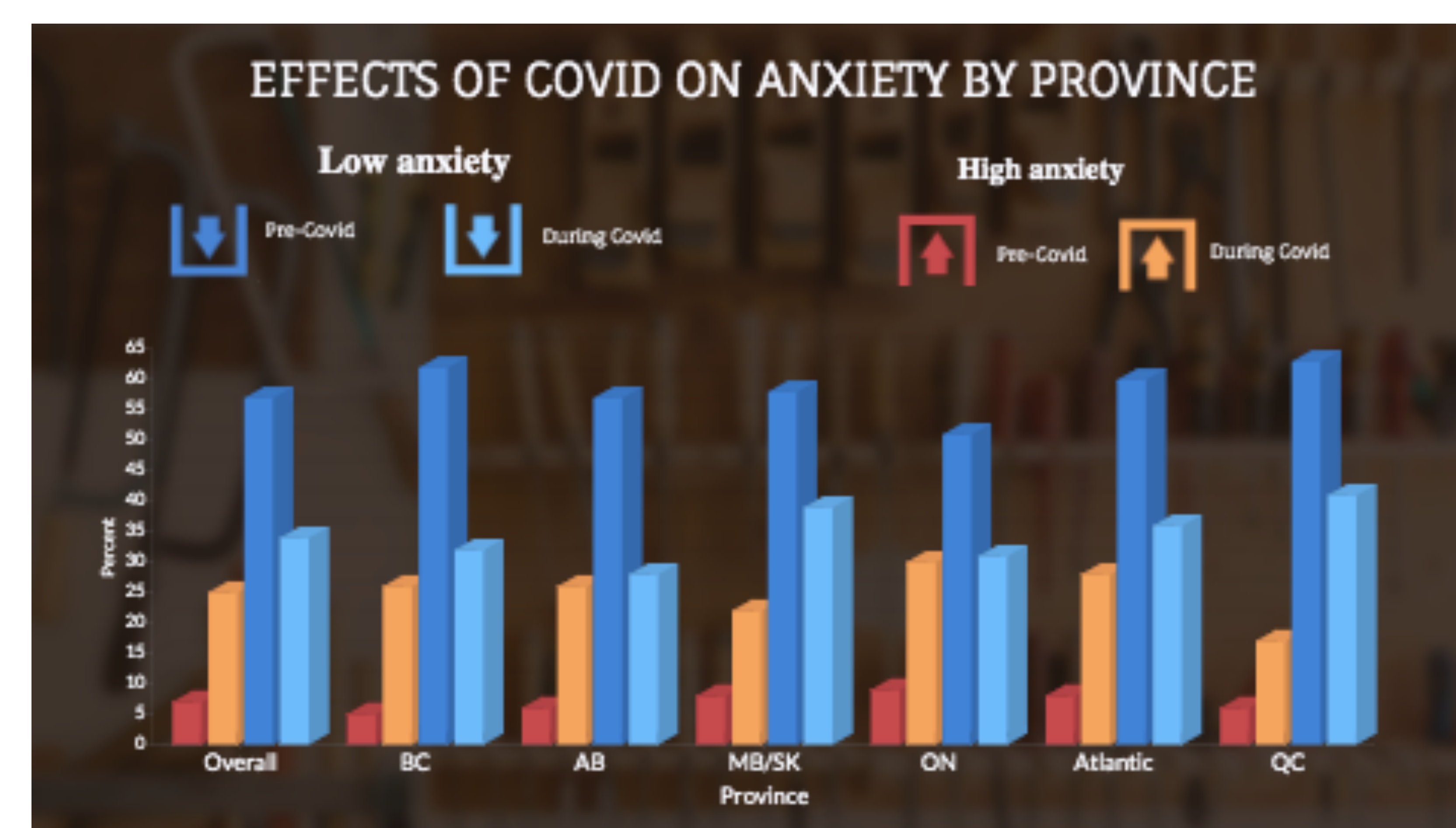


Figure 1. Proportion of Canadians reporting excellent or very good mental health pre and post COVID by age group, Canada, 2019, March and July 2020. Studies included: Canadian Community Health Survey, 2019; Canadian perspective Survey Series 1; Canadian Perspectives Survey Series 4. Source: Statistics Canada, 2020



Source: Mental Health Research Canada, 2021

Sleep Pattern Changes

- Increase in sleep difficulties due to outbreak pertaining to getting to sleep, staying asleep, and maintaining early wake up times
- Sleep difficulties rose from 36% before pandemic to 50.5% during outbreak.
- Increase of sleep medication usage coincided with reported sleep difficulties
- Generation z (18-22 year olds) and millennials (23-38 year olds) reported going to sleep later than any other generation during lockdown. The “delayed sleep” subgroup was comprised more of individuals working from home and were less likely to have familial responsibilities
- The “reduced time in bed” and “delayed sleep” subgroups indicated clinically significant worsening of stress, anxiety, and depression
- These findings suggest the pandemic may trigger increased stress in individuals that have had to adapt to work-related changes due to confinement, those with familial commitments, individuals with early wake-up times, and those with chronic health conditions

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The Effects of Quarantine, Lockdowns, and Confinement on Brain and Behavior.

Emotion

The lockdown measures have increased feelings of helplessness, loneliness, and has exacerbated mental health conditions, it has been shown that:

- Experiences of social pain from isolation can activate the dorsal anterior cingulate cortex and anterior insula, regions of the brain that are involved in the processing of physical pain (Eisenberger, 2012)
- Previous studies investigating the impacts of quarantine during the SARS pandemic have reported emotional disturbance and exhaustion, anger, stress, depression, irritability, and insomnia (Pedrosa et al., 2020)

Stress and the Brain

The pandemic has increased levels of stress; stress has been found to impact the following brain regions:

- **Amygdala:** increased spine density of basolateral neurons, expansion of basolateral dendrites, and loss of spines in the medial section have been found in response to stress, and contribute to increased anxiety and PTSD-like behaviors (Vyas et al., 2002)
- **Hippocampus:** stress and glucocorticoids and have been found to alter neuronal morphology, inhibit neurogenesis, and decrease hippocampal volumes; impairing cognitive processes such as learning and memory (Diamond & Kim, 2002)
- **Prefrontal Cortex (PFC):** chronic stress alters the length, branching and spine density in PFC networks, and connections with the hippocampus; this has been shown to affect attentional-set shifting, cognitive flexibility, working memory, and memory consolidation (Arnsten, 2009)

Behaviour

Lockdowns has disrupted the daily lives of people; the loss of routine has affected sleeping patterns, online activity, and spending habits:

- Compared to pre-lockdown times, people have reported going to bed and waking up later, reduction in night-time sleep, spending more time in bed, increased daytime napping, and lower quality of sleep (Cellini et al., 2020; Gupta et al., 2020)
- When lockdown protocols were issued, panic buying behaviors were observed across the world; this was driven by loss aversion, herd mentality, fear, and uncertainty about the future (Figure 1)
- 63.9% of young men and 67.8% of young women (age 20-34) reported increased screen time in at least two of TV, internet, or video gaming during the pandemic (Colley, et al., 2020)
 - Women who exercised outdoors reported better mental health than women who exercised indoors (Figure 2)

- “I wake up I'll eat breakfast get ready and then watch my recordings while I drink a tea. [I'll] continue watching my live lectures until I'm all done and then I will do my homework in my room at my desk for the rest of the day.”



Source: Pexels



Figure 1. Cleaning supplies limited on a per customer basis at a local store in Halifax Regional Municipality.



Figure 2. Outdoor physical activities, like canoeing on Rogers Brook, can help break the monotony of an urban lockdown.

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The Effects of COVID on Alcohol and Marijuana Use

Introduction

- After researching past medical adversities and their effects on society's substance use, two predictions have been developed concerning the influence of COVID on alcohol consumption (Rehm et al., 2020)
 - Alcohol consumption will increase due to excessive stress from the dramatic changes associated with the COVID epidemic
 - Alcohol consumption will decrease due to a lack of accessibility caused by COVID travelling or monetary restrictions
- These predictions can be applied to marijuana use in Nova Scotia as well, where cannabis and alcohol are sold from the same establishment

Statistics Canada

- While alcohol sales increased during the first year of COVID, they only increased about half as much as the year preceding COVID (Table 1).
- Despite this overall decrease in alcohol sales, about 24% of Canadians who drink alcohol think their drinking habits increased during COVID; about 22% think they drank less during this time (Statistics Canada, 2021)
- Marijuana sales during the first year of COVID decreased almost four times as much as the sales in the year before COVID (Table 1)
- However, about 34% of all Canadian marijuana users state their smoking habits intensified during COVID (Statistics Canada, 2021)
- These statistics support both predictions for alcohol and marijuana consumption

Non-Participant Observational Study

- The number of people entering an NSLC store that sells both cannabis and alcohol were counted for fifteen minutes between 5:45 and 6:15 pm
- A correlational analysis was conducted on the data using the software program jamovi 1.2.27. Weather was converted to a biserial code for analysis (0 = precipitation or overcast; 1 = blue skies or partly cloudy)
- While COVID cases are more correlated with the number of people entering the store than temperature or weather, this correlation was not significant (Table 2).
- The insignificant correlation between COVID cases and the number of people entering the NSLC supports the hypothesis that alcohol and marijuana consumption decreased overall due to a lack of accessibility caused by COVID

- “[I could] see how people would want to cope and drink or smoke more, because people are worried and concerned[,] but [I] feel like [I] can't be the only one to start trying to [take] better [care] of myself because of all of this[.]”
- “I [personally] use more alcohol than before now. I [did] not drink at all before but now I sometimes drink some to help [myself] sleep[.]”
- [Student recreational drug use] has likely decreased as [there are] no more huge parties as often[.]”
- “[S]imilar to social media drugs and alcohol really really good at distracting you from everything that sucks in your life. I personally have stopped drinking as much as I did when I was in Halifax. But I know for other people, my friends, it's how they can get the anxiety in [their] head to stop for even an hour.”

Table 1. Comparison of the percent change of alcohol and marijuana sales before and after the first month of COVID, March 2020 (Statistics Canada, 2019-2020).

