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

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

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

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

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

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

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

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

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

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

Unable to meet friends and staying away from family is the worst possible thing right now that I'm sure most of the international students are facing.

Too many distractions and responsibilities at home, too stressful to focus at home.

To prevent catching and spreading COVID-19 to those in my household, I've had to hold off almost any outside activity (except for rare outside walks) and eating out. It's difficult to keep mentally refreshed without a variety of tasks outside of the computer.

Time management is a challenge since taking care of my sons.

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

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

There's more uncertainty in almost everything.

There have been issues with unemployment and affording rent and food.

The transition to online really messed up my health. I had a roommate who started going "crazy" and had to get checked out by a psychologist. I love SJSU it's like a 2nd home. But I don't like online classes.

The teachers seemed to be a little more all over the place with their lessons compared to in-person classes. Probably understandable given the sudden changes.

The quality of some classes has dropped, and it's harder to interact with classmates and professors.

The quality of my life has been about the same if not better. The only impact on me is my work and career prospects.

The quality of life has decreased drastically. No proper connection with peers has affected my GPA a lot.

The process of learning from in classroom to online initially consumed extra time and made me late to join the class on several occasions. Ultimately joining via online did save me the extra time of driving to campus.

The beneficial aspects of interacting with fellow classmates in person went to zero. A very big negative in the learning experience.

Peer to peer connectivity is critical for everyone especially classmates with a more introverted personality. They are many times deeper thinkers and add good insight when given the opportunity to contribute.

The only thing I am stressed about is about our country economically and politically. I feel like these two aspects are getting worse and worse every day.

The only big thing that changed is that I didn't have to commute to school anymore.

The forced change to my Master's project and miscommunication through email has brought a moderate amount of stress. The change to my master's project from Prototype building to full simulation was not something I looked into focusing on for my master's. It is a skill I will not use in my current field of work.

The biggest negative impact on my mental health is the shutdown of extracurricular act ivies for my hobbies (such as gym).

Taking care of an elderly person is difficult and time-consuming. It's hard to balance my time with work and there are many distractions. It's wonderful to take care of an elderly person but it's just hard to balance everything else in life.

Staying at home meant no longer traveling to school. Saved a lot of time. Zoom lectures were recorded so that I could go back and review them. Something that in-person classes do not do.

Since we changed to online courses, I really had difficulty focusing on studying. Since I rented a room, I do not have enough space and things for me to study, such as a table and desk. When I was doing the final, the Internet at home was not stable and I don't have a table to place my laptop. The house was so noisy, and it affected my concentration.

Since the shelter in place order began, I have not had a set place to study. I live in a home with 7 other people who are attending SJSU or have graduated in the past 2-3 years. Studying became increasingly difficult as I relied on SJSU 24-hour library access to be able to excel in classes. I work a 40-hour job as I have to pay for all of my expenses and live over 300 miles away from my closest relative. Getting home to a lonely room and having to motivate me to study was very difficult and it caused me to begin having anxiety issues that I had previously not dealt with.

Since I have to take care of my kid, I have to be very cautious. I have to come up with new ideas to keep him busy at home. He is just 3 and a hyperactive kid, I spend a lot of my time on him to make sure he is doing well. The anxiety of COVID is another thing I am managing every day.

Since I am working from home often now, it's hard to differentiate when to work or be in "work" mode and when not to be. Usually, when I'm home, I'm "off". Now I am perpetual "on" with managers emailing me even at 4 am on a Sunday.

School ending was actually a huge stress relief, but the school was a major point of stress as my time management went down the drain when we began shelter in place.

Recorded lectures are good. Social interaction has decreased.

Project-oriented courses were very difficult to manage, especially now that I was unable to go to any exterior working spaces, as I have very location-based mindsets, making my living space difficult for me to get good work started.

Productivity and motivation went down. Constantly feeling more depressed.

Peace of mind goes out the window from all the current events happening right now; including protests wanting to reopen, and protests for ending police brutality, a terrible, uninformed president letting pandemic ravage US citizens especially in communities with large portions of POC.

The overall quality of life is improved since there are less time and energy spent going to school physically.