	% Change Feb 2019-Feb2020	% Change Feb 2020-Feb2021
Alcohol	2.1	0.9
Marijuana	-3.6	-11.7

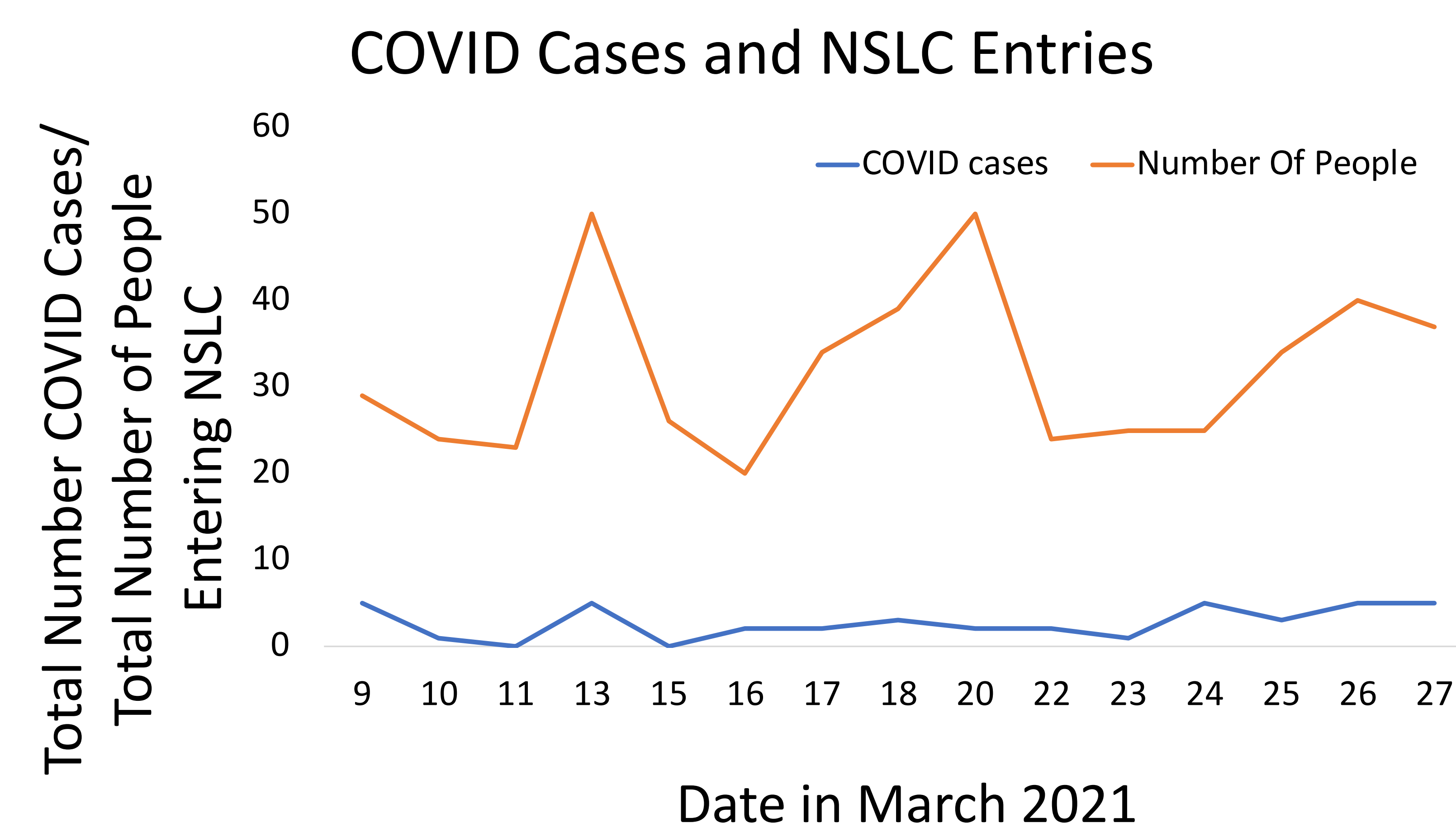


Figure 1. Total Number of COVID-19 Cases and Number of People Entering NSLC versus Date in the Observational study.

Table 2. The p-values and Pearson's r values for the correlation between the number of people walking into an NSLC store and the variables below

	p-value	Pearson's r
COVID cases	0.080	0.466
Weather	0.530	-0.176
Temperature	0.964	0.013

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Motivation and Coping with Online Learning

Emergent Research on Motivation

- Students living conditions determine accessibility to online learning, impacting motivation in the process (Ali, 2020)
 - Competency and handling of technology required for online learning is found to be a new variable in self-efficacy
 - Students with poor technology skills reported lower evaluation of self-efficacy and thus lower motivation
 - With some courses following an asynchronous pattern, new skills of self-regulation and time management are also becoming a factor, previously not a concern for students who have not participated in online learning prior to the pandemic
- Many students have reported improved productivity and performance, thanks to the use of new tools they found in the process of adapting to online education (Chakraborty et al., 2020)
 - Many instructors also report adding new multi-media teaching tools they did not seek out before the pandemic and chose to find new ones to adapt to post-pandemic era of teaching
 - Students with high motivation and students with moderate motivation perform similarly
 - Students with low motivation perform much poorly than both highly and moderately motivated students

Coping With Online Schooling

- Some post-secondary education institutes report better mental-health self-assessment for students, regarding burnout and anxiety with the adjustment to online schooling, such as one medical school in Kazakhstan (Bolotov et al., 2021)
- Instructors can take advantage of various online tools to suit multiple learning styles that were previously difficult to accommodate in the classroom, that are made possible using various multi-media tools provided by online resources (Kinshuk et al., 2009)
- Students who found new hobbies and activities involving learning new technical skills, reported a significantly better experience dealing with depressive thoughts, along with other negative effects of academic stress (Chandra, 2020)

If a classmate were to ask you for tips about coping with the change from in-person to remote learning, what would you recommend they do?

- "Plan things ahead and try to keep your life regular with good habits."
- "Do not take five courses a semester unless you absolutely have to. make sure you take breaks and reach out to the correct advisor if you need to."
- "Form study groups online. Take breaks. Reach out to your profs if you are really not doing well mentally."
- "Be organized, manage your time, eliminate distractions, ask for help, and try to make friends."
- "[T]ake the term off if possible. [I]f not, get a tutor if you can. [I]f not, rely on [your] support system if you have one. if not, exist [the] best you can."

Describe how your habits changed during quarantine/lockdown (e.g., more time gaming or on social media, increased alcohol consumption, etc.).

- "We quit drinking, so it would not get out of control, we started eating better, we had more time for walks. This pandemic has helped our health in some ways!"
- "I definitely spend more time watching tv and cooking at home"
- I spent a lot of time on social media because it felt like there was not a lot to do a lot of the time. And social media was one way I could stay in contact with friends"
- [I] became less productive. [It's] frustrating having to teach myself everything. [I] started slacking on course work much more."
- "I have found that during lockdown I had increased my screen time by a [lot]. I was always of social media or binge watching shows on [Netflix]."



Source: Pexels



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Life After COVID-19

Changes in learning and living through COVID-19

- The use of masks, hand sanitizers, and social distancing in public places and in in-person classes/services have been mandatory to keep safe (Figures 1 and 2)
- Online health services and mobile apps have been offered
- Virtual learning and hybrid classes have been part of the student life during the pandemic.
- The use of online shopping and grocery delivery to avoid social contact

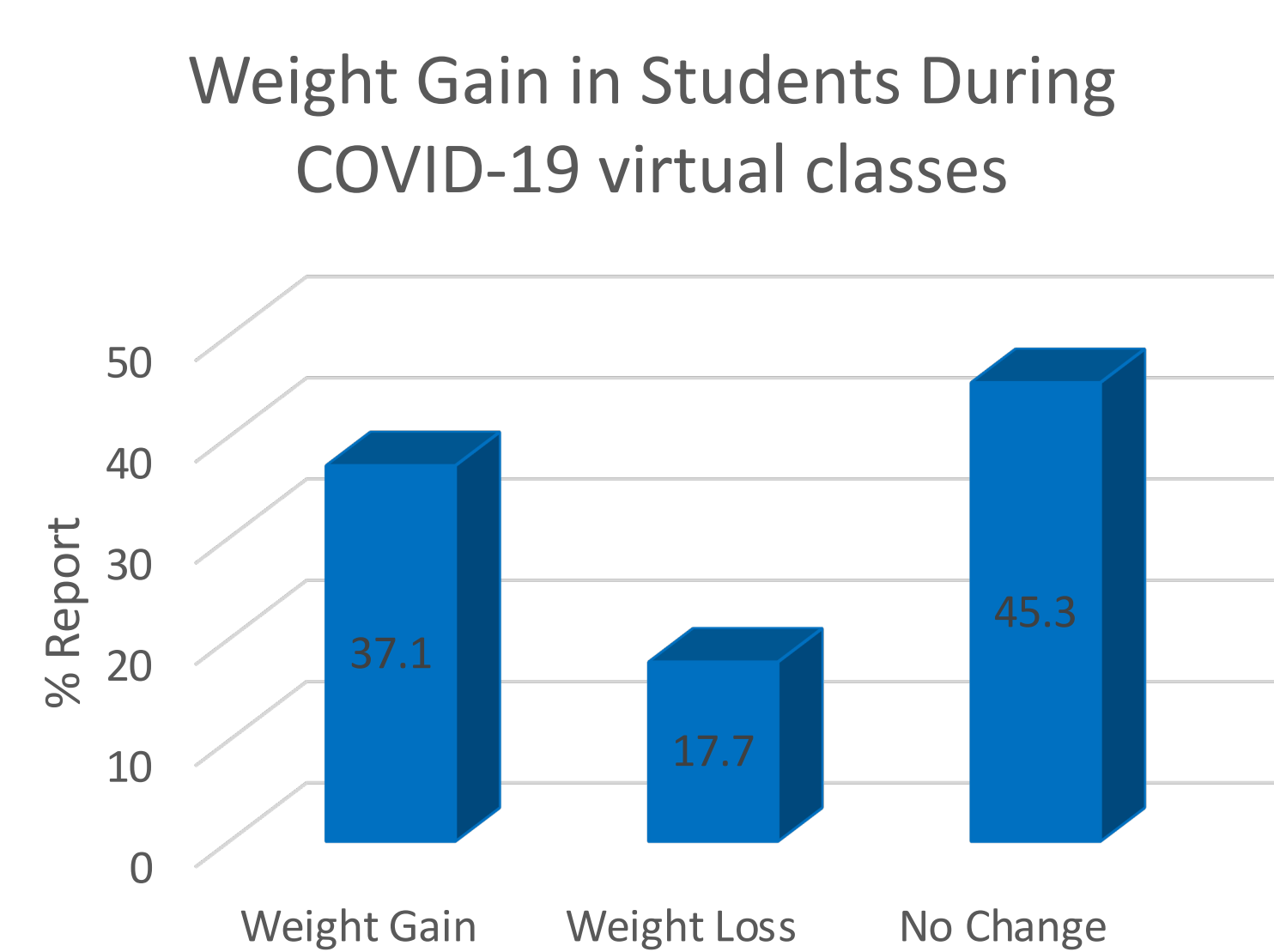


Figure 3. This graph shows the impact of weight gain in students in Delhi when taking virtual classes during the pandemic. Virtual classes are convenient but have a negative impact on health (data from Chaturvedi, Vishwakarma, & Singh, 2021).