Our Fall 19 cohort has gotten along really well. It's unfortunate that we aren't able to experience the program together in the way it was intended.

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

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

Not much has changed except school was more convenient online.

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

Not able to network with my fellow students.

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

No support from the professor.

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

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

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

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

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

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

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

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

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

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

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

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

My experience after starting school in Fall 2019 has been moderate due to the COVID-19 situation and slow response from the decision-making body, I am facing a lot of issues in studying, looking for internships, and facing economic hardship with a lot of international students like me. As there are no flights to our home country, we have to stay in the bay area paying almost the same rent as before having no source of income. While there has been a lot of help from the government and school to the people in-state and out-state us citizens, I feel international students are left alone, given that international students pay almost 2 to 3 times the fees that in-state students pay we are getting sub-standard education with almost zero opportunities to further our knowledge by applying it to some use. I appreciate help from SJSU Spartan food-pantry, their support has been remarkable to the fellow student body which has mostly been neglected by other peers.

Moved home to live with my single parent who takes care of my grandparents. This causes extra stress to make sure everything is clean. Also, COVID caused extra stress in believing I won't be able to find a permanent full-time position once I graduate due to the horrific job market. Time in life added more stress due to soon losing vision and dental insurance coverage because I will age out when I turn 22.

Most of my QOL changed affected my ability to learn in an online classroom environment, but I believe it is because this was so sudden and new.

Mental health and physical health is definitely an issue. There is no motivation to do anything especially schoolwork. Teachers expected us to work just as hard online and also complain that they are also going through a stressful time. Ok, but I can guarantee that the average student was going through twice as much. Humans are social animals and not being able to see your friends for an extended period of 5ime really messes with your mental state. To top it all off, since you're home all day, you're not really moving much unless you make an effort to do so. This causes mental your physical as well as mental health to decline. In addition, with fall semester classes being online as well, I don't know how I'm going to handle the stress of having boring online classes, audio that is hard to hear in combination with teachers with heavy accents, as well as the motivation to get out of bed.

Meeting new people has become a lot harder and the frequency of meeting friends has decreased a great deal.

Luckily, I am still employed full time, working from home. I know for some it's difficult to even start their career right now in the middle of a pandemic. Some who may have been employed had to look for other options.

A low-income household with a younger sibling & elderly person, both parents unemployed and rely on EDD for income during COVID-19.

Low grades, poor quality of online teaching. No support from the professor. Professor didn't allow us to take the CR/NC option.

lost my on-campus job and am facing difficulties.

Lost my job, lost my summer study abroad program, had to move back home where I don't get along with parents very well, and I don't have a set place to go and study since my room is too small for a desk. My significant other no longer lives with me, so I bounce back and forth between our parents' homes. Life feels unstable...

Losing Internships. No on-campus job opportunity. being an international student, I can't work off-campus other than an internship.

Living with friends near school made it much easier to manage my time and focus rather than at home with my parents. Living in a place where someone else manages your schedule makes everything much more stressful than when you manage your own schedule. Living at home with parents in their 60s who always think you have free time to be helping them with something causes significantly more stress.

Living at home for me is difficult, considering my parents are divorced and both do not live in the household. Mother lives in another city, father lives in Los Angeles for work. For me, that is an added stress of having to keep up the house alongside being in school, also bringing my motivation and willingness to do hard work far down where's is used to be.

Lack of regularly available gyms has put a lot of stress on me.

Just focusing on things to be done. Things do Happen can't keep on thinking about it. Finding ways around it.

Job opportunities have been hampered.

I've struggled with severe depression and anxiety for pretty much my whole life. Because of COVID, any therapy appointments needed to be through the phone, and I have terrible phone anxiety and it just made me feel worse rather than better. It's really not the same as it is in person. I had a doctor's appointment that was pretty important (not gonna go into details) but it had to be postponed and that also stressed me out. In addition, I now live with my dad who is in his late 50's and has hypertension and diabetes which puts him more at risk and so I have to now be particularly careful. Also, not being able to physically go to classes really disconnected me from the information. Especially with my senior project class. I also just felt a great load of apathy and it was hard to turn assignments in on time. Not to mention how much harder it is for me now looking for post-college jobs.