Consequences of practices adapted during COVID-19

- Virtual options give the convenience of staying home while protecting others, but it limits the social interactions that university students want
- 51.4% of students in Delhi did not utilize their time which negatively impacted their mental health, their daily habits, their fitness routines, and their weight which may influence whether these adaptations will continue in the future (Figure 3) (Chaturvedi, Vishwakarma, & Singh, 2021)

How COVID-19 might permanently affect access to health services

- Telemental Health has shown to be as successful as in-person therapy (Gloff et al., 2015)
 - It is offered by phone, video conference, and text and could be used in a hybrid form which is a mix of online/in-person sessions (Hilty et al., 2013; Jones et al., 2014; Siemer, Fogel, & Van Voorhees, 2011)
- Telepsychology (online therapy) and telemedicine (online health services) along with other services are seen as a convenient and safe way for those with a compromised immune system to receive services which can continue to benefit society in the future (Banks, Corrigan, Grogan, El-Naggar, White, Doran, Synnott, Fitzsimons, Delanty, & Doherty, 2020)
- Mobile apps have been created offering Biofeedback Assisted Relaxation Training which is a virtual way to practice relaxation techniques (Schaefer et al., 2021)

- “[I]’m absolutely terrified to go back to in[-]person tests and exams. [I] have completely grown accustomed to a relaxed, at home test[-]taking environment, and the convenience of open book.”
- “No way [I]’m going until [I] am, and the majority of students/faculty are vaccinated...”
- “I am concerned about returning to in[-]person classes just because I have a [weak] immune system and I am terrified of contracting or spreading COVID-19.[.] I’m terrified of other people because I don’t know that they’re as careful...”
- “Not physical distancing, but the masks for sure. I believe western cultures will adopt the common practice that was apparent in Asian cultures pre-COVID, to wear face masks whenever you are sick. Stop germ spreading as much. I like that.”
- [The pandemic] changed how humans have behaved historically. [I] think many people [will] keep the masks and sanitizers. [I] think despite the vaccine, the looming threat and [trauma] of this period will [remain].
- “[I] think the transition back [will] be harder than the transition to online. [T]he campus might be a little more lively though.”
- “More students coming to campus, it could be hard to maintain social distance...”
- “I think that [being back on campus] will be a wonderful experience. I hope we go back ASAP.”
- “It will be a slow come-back. The booming, busy campus I remember won’t return for at least another year.”



Figure 1. Maintaining social distancing in an almost empty classroom at Saint Mary’s University. While some classes were offered in a hybrid form some students preferred the convenience/safety of staying online rather than in person.

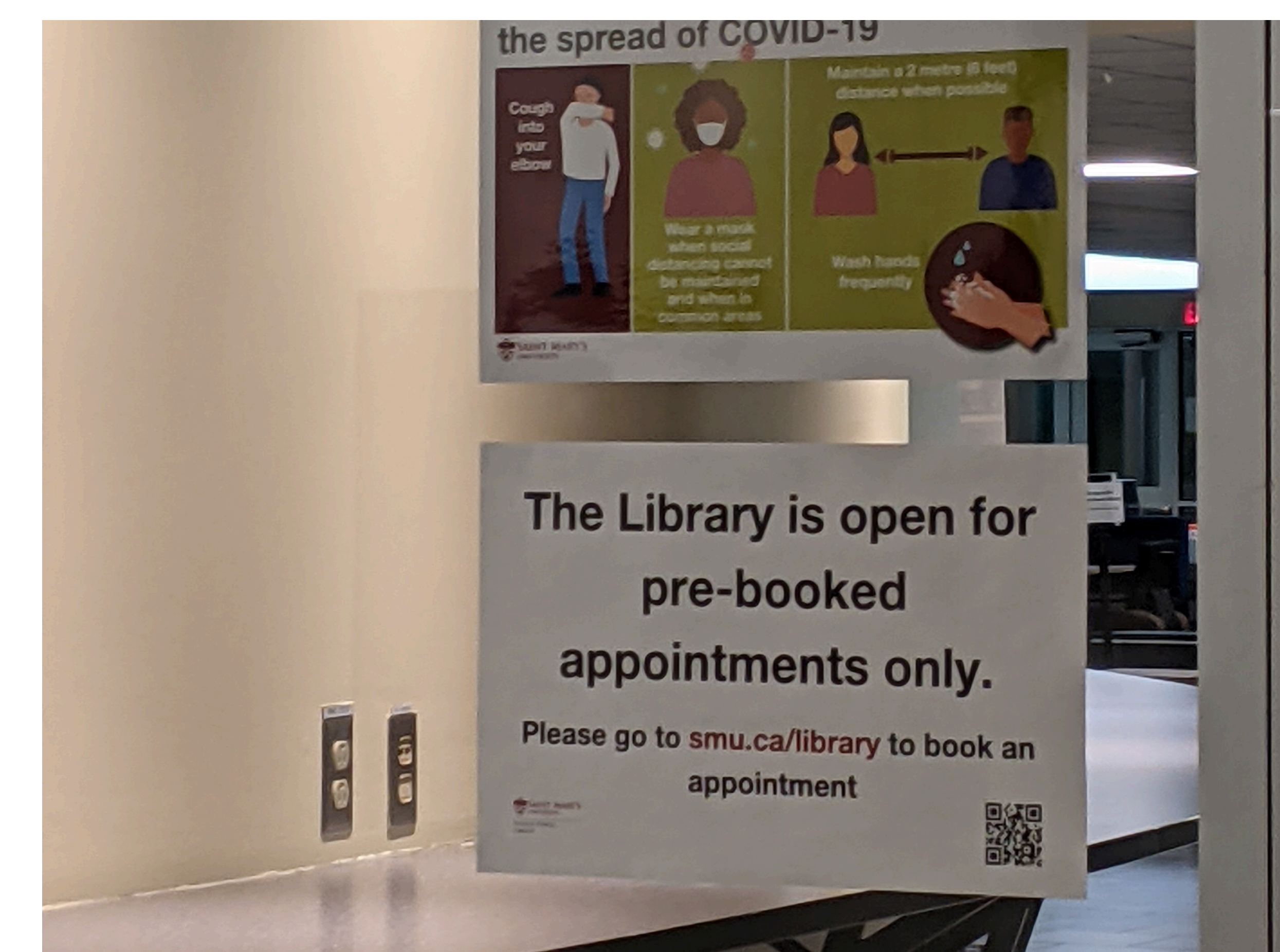


Figure 2. Many services and public spaces are only available by appointment during the pandemic. Some services being successfully run online (virtual services, classes etc.) could carry on after the pandemic.

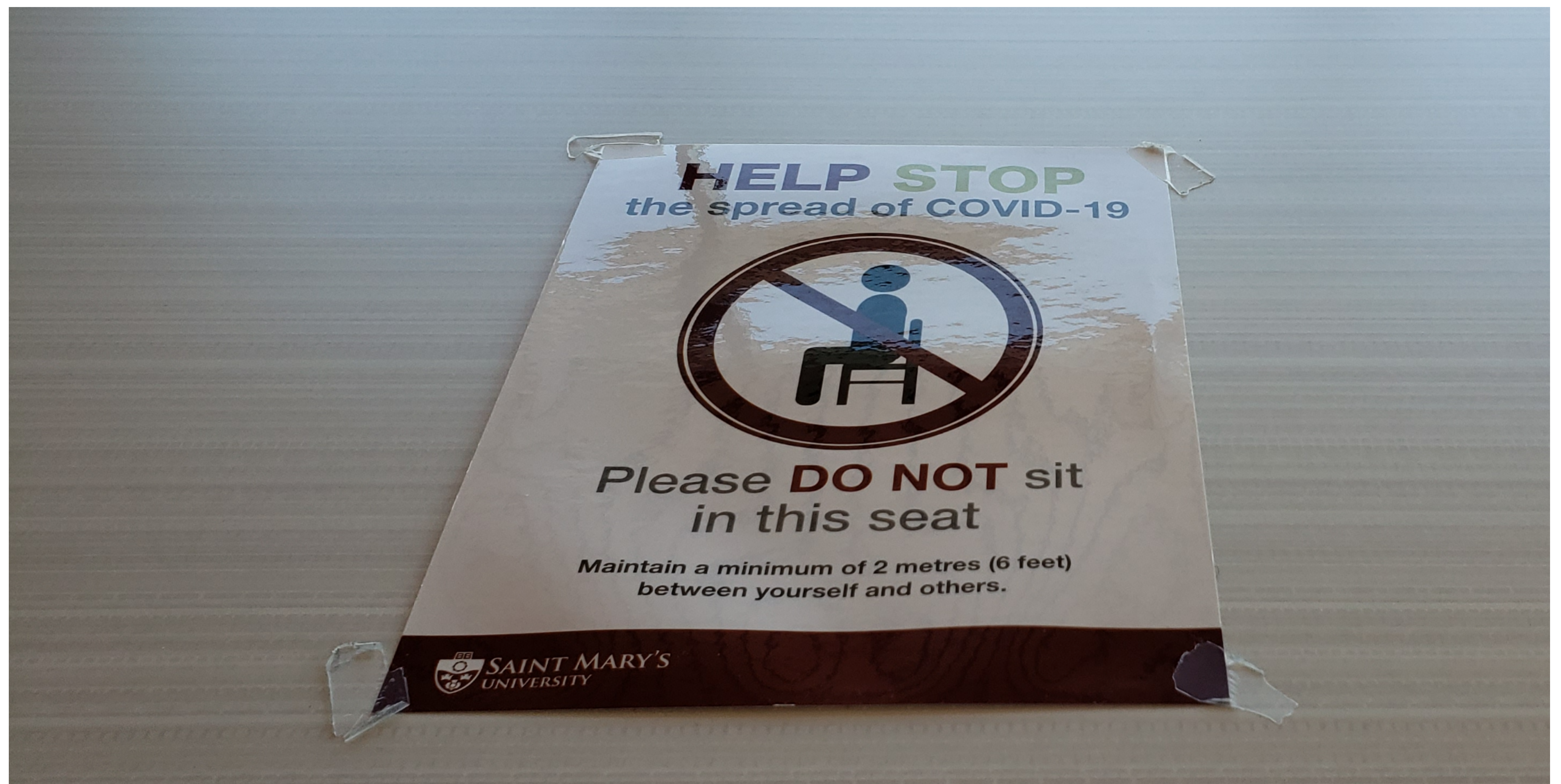
Keeping safe after the pandemic

- Post-pandemic viruses will continue to circulate and masks, sanitizer, cleaning supplies, and vaccines are effective ways to stay safe
- The vaccine may be required for people to do certain activities like travelling, going to public places, etc.
- The smallpox outbreak required around 80% of the population to be vaccinated (Graeden et al., 2015)

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Methodology and Full Results of Online Qualitative Research Study



Study Description

- Data was collected during the 2021 winter semester and advertisements were posted on SONA and social media
- Fourteen students participated in the study, fifty-six declined to participate at, or shortly after, the informed consent
- Vaccines were not available to most students at the time of this report, but those who participated in this study stated that they were likely to get vaccinated for SARS-COV2
 - "When it becomes available to you, how likely are you to get a vaccine for COVID-19?" (0=Unlikely; 100 = Very Likely)
 - Mean = 80.9, SD = 29.2, Range: 20 - 100
- Of the fourteen SMU students who participated in this study:
 - Average Age = 21.4 (Range: 19-29)
 - Nine self-identified as White; one as Black, Jamaican; one as South Asian, one as Indigenous and White, one as Chinese/Canadian, and one as Chinese
 - Thirteen were enrolled in a Bachelor's Degree, 1 in a Master's Degree
 - Seven students were enrolled in a Science Program, six in an Arts Program, and one in a Commerce Program
 - Undergraduates: Four were Psychology Majors, four were Biology Majors, one in Social Justice and Community Studies, one HR Management, one Environmental Science, and the two were Undeclared
 - Three students self-identified as international students



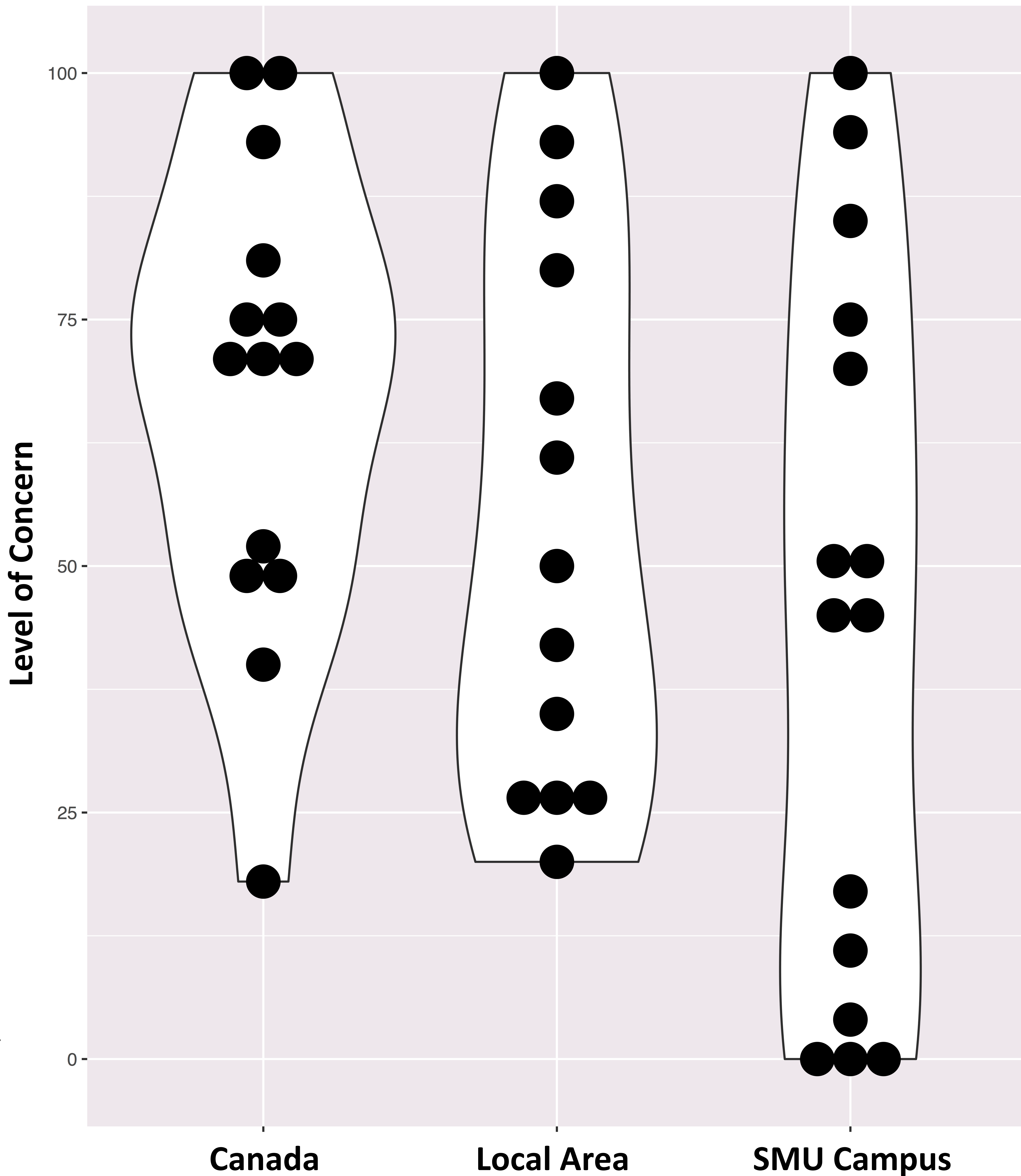
How concerned are you with COVID-19 in...

I am Extremely Concerned



Source: Pexels

I am Absolutely Not Concerned



What are your thoughts on remote learning (asynchronous and synchronous) at SMU? Please describe any of your experiences, positive and/or negative, with online learning.

<p>Synchronous learning is not the best, and asynchronous is terrible. It is so difficult and the adjustment has been depressing. It feels like we are teaching ourselves so it absolutely infuriates me and breaks my heart that we have to pay more than ever now. Im more tired of doing academic work in the pandemic than the pandemic itself.</p>	<p>i think SMU made the best of a bad situation, and think the classes were adapted well. I personally liked asynchronas classes and found that they fit into my schedule easier. my only nevative exleriences were labs, which were often difficult to do without physically doing experimenfs, and were still harshly marked.</p>
<p>I understand it's not ideal but the workload of online school is practically triple that of in person. My anxiety around schoolwork is just astronomical compared to previous years it is unreal how bad it's gotten for me. for courses that I've had that are synchronous I find it holds me accountable to go to class at a specific time which is good however some days if I can't make it to class I find I panic that I'm missing key information or I missing something super vital to the exams. Whereas asynchronous classes are ideal in the sense that I can do it on my own time and never miss any important information however the professors feel distant due to the nature of the course and sometimes it feels like I'm just being left to learn everything on my own which also adds to the extreme fear and anxiety I've been going through.</p>	<p>Overall, I was extremly grateful and happy that we swiched to online learning. I was living in poverty and going through a lot of challanges so swiching to online classes was more of a blessing to me. I thought that at first when we first swiched to online learning it would have been more beneficial to me if all classes were offered on Zoom or the online learning classroom and it was difficult to learn just using Brightspace. That being said when I was only being taught on Brightspace over the Summer time the professors were as helpful as they possibly could be. I also thought that swiching to online learning gave me to oppertunity to learn different skills such as practising my grammer, and speaking skills.</p>
<p>Online learning has been a challenge because not many resources are available to me from home. SMU has made the experience a bit easier. Exams are getting challenging which is understandable being in the situation we are now. I just wish and think that tution costs should be lowered for students studying from home.</p>	<p>There should be options for everyone. Online asynchronous allow for students to study from other countries/time-zones. But there are some experiences that NEED to be in person (like labs and other hands on opportunities). Overall, it was nice for a year (convience from home) but i am ready for back in person now with online learning, profs do not answer emails. it is harder to engage online and stay focused. Pre-recorded lectures allow for students to pause and type up notes.</p>
<p>I like the aspect of remote learning because I am comfortable in my own home. Test anxiety has decreased because I am not in a room with a bunch of other people , which makes me perform better on tests and exams. - Rebecca Geddes</p>	<p>its easier to work on things on your own schedule and you have alot less wasted time going to and from campus and waiting around between classes. seems like profs dont care as much, take longer to get grades back and assign double the course load.</p>
<p>I really like like live videos were very good. Sometimes the recordings voices were cutting out but i think that was just from my wifi. I love how i could go back to recording lectures and review them.</p>	<p>I personally have really liked it, it has helped me be able to stay close to my family and still attend the university I want to go to. It has also relived some stress in my life having the flexibility to be able to work and go to school. - Kelly</p>
<p>Remote learning has taken away the one thing I wanted from university and that is the ability to network with my peers. It has in a way made school a bit easy (compared to highschool) I can really do my own learning without waking up early, occasionally so. Negatives for me include the lack of real attention given by professors, not all. The difficulty to communiatate with peers and professors, not all. The positives are that it made me a better student.</p>	<p>I am not satisfied with the quality of education I am receiving online. There is a huge disconnect between students and educators and I feel as though the entire university experience has been stripped away. Students have been handed an greater level of responsibility as we have to do everything on our own, including self-teaching a lot of the time and given no time or help with the adjustment.</p>
<p>if the profs were more considerate, it would be better. it seems like they just dont want us to cheat and dont really xare about the extra stress they are causing us. like, tests are WAY harder because they dont give is enough time, so we dont cheat, but i wish they would just make us write essays instead. i have never felt so stressed and feustrated with school and the community. online learning has been hell. the only food thing from this is that i can sleep in a bit more than used to. thats it. i hate this. - megan</p>	<p>I have a just okay remote learning experience so far. I can definetly feel the effort that school and teachers made to help students learn, but the overall experience is still overwheming. students' workload has largely increased, which lead to mental and phsical health problems. the experience of using more technology in class brought by remote learning is new interesting to me.</p>

Do you have any concerns about attending classes in-person and on-campus? Once in-person classes resume, how do you think they will differ from classes pre-pandemic?

<p>"i dont have concerns about doing class in person. i hope people will wear masks and be respectful of social distancing. if live streams of the class can be done for those who dont want to attend in person, all the better.</p>	<p>I an concerned about how hard it will be in person. I am concerned it will be harder in person than it was online and I thought online was already pretty difficult. Classes will be a lot different because in person because we have to social distance and its hard to communicate with covid.</p>
<p>Yes, What kind of restrictions will be in place for in-person classes and on-campus activities. Will there be a welcome week for Fall 2021? Yes, i think it will differ in the sense of how accessible things would be, and the restrictions in terms of how many people can be sit in one place at a time</p>	<p>I have some concerns, but I believe that if proper social distancing measures are in place, we should be able to allow smaller classes to be in person. This could be possible at 3rd/4th year levels as classes are often smaller than 20 students. I believe the experience could be comparable to pre-pandemic.</p>
<p>no way im going until i am, and the majority of students/faculty are vaccinated. i have no idea what itll be like in a year from now.. im graduating soon soni havent thought about it much. i hope its better than before, somehow - megan</p>	<p>Really no concerns. But I will have to act like a first year again and find my way around campus, and want to experience a new city. That might take away from my education. Not sure how classes will differ from pre-pandemic.</p>
<p>im absolutely terrified to go back to in person tests and exams. i have completely grown accustomed to a relaxed, at home test taking environment, and the conveniece of open book.</p>	<p>As long as we are distanced and wearing masks, with hand sanitizer available at all times, I am comfortable with courses with small numbers being in person.</p>
<p>not really. i think there will likely be less people per class otherwise will be very similar.</p>	<p>Not overly, I'm more concerned with what it would look like and how different class would be before covid</p>
<p>I do, I have a on-campus class right now. Everytime I go to class I would spry and clean my own space but I still feel not safe. In-person classes woukd differ frim pre-pandemic. First of all, wearing masks would lower students voice and makes it hard for teachers and students to communicate. With social distance, group works also can't be done.</p>	<p>I am concerned about attending class in person because I have been doing very well in university within the comfort of my own home. I would love to go back to class, but I feel like it will be a whole different atmosphere because of how many people can go into the classroom at once, the learning and teaching style may even be different. - Rebecca Geddes</p>
<p>I am concerned about returning to in person classes just because I have a weak immune system and I am terrified of contracting or spreading COVID-19 I'm terrified of other people because I don't know that they're as careful as they could be regarding the virus. I find even now in Nova Scotia a lot of people are really lax about the guidelines and keeping their circle small. I am excited to be able to not look at my screen for over 12 hours a day, inperson class would reduce a lot of my screen time and take a lot of strain off of my eyes but I'm not really sure how these classes would look I'm certain will have our masks on the whole time.</p>	<p>I do not have any concerns at all. I miss going to school in person and I cannot wait to go back!</p>

What worries you most about SARS-COV-2 / COVID-19? Why?