I've been unable to sleep at normal hours and schedule.

I've been commuting from my hometown of Tracy CA to SJSU for a little under a year. After the campus shut down and classes moved online, believe it not, but my stress level has gone up, even though I'm not driving three hours a day to-and-from campus. Online classes are a joke. It's exceptionally harder to receive the same quality of education online versus in-person. I'm sure I'm not saying anything groundbreaking here. If online was just as good as in-person, why are all the top universities in the world "in-person"? Why not make every university like "The University of Phoenix", etc. I empathize that SJSU is trying their absolute best to facilitate the highest degree of education possible while maintaining safety, so I don't

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

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

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

It's been a stressor to not be able to go out with my friends. Communicating over the phone does not satisfy my need to socialize.

It was hard to stay motivated being stuck at home all day. It was hard to stay in touch with classmates and being able to access help in this online format.

It was an adjustment moving back home I must admit. Even though I have my own room, I found it extremely difficult the first month studying and learning from home. I couldn't figure out how I did my K-12 education here. I'm a believer in separating your workspace from your home space from your eating space, but once I returned home, I did not have the privilege, so I had to learn how to readjust. It was not the easiest, and my grades reflected that a little bit. Yet, I got through it and was still able to finish strong.

It sucks because I had to move back in with my parents in the middle of nowhere and can't really go out. It's made it hard in my brain. Especially hard on my ADHD.

It seems to destroy my education that I have planned to graduate next semester. I also feel sad about the graduating day without Covid19.

It is difficult to make ends meet due to loss of job.

It is difficult to assign a specific time or place to study with kids at home.

It felt like there wasn't enough help available from our classes for the transition making it difficult to adjust.

Increased difficulty in focusing in class, possibly due to lack of webcam on the professor's face, and the lack of interactions from students in class despite some professors encouraging students to interact more.

In my household, it is just my husband, my daughter, and myself. My normal quality of life, my husband goes to work, my daughter goes to daycare while I go to school. With the shelter in place, I have lost the daycare to care for my daughter, yet my husband and I are required to continue with our normal school load/job functions. The balance between all of that is very stressful most of the time since class meetings can be at the same time as my husband's work hours.

In all fairness beyond the difficulty of focusing on online schooling. The riots in San Jose are causing my work to get shut down which is actually a problem.

I would say the quality of life here seems pretty good. I've lived in the East Side of San Jose my whole life and had overall good experiences growing up and living here. As a Mexican American, I never felt like a minority due to the large Mexican population in my community. This was a positive as I never felt like an outsider and felt very welcome and comfortable in my community. The negative was that the only exposure to other races (White people) I had was through teachers and law enforcement. Most of the teachers were great but law enforcement patrolled our neighborhoods and treated many young Hispanic males like troublemakers and gang bangers. This caused lots of resentment and later into adulthood I

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

It wasn't until adulthood that I realized how prosperous Silicon Valley was known to be, and how lucky I am to live here. Even though some people negatively stereotype the East Side and how it isn't as great as other parts of the city, I still have love and optimism for my community. There are lots of good people here who are law-abiding citizens, work hard, take care of their families, etc. In the future, I hope to help educate those in my community about the greater opportunities out there, and to help promote that upward mobility that will help us be better prepared in situations such as the recent COVID-19 related events.

I would say that my quality of life overall is not bad, but I do wish that I could get more social interaction with classmates and friends.

I worked at a clinical trial company dealing with COVID 19 vaccine testing's; therefore, taking all my study time. School, mostly the professors, have made it worse due to their non-existent empathy.

I work from home. So, I just wake up, log in the computer, and work. Then do classes when necessary

I was, by far, the luckiest person during these times. My living situation was ideal, and I did not experience financial insecurities. Still, the time spent at my same desk and computer with work and school was huge, and it affected my mental health. I cannot imagine how challenging it must have been for people not as fortunate as myself.

I was left jobless and do not qualify for stimulus. I have been port and been relying on my parents' support. Back in March was unable to pay bills and had no electricity let alone the internet. Decided to move back in with my parents who are diabetic and my grandfather who is 86 years old and very high risk. Leaving the house and coming into contact with people simply wasn't an option.