<p>It will kill my family in the third world.</p>	<p>i dont want to get it! im severely asthmatic and im twrrified i wouldnt survive it. - megan</p>
<p>Will this pandemic ever go away? Will life be "back to normal?"</p>	<p>It worries me that because of the new strands of the virus are becoming worse than the regular COVID-19 virus, that we will all be more suseptible and I am hoping that everyone, expecially the university will be taking proper percautions on protecting the community. - Rebecca Geddes</p>
<p>Nothing worries me about it. I believe it will be contained and the country will get back to its feet eventually.</p>	<p>I worry about getting Covid and accidentally spreading it to other people and the other way around as well from people getting it and not knowing they have it and spreading it to me.</p>
<p>im not personally concerned anout contracting the virus, but i am afraid that it will limit my experiences as a young adult.</p>	<p>Having covid-19 and being a-symptamatic and giving it to someone who is immuno comprimised.</p>
<p>I do not have any worries at all other then the potential poverty that I may have to live in if the Foodroom closes again.</p>	<p>My parents and people I love getting dangerously sick. I am not worried about COVID being a life or death thing for me, but I am worried about accidentally passing it on to someone i love. I lost my grandmother to COVID-19, so this hits very close to home.</p>
<p>the elderly people or compromised people in my life catching it.</p>	<p>There are still many people don't care about it, they don't wear mask properly and don't obey social distance in public area. People still go travel. COVID-19 is very powerful and there's no good cure to it. Those are the aspects that I worry about it.</p>
<p>I'm most worried about it how contagious it is and the fact that I personally live in a tight knit community that The majority of the population is over 70 years old and it would be terrifying if there was an outbreak here because I know the pandemic hasn't been a threat so far in my community of around 400 people but all it would take is one person in my small community to cause an outbreak that could potentially endanger everyone in our town. it's terrifying to think of how quickly something like COVID-19 could devastate these rural older communities.</p>	<p>I worry about contracting the virus and giving it to someone I love.</p>

Briefly describe a day in your life during quarantine/lockdown.

<p>i spend most of my time online doing school work, I take a lot of naps, and i only leave for errands and workouts.</p>	<p>grab coffee at a drive thru, go home and study, attend class etc. make food at home, stay home and do stuff around the house.</p>
<p>it's kind of depressing I normally wake up around the same time around eight or nine and I have breakfast and get ready. I do schoolwork all day I might take my dog for a walk and then I go to bed around 12 or one I probably spent most of my day on the computer and may watch one or two episodes of TV before I fall asleep to try to take my mind off of all of the looming deadlines for school that are hanging over my head I don't really leave my house much</p>	<p>I wake up I'll eat breakfast get ready and then watch my recordings while I drink a tea. i'll continue watching my live lectures until I'm all done and then I will do my homework in my room at my desk for the rest of the day.</p>
<p>I stayed with my family in truro. I didnt see anyone aside from the members of my home and made brief trips to the grocery store for necessities. I did school work at the make-shift desk at home, but it was difficult because I lacked a space that was free of distractions.</p>	<p>Wake up, have breakfast, online school for most of the day, studying, sitting at my desk and looking into the computer screen most of my days ... dinner and then bed</p>
<p>I get up around 9 if I have class in the morning. Attend class. After class it's usually noon, so I either cook or order food. After lunch I took a nap if possible or attend class if I have one. At night I either watch videos, play games or study. I went to bed after 2am. Every Tuesday afternoon, I would go on a gerochy shopping. Every Thursday moring I go to campus to attend a class.</p>	<p>wake up. exercise. eat. class/homeowork. break. chores. errands. work. homework. watch shows or play games. sleep. lots of doom scrolling scattered throughout. all at home.</p>
<p>my day in the life consists of waking up and eating breakfest with my quarantine puppy and then doing school, after i'm done school if i have time I will take my pup for a walk and then go to work. After work I will come home and relax and then go to bed. - Kelly</p>	<p>i wake up at 9:30, drink coffee and study/read until 12, take a lunch break until 1, work on assignments/read/study until 5, eat supper and break for an hour and continue to study if needed. sometimes im able to stop at 5 for the night. - megan</p>
<p>wake up. try and go for a run on a good day. do some work. eat with my family. spend a lot of time on my phone. Watch a movie or play a game in the evening. Always wearing sweats or PJs. Everyday felt the same. Try and go outside for a walk, but the worst time was when the provincial parks were closed in April 2020. This was a very sad time, because everything was closed except the grocery store and I could not even go on hikes.</p>	<p>During quarentine/ lockdown, I had stayed within my house or went outside on the deck to do something productive to keep me occupied. Anything that I could enjoy doing, that can distract me from quarentine was what I was doing. - Rebecca Geddes</p>
<p>Overall, I think that the past 13 months have been the greatest time of my life if I am being honest. For the very first time in my life I have been able to sleep enough, eat healthy food, have enopugh clothing and exercise enough. I wake up in the morning between 4:00 a.m. - 10:00 a.m. When I wake up I drink my coffee and journal, write my gratitude list, pray and write down my daily goals and my adjenda for the day, I eat a healthy breakfast, then I take a shower, clean my room and walk for 1-5 hours. I do school work as well and then I watch motivational videos in the evening and then journal before bed.</p>	<p>If its a school day, I would start my day off at 8-9, sometimes earlier depending if I want to attend the live lecture. I would drive to my local tim hortons and get a coffee through the drive-thru. Then I would do some class from from 8-12, have a lunch break and relax for a bit. Take the afternoon lecture, depending on how long it time, usually 2-5. After I would workout for an hour then eat dinner. After I would do some homework from 8-12, more or less. And repeat.</p>

Discuss how your relationships (e.g., with friends, family, partner, spouse, etc.) were affected during quarantine/lockdown. Have they recently changed? How?

<p>with quarantine I have become closer with my family because I've been able to spend more time with them since I am at home all the time doing work and I'll become closer with my boyfriend because he can come over more often because I don't want to drive back-and-forth from University.</p>	<p>I can not see my friends too much because of school and lockdown protocol. But our relationship hasn't changed much. I still see them occasionally and we talk regularly.</p>
<p>not really, i still am able to see my close friends, and my family lives far away so i talk to them on the phone as i normally would.</p>	<p>there is a wedge between some friends and i. not much has changed just difficulty figuring out how where and when we are allowed to meet.</p>
<p>Overall, I was very grateful that the lockdown happened to be honest so that I had an excuse to get away from my friends. I know that this sounds extremely rude and cold but everyone sees me as a support to them, an on demand therapist and a listener and it's the opposite of a pleasure to be around so I am always making excuses to get away from everyone anyways. So, when the pandemic happened i was relieved that I could finally just be alone and think without being seen as a service to everyone around me who has a full support system.</p>	<p>"Spent a lot of time with my parents (was living back home for 5 weeks during lockdown). Felt distant from my friends - missed them. It has since gotten better but some friends I have not seen in 6 months or more because of COVID. Overall, COVID has killed a lot of my social life which has taken a large toll on my mental health during the worst part of lockdown."</p>
<p>I find I withdrawn withdrawn from a lot of my friends and they have from me. my boyfriend and I met right before Nova Scotia went on lockdown so our entire relationship has been during this time so it hasn't changed much we're definitely closer. I moved home with my parents to save money on housing this year and there's definitely been a lot of tension because they still want to treat me like a little kid and I try to help around the house as much as possible but I have a pile of work to do for school and preparing for a summer job that sometimes I can't do a specific chore they asked me to do and they're struggling to understand that I don't have a lot of free time like I did in high school.</p>	<p>i don't have friends anymore. i rarely talk to anyone except my mom and grandmother who live in NB and i haven't seen in person for about 4 months now. i live with my bf, thank goodness. we've gotten closer over the past year. - megan</p>
<p>We have become closer and develop more bonds together as a family. I hardly see my friends</p>	<p>have a lot less friends, when you don't see people everyday contact kind of drops. mostly virtual friendships with busy schedules or restrictions keeping us apart</p>
<p>I didn't see my boyfriend for about a month which was difficult. We're back to living together now though. When i moved back with my family, I became my grandmother's primary chauffeur or took on her role of getting groceries, etc so that she didn't have to go out in public.</p>	<p>My contact with friends and family has decreased a lot due to the difference of time zone. I only talk to two of my best friends in hometown now because I don't have time to socialize and talk to others here. My relationship with partner has become closer as we've been trapped inside for a long time together.</p>
<p>I feel as though my relationships with my friends have been reduced because I haven't been able to travel far to see them. My partner and I are very close so during quarantine it wasn't that much of a problem because we live only a few minutes from each other. My family relationships have stayed the same, because we all live in the same house together, and we have spent a year locked down in the house together (we all work from home) and my two siblings only go to school and then come right home. - Rebecca Geddes</p>	

Do you think that it's been more or less difficult for students to make new friends at SMU in the past year? Explain.

<p>More difficult for sure because we dont ever really know who is in our class unless we have a zoom class that everyone comes to with their cameras on, its hard to put a name to a face and build a relationship with someone.</p>	<p>Difficult to make connections that feel more genuine. we're encouraged to work in groups and partner up etc and we connect digitally but we still feel isolated. Not being able to physically interact with professors has been hard, it all feels so impersonal.</p>
<p>more difficult. there are very few events to attend that arent awkward zoom calls (which i personally dont attend) and the library and common areas are either not open or have limited space.</p>	<p>I would say in between, some persons are "virtually awkward" and it is hard to make friends virtually, but i have been able to meet some new and fun people online, that i cant wait to meet in Canada one day</p>
<p>I think that it has been more difficult to make friends due to the fact that we are not in person.</p>	<p>I think it's more difficult but even if we go back to class I don't I think it will still be hard because we will still have to social distance and people will be scared to talk to each other because they'll be scared other people have Covid. i've still made friends and see even even though it has been online and I think you just need to put in more effort than you normally would.</p>
<p>"More difficult. Heavy workload and no time to socialize. Trapped home and no people on campus. The only way I found out to make some friends at SMU is through attending SMU's virtual activities, but unfortunately I don't have time and energy to do so."</p>	<p>I have had some trouble making new friends from school, because the only form of contact is through messaging or social media. I have made friends on the cheerleading team because we meet once a week on campus for practices which is amazing. Other than the once a week on campus, the few friends I have met were from online classes - Rebecca Geddes</p>
<p>probably more because you are not forced to interact with people or meet people in labs and classes.</p>	<p>i bet it has been 100000% harder this year, because you cant be within 6 of people, you cant go out much (or at least you shouldnt), and so many social things have been cancelled - megan</p>
<p>SO HARD. for new students especially. But, everyone is socially deprived so I feel like people are also more open to new friends. This year has allowed me to get really close to some classmates (even online) because we all know what we are going through.</p>	<p>It has really been hard to make friends. There is a lack of tools offering this at SMU, and some that are, arent advertised well or is very bad.</p>
<p>so much more difficult. I ran into a guy at the park, he approached me and asked where i went to school. I told him that i went to school at smu and he seemed very excited to have met someone from his school. He told me he was a first year student and was really lonely and felt really disappointed to have not made any new friends. I felt badly for him, but we never kept in touch. You often make friends in your program through mutual classes, but since you dont have the opportunity to meet with someone and introduce yourself, that opportunity and connection is taken away.</p>	<p>for me, it's definitely been harder to make friends or even reach out to classmates to talk about assignments or the material. Any synchronous courses you don't even really know who else is in your class and I am not going to lie I honestly haven't really tried to reach out because it feels like just another commitment that I have to worry about and that I have to think about and prepare for. especially living outside of Halifax I haven't really seen a point in trying to create friendships</p>

Describe any challenges you faced during the publicly mandated lockdowns / quarantines. What are some of the things you did to help you feel better?

<p>"Mental Health. I do meditating, organizing my time, counselling sessions to make me feel better and having my family close by my side</p>	<p>I did have a lot of challenges in focussing on my work and staying in front of the screen doing work for hours and watching live lectures like to focus myself I would sit down and do some work take a break and then do some work and then take a break.</p>
<p>Anxiety, talking with a therapist really helped deal with that. - Kelly</p>	<p>I had financial issues.</p>
<p>I dont really get stressed or anxious about these things, so there wasnt many challenges. The only thing is everythings being closed down and a threat my immediate family might attact covid.</p>	<p>i didnt really face many challenges other than not being able to see people as often, to cope we text more or video chat</p>
<p>I battled a lot with boredom and depression and anxiety. I didn't even have motivation to like read or exercise or anything mostly I just took naps or comfort ate. I do live in a really isolated community so during lock down I really enjoyed the drive to a nearby town whenever we had to buy groceries I wouldn't even go in the store but just being in the car for a drive was helpful.</p>	<p>my depression got worse, that lowers my productivity. i got the first f i have ever received in university. assignments and course work feel heavier than ever. in attempts go make classes more interesting some profs added more work. it had the opposite effect. i haven't been dealing with this very well. i exercised more, i tried to eat better, tried to distract myself with games and d&d. tried to start new hobbies. did my best with academics but when days and moths blend together, time and deadlines loose meaning. especially when you feel so removed from the consequences.</p>
<p>i really didnt mind quarentine. i quarentined in residence and would have liked to choose the food i ate, but other than that it was fine.</p>	<p>I would try and exercise and read books and play music to feel better. Try new recipes and spend time with my parents. Puzzels. Take my dog for walks.</p>
<p>yoga, staying actuve in my apartment really helped. my bf and i took up meditating and weve actually improved our health a lot in the past year. that has helped. - megan</p>	<p>During the lockdown, I would stay at home and try to keep myself productive. Cleaning was one of the main things I was doing bec ause I find that helps me when I am stressed. I had also started drawing and reading a lot more because I had a lot of free time. - Rebecca Geddes</p>
<p>There is strong rasicst towards Chinese and Asians in the public when pandemic first started, it has decreased now but still exist. I needed to go out with my partner who is canadian at first to keep myslef safe as there's people spit at Asians. But now I kinda get used to it now so I ignore those people.</p>	

Describe how your habits changed during quarantine/lockdown (e.g., more time gaming or on social media, increased alcohol consumption, etc.).

<p>I walked a lot.</p>	<p>I spent a lot of time on social media because it felt like there was not a lot to do a lot of the time. And social media was one way I could stay in contact with friends</p>
<p>i became less productive. its frustrating having to teach myself everything. i started slacking on course work much more.</p>	<p>I spend less time on social media because it raises my anxiety</p>
<p>I've spent more time gaming and on social media because it is what I do in between classes to pass time</p>	<p>Increased social media, more smoking cannabis, more time spent alone in my room</p>
<p>I have found that during lockdown I had increased my screen time by a lo . I was always of social media or binge watching shows on netflix. - Rebecca Geddes</p>	<p>I watch a lot more TV and I go through cycles of unhealthy and healthy eating depending on how much stress I'm feeling. I always knew I was on my phone a lot but during the pandemic and everything that's happened politically lately I find if I'm off my phone for an extended amount of time I get panicky because I don't know what's going on. I think also the mass shooting in Nova Scotia during the lockdown really made me stick to my phone a lot more because I felt so hopeless and helpless and all I could do was just call everyone and refresh Twitter refresh the news refresh Facebook.</p>
<p>more naps, and i watch a lot of movies now, really that was it.</p>	<p>more time gaming</p>
<p>defintely spend more time watching tv etc and cooking at home</p>	<p>we quit drinking, so it wouldnt get out of control, we started eating better, we had more time for walks. this pandemic has actually helped our health in some ways. - megan</p>
<p>I actually involved better habits. Pre-covid and school, I would smoke weed and party regularly. Go workout and on hiking trips weekly. Since covid, I couldnt do any of that, so I became more self-productive in my health and education. I stayed in more and I started reading and learning things I enjoyed.</p>	<p>More time at home and less exercise, I aviod go out now which also influenced my phsical health. More screening time, either attend class or play game I look at devise screen all the time.</p>

What are your thoughts on social media use by students during the pandemic?

<p>we're already depressed due to social media. using the same screen as our work, class and leisure has been so demoralizing. there's no separation and nothing is sacred. the connections feel disingenuous.</p>	<p>please do! it's my only form of socializing now! seeing other people post and what not helps - Megan</p>
<p>i think more social media is used, tik tok especially seems to have increased in popularity.</p>	<p>It has been excessive for students in my opinion, when we are bored we take up our phones, when we take a break, before bed and when we wake up, we use social media.</p>
<p>I think that social media can be extremely beneficial for some students depending on how it's used.</p>	<p>I don't have many thoughts on it. I believe it is essential because this is the only way to make friends these days to reduce the risk of getting sick. - Rebecca Geddes</p>
<p>I use it as an escape from regular day-to-day duties, and I hold an unbiased opinion on the things I see on social media. So, I don't like to learn much from it because there is a lot of influence in false knowledge that is spread and lack of validity. I use it as a source of entertainment.</p>	<p>I think the social media I can have a big impact and a negative one on certain people during the pandemic because we become obsessed with what perfect is and I think we fixate on social media to occupy our time which can be really bad for a mental health</p>
<p>It has increased but it has also allowed for many important movements to occur like the BLM, Not all men but most women and making awareness for racism and hate crimes that are happening all around the world</p>	<p>i haven't noticed much difference but it likely has become more important</p>
<p>Students spend more time on social media, they contact with classmates, professors and family through social media. It's also more likely for students to become more addicted to social media.</p>	<p>It probably doesn't help with feelings of loss of productivity loss of motivation but I find it's a good distraction where most of us feel really depressed and unsure of our future.</p>
<p>I feel like most students spend a lot of time a day on social media. More time than is healthy, and Halifax is in a better place now, where gyms, parks, shopping malls, rock climbing, cafes are open, so there are things to do. But when all of those are closed, what else is there to do? and you are not allowed to see your friends?</p>	

What are your thoughts on those who get their news exclusively from social media? What are your thoughts about those who spread misinformation on social media?

<p>I'm getting news from social media is not good at all because it's not a reliable source usually. A lot of miss information about celebrities is shared through social media and a lot of it is rumours but there's nothing we can do except for have the common sense to think that a lot of it isn't true</p>	<p>please dont be dumb! i wish people would give more effort, and not be dumb. dumb as in believing everything they read on facebook. thats dumb. - megan</p>
<p>They should be careful because hoax is real and people spread false news</p>	<p>uneducated trolls</p>
<p>I think those who get news exculsively from social media are untrust worthy and biased. Those who spead misinformation are people I dont attract myself with, because they truely belive in the false infomation and is convected towards them, causing them to be intolerable.</p>	<p>i think the information on social media is always boased by opinion, so it shouldnt be trusted.</p>
<p>people are dumb panicky animals and we are very susceptible to sensationalization. its not a secret that social media misinformation has been used to manipulate peoples behavior globally. no one trusts conventional news anymore and opts to get their news from social media which feels more first hand but of course its not. its a failure on the part of news media for losing peoples trust. we also just have to accept that its more convenient to look up the news on a phone with apps that are designed to keep you hooked through constant refreshing feeds than to wait for the 10 o'clock news.</p>	<p>"Social media is best used in modertaion. Too much, and we know how our brains are addicted to these short-term dopamine loops/gratification we receive from social media. But being able to stay in contact with friends who live in other countries, or even in your city but they are not in your bubble is very important. Social media can also be used to spread helpful, educational resources that help people learn or bring awarenss to something. But misinformation is just as easily spread online via social media, and people believe everything they see without doing their own research. This is very problematic"</p>
<p>It does not matter to me.</p>	<p>they are annoying and uneducated</p>
<p>exclusively getting your news from social media is the least informed thing you can do. I saw this especially with politics during lock down I found a lot of people had nothing else to do except scroll through Facebook Instagram and look for stimulating things and when you see something really shocking that is presented in a way that seems true you're going to share it and that can be really terrifying. at the beginning of the pandemic before the mask mandate in Nova Scotia there was all kinds of discourse about whether or not masks work which in hindsight is terrifying. In my experience older adults tend to be more quick to share things they see on Facebook. I've had to debunk myths with my older coworkers and parents multiple times when they have told me something they've seen on Facebook that is inherently wrong. It feels kind of predatory of the people who make that material because normally they have a political agenda. I normally tell my parents that if they see it on Facebook and it seems really crazy they should probably Google and look for multiple news sources speaking about whatever it is they found to confirm or deny.</p>	

How has your sleep has changed, in terms of quality and amount, during COVID-19 pandemic? Do you sleep better or worse than you did prior to the pandemic? Do you sleep more or less than you did prior to the pandemic? Have you noticed any change in your dreams?