I was graduating this semester and was really looking for commencement, celebration and perhaps starting a career. With the lockdown, all fell apart and now I am a jobless fresh college grad competing with millions of laid-off professionals with remarkable experience behind their back all looking for a job.

I think during this upcoming fall 2020 semester I will definitely be more comfortable living with my parents and taking classes fully online. My hometown is much smaller than San Jose and I feel much more comfortable in a place that is more isolated from the larger cities. And I have been going out much less than before, only for important reasons.

I stay in my house in San Jose, CA. I live with my parents and two grandmothers. I take care of one of my grandmothers every day because my parents have work. Access to the internet is stable ever since last month. Managing time and maintaining focus in this environment is a struggle, however.

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

I miss the liveliness of the class and my course.

I live with chronic sickness. The pandemic isn't helping mentally...

I live in the Bay Area aging with all the people I interact with so it's not too difficult to keep in contact. Since we've had more time at home, I've even had chances to interact with them more than usual because I've had space and the time to do homework. The negatives are the frequent disconnects from class members and professors along with past teaching methods simply not working under an online environment.

I live in a shared room and writing exams is very tough for me to concentrate due to people around me making noises and interrupting me.

I live in a household with children and it is difficult to balance work-life school life and my personal life. I do not feel like I have enough time to dedicate to each role.

I live by myself and I have no family in the United States. I'm usually busy with work, 2 jobs. COVID 19 made traffic less and flexibility in schedules which I like.

I like to have a very clear work/life boundary. When I am at SJSU, I work. When I am at home, I relax and have fun. Now that those two areas have blurred together, everything is all screwy. I'm having a harder time focusing on my work and managing my time. I am used to going to a place like the MLK library to rid myself of distractions, but at home, there are only distractions.

I just graduated and still looking for a full-time job. Covid-19 has taken a toll over new recruitments. My offer was rescinded for the same reasons.

To make it much worse, I had to stay at home the whole day and evening due to curfew

restrictions, which recently got lifted. Overall, it's a great deal of stress. I hope this pandemic gets over soon and all 2020 graduates get a job.

I just don't want to have to come into campus while there is still a pandemic going without any vaccines. I am scared.

I have no personal workspace. At home, I work in the living room because my room is not big enough to work in. As a result, I'm being interrupted by family and when I have tests, they can't enter the living room. It's not fair to them, but I also don't want points taken off my test (even though I imagine most professors will be sympathetic). If my professors use ProctorU, then I would be more concerned about getting marked with cheating if a family member walks behind me or says something to me.

I have no friends from school other than my housemates. I'm so lonely.

I have never been a person to go out much, so the quarantine did not affect me much. However, it does affect me when I need to leave my house since I must be careful to not get infected and infect my family as a result. We are all very careful not to bring the virus home.

I have much more free time to do traveling to school not being in my daily schedule so planning out my day is simple. Internet access allows communications between schoolmates and friends the same as before. Stress levels are about the same and to an extent, less than before.

I have maintained a healthy and normal life except it has been restricted due to the current situation, where I am unable to have face to face interactions with my friends and coworkers. I have been using long-distance methods to keep in communication, in the meanwhile, to follow the health guidelines.

I have gotten to spend so much more time with my family, calling my friends and people I haven't talked to in so long. I had more time to study since there was no need to commute, and I was overall happier not having to go to campus every day.

I have been feeling lonely when quarantined in comparison to before and feel no support when it comes to being with just family.

I have anxiety that flares when I am at the store getting groceries or other essentials and I hear someone cough, or when people are standing close to me. This had affected my interaction with people which resulted in me going out less and less.

Additionally, I would travel to SJSU and my commute was 3 hours from Pittsburg to SJSU and 6 hours round trip by BART and VTA. I am glad that I do not have to travel every day, however, during the time I traveled I would look over lectures and homework which made me more productive than I was at home. At home I mismanaged my time completely I would sleep late, prior to COVID-19 I would sleep extra early so I would be on time. I started waking up late became less motivated which impacted my work ethic and overall performance. Last semester I was able to get a 3.4 GPA but this semester 2.5 GPA. I feel that I thrive in the classroom, but possibly with some tips and hints, I could adapt to effectively work from home if classes were moved to full time online in fall 2020.