<p>I have been sleeping well. I sleep for 8-9 hours a night and then a 30-60 minute nap each day.</p>	<p>i get more sleep now since i dont have to wake up and run to school! i sleep better now that i barelt leave my apartment expect to pick up my grocery order and gonfor walks 3-4 times per week - megan</p>
<p>It has changed, i go to bed late at nights and wake early for classes</p>	<p>sleep quality is shot, i need more sleep ane more regular sleep now.</p>
<p>during the pandemic I didn't sleep very good because I would nap a lot during the days but now I sleep better than I do normally just because I do school all day and then I get tired and I crash and then sleep better. i've noticed that my dreams are the same also.</p>	<p>My sleep has been rather the same. I have always been a night owl so I still stay up past 13. But since covid, I have made goals to sleep earlier and wake up earlier, which i am working one. My qality of sleep has remained the same, i dont have trouble sleeping or waking, just lazyiness. Recently, I have been dreaming more but that is not because of the pandemic, not sure why.</p>
<p>I got home sleep during the worst of the lockdown.</p>	<p>i stay up late, sleep in, and nap frequently. I sleep the same quality and my dreams have always been wierd, so the pandemic has had no effect on that.</p>
<p>i have a much different schedule, staying up late and sleeping in. sleep alot worse require more sleep aids. sleep more as more time to sleep in. no changes in dreams that ive noticed</p>	<p>I sleep more and worse than before pandemic. I always went to bed late and I need to get up early for class, so I usually need to take naps in the afternoon. It makes me hard to get to bed early at night. I have more dream than before too.</p>
<p>I dont get as much sleep as i did before the pandemic because my brain has trouble shutting down, which never was an issue for me before. I believe that its likely from the immense amount of screen time. My dreams seem to be more vivid when i do dream, but most of the time I dont sleep deeply enough to dream and tend to wake up multiple times throughout the night. These are also new sleep habits for me.</p>	<p>Before the pandemic I would take multiple naps throughout the day and sleep a couple hours at night maybe. I do not nap now and instead typically sleep anywhere from 5 to 7 hours a night and I normally do not room at all every night feels like I wake up but I've just gone to bed I am exhausted every single morning.</p>

Describe how student attitudes about mental health have changed during the course of the pandemic.

<p>we're inherently social creatures. for those of us who are completely alone and not great at making and maintaining relationships in the first place, this has been particularly hard. students have either thrived because they can get family to help them do their course work and exams, or they have just lost all productivity because they don't have support and their mental health is shot</p>	<p>Students are not taking care of their mental health as seriously as they should, sometimes we need to take a break from the book and go outside for some fresh air</p>
<p>it seems like people are more aware of mental health and more supportive</p>	<p>i think students are more aware of mental health because everyone keeps asking us about it.</p>
<p>I think a lot of people have had a lot more information and knowledge about mental health during the pandemic because it has a big impact on a lot of students because of the changes that have happened and for me personally I think I've had a lot more knowledge about what mental health is and how to help yourself.</p>	<p>I am not sure how students' attitudes changed. But I can speak for myself and that is nothing about my mental health has changed. Only school has made life hard which is a given.</p>
<p>Mental health has deteriorated quickly because of the pandemic. People are isolated and anxious and on-edge. Everyone's lives have been drastically changed (trips, moves cancelled; classes and work online). And the worst part was, there was never an end date. We never knew how long it was going to last. Getting through something unpleasant is more bearable when there is an end in sight.</p>	<p>I think that a lot of my friends are narcissistic and they cannot understand what it is like to have a mood disorder and they only really interact with me to excessively speak about themselves.</p>
<p>Students generally feel more stress with courses during the pandemic. I feel depressed more often than before now but I also know better about my emotional change now. So when I feel depressed, I do things to solve that problem</p>	<p>mine has improved, it seems like others are declining though. but drinking and just staying on their couch because their gyms are closed. - megan</p>
<p>I feel like we're all advocating mental health more now. Probably because everyone feels so alone.</p>	<p>I think everyone's just accepted that everyone is really anxious and if not depressed still maybe feeling slightly helpless and hopeless and in a normal world we normally would try to help each other like friends and listen but I think everyone is just trying to keep their own head above water at this point</p>

If a classmate were to ask you for tips about coping with the change from in-person to remote learning, what would you recommend they do?

since it is only my first year I'm not sure because I have an experienced in person learning	I am the wrong person to be asked for tips and would reccomend them to a counselor.
Be organized, manage your time, eliminate distractions, ask for help, and try to make friends	take the term off if possible. if not, get a tutor if you can. if not, rely on uour support system if you have one. if not, exist fhe best you can.
id hope they have a support group, lije some family members they could talk to regularly. that helps me. - megan	Form study groups online. Take breaks. Reach out to your profs if you are really not doing well mentally.
i have no idea, ive only experienced remote learning so im completely ill equiped to draw comparisons.	Walk a lot and make to do lists.
take breaks often, get outside and try to socialize, study with friends	Plan things ahead and try to keep your life regular with good habits.
do not take five courses a semester unless you absolutely have to. make sure you take breaks and reach out to the correct advisor if you need to. don't be afraid to go to counselling for academic reasons or mental health reasons. it's going to be difficult to make your own schedule but you need to schedule your time in advance and be very meticulous about your schedule. it may not feel like it but this is your education and if you feel your professor isn't doing enough or does not care enough talk to them or tell someone else because it isn't your fault	

What do you think it will be like at SMU once in-person on-campus classes become widely available? Explain.

it will be the same as before but maybe with more strange half hearted restrictions. like some public seats wont be available, some classrooms will distance.	scary, just because ive seen how gross some people are (sneezing without covering their face, not washing hands properly, desks not being wiped down), but hopefully thatll change - megan
It was be a bit different because of the restrictions	I think the environment will still be very weird because we still have to wear mass and remain 6 feet apart which will make it difficult to interact and become friends with more people around us.
I think it will be great, I predict that it will be like the first year for everyone. But everyone is much wiser and goal oriented.	probably stressful, i think the transition back woll be harder than the transition to online. the campus might be a little more lively though.
I think that it will be a wonderful experence. I hope we go back ASAP.	It will be a slow come-back. The booming, busy campus I remember won't return for at least another year.
i think it will be awkward at first and unclear whats allowed and whats not in terms of who you can sit with, if class mates are in bubbles with eachother etc. probably will be harder to find places to sit between classes and hard to distance in the small hallways during class change	More students coming to campus, it could be hard to maintain social distance. Class capacity may need to reduce as avaiable seats would be decreased due to social distance regulation. Student canteen may open, students can order online and go pickup
I don't know, different probably. probably sad.	

In the next few years, if you had a choice between an online class versus in-person (and on-campus) class, which one would you prefer? Why?

<p>in-person. i want to have the stability that comes with classroom routines and i want to experience the lectures first hand. being in proximity of people is important. learning the decorum and social etiquette of academia is important.</p>	<p>100% online. i hated living in halifax, im so glad i was able to move and finish my degree online from truro. - megan</p>
<p>Online so I could stay with my family because of how hard it is to find housing in halifax if don't anyone you could move in with</p>	<p>online, they let me plan my schedule better, and i feel like i get more out of the classes because i attend them when im in the mood for learning.</p>
<p>I prefer in class a little bit but also have the opportunity to just learn online because not everyone can make it to classes and I think it's important to give the students the opportunity for both.</p>	<p>I cant say for in-person classes but I would like to network and meet/study with other students. So from that I would prefer in-person.</p>
<p>In person I miss it.</p>	<p>online. because ive gotten used to online tests and management and it will be a hard transition, we are just getting used to this and now there will be another big change</p>
<p>in-person for most. But a few online may be handy with a personal schedule</p>	<p>It really depends on the COVID-19 situation. If we have no more cases for a few months, I would love to go to campus. But for the situation we have right now, I prefer online study more.</p>
<p>IN PERSON!! I miss having real connections with people. Online is not fulfilling. University is a time of developing relationships and making connections. You dont get that same experience online. Most people choose not to speak in class and/or have their cameras turned off. It just doesnt feel like a class. I also feel like I'm teaching myself the majority of the material, and it takes up a lot more of my time.</p>	<p>I would prefer in person classes I find I could just manage my time a lot better when I had a certain place I had to be, strict time limit on how long the classes are, regularly seeing my professors, and being able to get up, get out of bed, go to school, would give me a lot more motivation and would help me break up my studying a lot more instead of feeling like I just do schoolwork for 12 straight hours a day.</p>

In two years from now, do you think members of the SMU community (i.e., faculty, staff, and students) will be physical distancing and wearing PPE (personal protection equipment) like masks? Explain.

<p>yes. pandemics changed how humans have behaved historically. i think many people nwill keep the masks and sanitizers. i think despite the vaccine, the looming threat and truma of this period will remian.</p>	<p>I think if Covid is around a lot of people will still be wearing mask but if Cove it is gone I think only selected few will still continue to wear a mask and go majority of the people will stop wearing them because it will be a relief that we finally don't have to wear them.</p>
<p>i hope not</p>	<p>No not at all. I think that there are world wide pandemics every 100 years and they typically last 2-3 years.</p>
<p>I dont think so, if the government of canada can widely distribute the vaccine to all personel than it would be less likely that all these current requirements would be nessesary 2 years from now.</p>	<p>well i would hope not! hopefully wv everyone is vaccinated by then and that wont be necessary - megan</p>
<p>Not physical distancing, but the masks for sure. I believe western cultures will adopt the common practice that was apparent in Asian cultures pre-COVID, to wear face masks whenever you are sick. Stop germ spreading as much. I like that.</p>	<p>i think so. the likelihood of the birus dissapearing completely is slim, and the masks protect from more than just COVID. i think the benefits and burden outweigh the potential risks.</p>
<p>yes, covid will likely be around still</p>	<p>I think so as I don't think COVID-19 would be gone in the next two years. But there's no regulation that SMU community need to wear masks inside the classroom so people may choose not to do in inside.</p>
<p>likely. Because my guess is the pandemic will still be around</p>	

Discuss how, and why, the pandemic has affected students' recreational drug use (e.g., cannabis, alcohol, etc.).

<p>more time alone, at home, bored, less discipline etc. perfect environment for increased substance use.</p>	<p>i could see how people would want to cope and drink or smoke more, because people are worried and concerned. but i feel like i cant be the only one to start trying to take better care of myself because of all of this - megan</p>
<p>With more time at home people will get very bored and an entertainment is drug use. Also for some its a coping .</p>	<p>All my friends have significantly increased their recreational drug use sadly.</p>
<p>students do have a lot more time on their hands and I think the drug use and alcohol consumption has increased probably a good amount because in between classes there is a lot of spare time we want to fill and a lot of students will fill that with drugs and alcohol.</p>	<p>people are bored, stressed, and want to have fun. they cant party or properly go downtown so they turn to drugs and alcohol.</p>
<p>I attend an online drug and alcohol support group and there has been a lot of relapses in that group. I have not relapsed.</p>	<p>it has likely decreased as there's no more huge parties as often</p>
<p>I personally use more alcohol than before now. I do not drink at all before but now I sometimes drink some to help sleep</p>	<p>We're all looking for a way to escape the way we're feeling. Lack of human connection is really mentally harmful and I think we all felt like we would be back to 'normal' by now.</p>
<p>similar to social media drugs and alcohol really really good at distracting you from everything that sucks in your life. I personally have stopped drinking as much as I did when I was in Halifax. But I know for other people, my friends, it's how they can get the anxiety in their head to stop for even an hour.</p>	

How do you think the circumstances of the quarantine/lockdown affected social justice movements, such as Black Lives Matter? How was the impact of George Floyd's death different than previous police killings? Discuss.