I have a strange feeling of depression; I cannot explain why or what exactly I'm depressed about.

I have a harder time finding a job and get money.

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

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

I had to go back to India because of the situation and also couldn't secure a summer internship, which was not just going to help my career, but also me financially.

I had symptoms and was under a lot of stress until I got the COVID-19 test. Before the test, I did not know if I had it or not, and I just kept myself being alone. Being alone in times like quarantine doesn't help to ease stress and I did not know where to get the right help if the conditions get worse. It is hard to share the pains with others and even to the close friends living in the area either because there is a chance of them indirectly leave me out of touch.

I got really sick; my girlfriend tested positive for COVID-19. I had to move back home (LA) to help with our kid as well as finances and logistics of everything.

I got depressed living at home and it greatly impacted my grades

I find it very difficult to focus on.

I feel like there is more time to study without the need to travel. However, getting started takes more time at home. I am fairly studious and never spent much time socializing at school. The loss of classmate interaction only affects me such that it is harder to get group members to be accountable for their work in group projects. There is some anxiety/stress surrounding the economy/jobs, and the health of my family.

I feel college is a platform to study and also find friends, interact with a diverse group of people. It's a beautiful experience to enjoy campus life. Of course, we can manage learning by online classes but with no or less interaction.

I failed two classes this spring 2020 and my parents are getting old and it makes me sad that I can't provide for them like how I should be at my age., especially failing these classes because of COVID and because I was off a few percent markings. I am a visual and kinesthetic learner, so I need to be somewhere and actually be in-person learning. I also have bad ADD and procrastination, the studying and just being easily distracted at home didn't help.

I can't get my driver's license, time alone, my grades are suffering, I miss my friends

I cannot learn with the online format. I require in person and face to face instruction in a learning environment to learn and retain knowledge. Additionally, the stress of remaining isolated at home is wearing my mental health to a very unhealthy state.

I can find it overbearing to be staying with my family when I have little space to be alone.

I came to visit my hometown for spring break, but as sheltering took place, I have been staying at my hometown, not in the Bay Area, since, resulting in my current roommate to violate the contract and after reporting it, I was not allowed to renew my contract because the landlord was her mother. I have never been able to 100% concentrate at home, and this issue has given me a greater load of stress because the mom (the landlord) is expecting me to move my things out by the end of this month (June) but I do not personally own a car to drive 6+ hours.

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

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

I am very disturbed by the response from professors with this pandemic. My mental health has been deeply impacted due to the many stressors put upon me from this pandemic including losing my job, housing, unexpected expenses, dealing with a terminally ill family member, and the vulnerability of having a preexisting health condition and no health insurance in the midst of a pandemic. I did something I have never done before and reached out to my professors explaining that I was struggling with my coursework due to my mental health. One professor was amazing and worked with me, while the others were less than apathetic. Given my program is about understanding humans in their context, I have been disheartened to see how little my program has practiced what they preach. I do not want to name professors, nor do I want to turn this into a rant, but my grades have suffered greatly as has my respect for the program. For those wanting to go on for more graduate education, switching to credit/no credit for critical courses was not an option. I understand that graduate students are expected to practice the utmost professionalism and the coursework cannot entirely stop, but never in my life have I seen such a blatant disregard for those who are clearly suffering. My semester was met with daily panic attacks as a result of my program. I am still having bad nightmares from my last semester, and I am already dreading my future courses. I have been debating with myself daily as to whether I should quit my program, as my mental health cannot handle another semester like the one, I just had. I have been financially crippled from this pandemic, and my poor overall performance has made me lose interest in even trying to help myself anymore. My fingers are crossed that the IRB for this research limits who can see these responses, as I don't want my department to see this answer and out me. My hope is that this response is seen as a student reaching out and expressing that conversations need to be had about supporting students' performance during mental health crises beyond merely providing the number to our already overburdened CAPS center.

I am trying to make the best out of this situation. The main difference is not moving like I used to before.

I am not compatible with online learning. I find it stressful. I want to visit University, attend classes, meet students.