<p>I think that the killing of George Floyd was very sad and it was terrible that it happened. I would have attended the event if it was not a pandemic but I live with a physical illness so I could not attend it so yes the pandemic affected it.</p>	<p>i am not overly educated in either of these topics. i feel like people were supported blm for the wrong reasons due to excess social media promo, but it really got out there because of it. compared to other police killings this was advertised more due to social media now being such a big thing in our lives</p>
<p>people were more aware of it because or became like a trend online because the incident was filmed and passed around the internet.</p>	<p>no comment</p>
<p>George Floyd's death started a whole different movement and especially since I want people were on social media a lot more because of quarantine and the pandemic it affected the world in a whole different way and I think because George Floyd was a black and that a white police officer did kill him, it had a bigger impact on society and how we do have to change.</p>	<p>its hard! its harder to get signatures for petitions for example. that impedes movements. but theres also alot of keyboard warriors out fighting for good causes, so that has also changed. heopfully people the need to be "better" humans after all of this.. - megan</p>
<p>more time on social media, more time in e ho chambers. the movement has been a long gkme coming but the exteme divide social media created pushed people towards action, not necessarily anyone's death even though that added to the already heated emotions. blm is justifiable due to historic systematic oppression but people who identify with fhe opposite side committed acts of terrorism due to rising political contingency.</p>	<p>Being on lockdown, having nowhere to go, not really anything to do And seeing United States and Canadian police continue to appear on the news because of their racism and overexerting their power and murdering innocent people it wasn't something you could ignore even my apolitical parents would constantly talk about how disgusting racism in the police is. it was really disheartening to feel powerless to help in my experience I couldn't attend any protests so I donated to black owned organizations and funds in Minnesota and I still felt powerless. especially during lockdown where everyone is constantly on social media, and (for example) you're seeing police pepper spray people who are just standing on the sidewalk holding a sign. it's really disgusting and I hope it's opened a lot of peoples eyes to the fact that police needs reform if not being defunded.</p>

What are your feelings on the large crowds at Black Lives Matter marches during the height of the pandemic? Do you believe the marches were worth the risk of spreading the virus?

<p>I do have mixed feelings about this because I do get why they had the March and I think it was a good decision to spread awareness about this movement to make sure that everyone understands how important George Floyd's life was and what happened but at the same time it did progress COVID-19 spread a tremendous amount.</p>	<p>no comment</p>
<p>no, it doesnt help the pandemic. the marches are needed and its unfortunate covid happened. we dont control these fhings but it woukd have been mice if eveyone just cooperated with public health advisors.</p>	<p>i understand why they did that, but i was too scarwd to be in a crowd. i dont think the risk was worth it.. but again, i underatand why they felt the need - megan</p>
<p>I do not like the thought of it to be honest. I think that they should just defund the police.</p>	<p>The marches were worth it. Those who went, chose to go. And the racism towards BIPOC in Canada and the United States is abhorrent and marching is for an important cause</p>
<p>no, i think they could have done a better job respecting the pandemic rules, its a new world theres new ways of doing things either virtually or by distancing. again i dont use a lot of social media so dont know exactly how these played out</p>	<p>I don't think it is worth the risk. People should care about their own health first.</p>
<p>Absolutely worth it. Systemic racism won't pause for the pandemic. Masks being worn and trying to socially distance, as most did, were responsible moves when citizens rightfully protested.</p>	

How has your screen time changed since the start of the pandemic? Do you find yourself in front of your smart phone, computer, and television screen more or less than before? Have your face-to-face interactions with people (i.e., friends, family, acquaintances, strangers, etc.) changed since the start of the pandemic? What impact do you think these changes have had on your well-being?

<p>i am constantly on a screen and it is insane. i dislike ot. im trying to disconnect but all my work is there.</p>	<p>i hate zoom xalls, i hate being on screen. im in my pjs all day, i dont want ro get dressed unless absolutely necessary. i feel really uncomfortable on screen, and i was never super comfortable taljing on the phone before</p>
<p>Everything has stayed the same.</p>	<p>a lot less face to face interactions but also less time on my phone and more on my computer. i think the lack of socializing has had a negative impact</p>
<p>My screen time has increased a lot since covid and my face-to- face interactions have decreased. It made me less mobile because I sit in a chair all day and there is not much to do. Also school takes a lot of time online so much energy is trying to get course work done.</p>	<p>Screen time has largely increased and face to face interaction deduced. It mainly influence my mental health, not talking ti people and socialize can make people feel depressed</p>
<p>my screen time has increased a lot because I have to be on my computer almost all the time for school either doing work or watching recorded lectures are live lectures. i've had less interactions from face-to-face with family members and friends because of Covid and a lot of them don't want to risk seeing other people if they don't have to because we don't want to spread Covid even more than it has. I think these changes aren't very good for my well-being because I haven't seen my friends as much as I would like to but at the same time I would like cove it 19 and the global pandemic to stop.</p>	<p>My screen time has gone up significantly. I often suffer from headaches and eye strain. My face-to-face interactions are much less than they were before. I feel that this has been detrimental to my mental health and i dont feel fulfilled in my day-to-day life anymore because i spend so much time alone. I feel like many others feel the same way and threatening to make next semester online was really disappointing to hear for many of us.</p>
<p>A lot more screen time. My eye glasses prescription has changed and I get more headaches</p>	

Do you find yourself, or others, to be more or less temperamental now than prior to the pandemic? Explain. Do you think quarantines/lockdowns have caused people to be more excitable or emotional? How so? Why do you think this is the case?

<p>cage an animal and you will see them go through all the emotions. i think its just what living things do. when our normal is disrupted we tend to get temperamental or shut down, somwtimes like the restriction, otber times hate it. change is hard and chage that feels like it is holding bavr progress js heartbreaking.</p>	<p>more, more emotional. wveryone seems to be more stress, and understandably so! everything is super scary, unknown, and worrisome right now. the world is a terrifying place right now. - megan</p>
<p>I think the pandemic has made me probably the same as I was before but I think for certain people as made the more emotional because I think they're going a little bit stir crazy staying inside all the time.</p>	<p>Myself has remained the same with my emotions. No comment for others.</p>
<p>I think the pandemic has given me a chance to get away from emotionally draining people so that I can greive without being demanded to given them valadation from the time I wam with them until I leave them.</p>	<p>more for sure i find people more irritable and opinionated, this is probably due to lack of socialization</p>
<p>I sometimes find myself more temperamental besacse staying at home for too long. Too much school work and stress can also make people emotional.</p>	<p>I am 100% more moody and It's terrible. I'm more short tempered and more likely to start crying over something small. I think I'm overly stimulated by news politics school the pandemic. it's a lot to constantly worry about.</p>

Is there anything else you'd like to add? We value your input on any issues or experiences that pertain to SMU students during the pandemic.

please communicate to the professors and administration that they need to allow us more flxibke schedules and deadlines if we are going go do this online and pay more. its hard for all of us. we have proven some things can be done at home, some systems are ineffective and redundant like a 9 to 5 schdule. somethings are more important in person than others. i want to at least not feel pressured while also depressed and worried.

NO

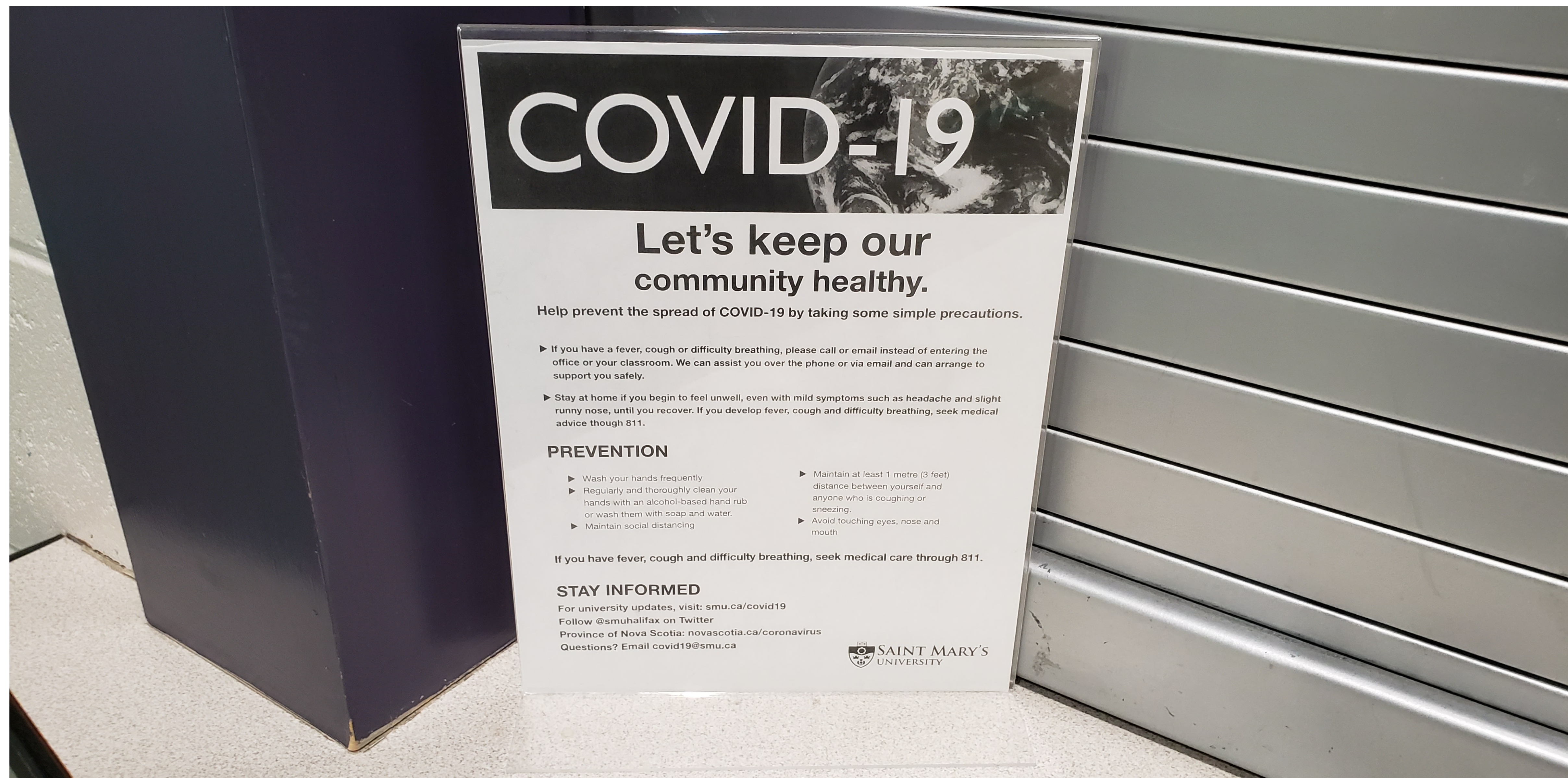
I think that the Foodroom should have stayed open during the entire pandemic.





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