I am not able to go out of the house because of COVID, not meet friends. Sitting alone at home all day gets depressing, and boring. Leads to non-productivity.

I am neurodivergent with severe anxiety. This semester I gained 20 pounds (I had maintained the same weight the previous 5 years). Influences from my family and the media made me afraid to stay in my apartment near SJSU. For about 5 weeks, I went to stay with my family in the central valley. It was incredibly difficult to concentrate on coursework when 1) I'm afraid of catching COVID-19 & dying, 2) Having a loved one catch COVID-19, 3)being cut off from social support from friends & peers, 4) remote learning IS NOT equivalent to in-person instruction, 5) having student org events canceled.

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

I am an international student with a huge loan to pay off and no job offers in hand due to COVID. I have limited time in the US to recover. Too much is at stake.
Home is not the best place for me to function, but it is safer in comparison.
highly halted in place alone. no social connects.
Higher education is much more than the sum of classes taken by a student. University is the accumulation of meaningful experiences shared in and out of the classroom. Whether this includes studying with fellow classmates, conversing with professors in office hours, observing scenery on campus, or spending time in clubrooms, we –as students– treasure the moments we once had on campus. Now that we have been stripped of these moments our university experience has been altered. These moments we used to share with our colleagues broadened our perspectives, one of the most important goals in education. Yet, due to the switch of online classes, we are unable to engage with our fellow classmates, professors, or other colleagues and it comes at a great cost.
Having to navigate the stresses of classes on top of worries about keeping my family safe from the virus has led to a weird mindset. I thankfully passed my classes but feel very inefficient thanks to how worried I feel all the time.
Graduating in this state of society has caused significant emotional and financial stress. I am unsure if I am able to get a job and my living situation has been impacted as a result.
Feeling moderately okay, only concerns are how long will food last, and keeping everyone healthy. Extremely stressed when a family member got sick, thankfully it seemed like it was a normal cold. We self-quarantined, but it was still very stressful at that moment.
Fear of losing Career opportunities due to COVID-19
Father of 7-year-old (first grade) and 4-year-old (pre-K). Both shifted to distance learning (Pre-K suspended distance lessons after 1 month due to layoffs). Spouse worked (from home) full time and I was responsible for the bulk of childcare/adherence to distance learning throughout most of the day.
Every year we have a new strain of flu. COVID is worse than most. No big deal.
During the final 3 weeks of school, I experienced high stress and insomnia I have never experienced before. I found during the day my productivity was higher because I saved a lot of time from my daily commute to school.
Due to shelter in place, I feel lazy, less energetic, and developed behavior or avoidance.
Due to COVID-19:

- I cannot further get to know my cohort and it has put a strain on the relationships I was trying to create.

- I cannot effectively do my classwork and homework due to lack of internet.
- The stress of staying in a household that's not mentally good for me is putting a lot of pressure since I can't study in a quiet environment with like-minded peers

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

Due to COVID, I wasn't able to complete or participate in a lot of my classes. This meant I couldn't join online zoom meetings, do homework, etc. This was all because I couldn't use the school's laptops or equipment and that I ran into problems in joining classes with my technology. With this, I lost a lot of motivation and determination which followed with me end my semester with terrible grades. To top that off I wasn't able to convert my classes to credit no credit. So, I am stuck with a terrible ending semester.

The difficulty of online classes. Fear of delaying graduation

Difficulty in maintaining a routine as well as not being able to focus at home has made the semester stressful.

Didn't learn anything.

Definitely difficult. Being away from home has taken a toll on me. I wish I can go into detail, but I just want to say I consider myself lucky in the current pandemic compared to what others have gone through.

COVID ruined my psychological wellbeing and therefore school.

COVID has been challenging affecting personal and college life. classes in person on a wonderful campus to getting stuck within 4 walls is tough mentally. I am getting used to this and with time should get better. Nevertheless, I do miss being in the wonderful SJSU campus.

Consider students that have children. Students with children are nonexistent thought at this school. If a child is sick the student should be able to make up those points as a school policy. The lack of empathy of the professors during a pandemic is embarrassing.

Classes online are a struggle for everyone but should continue during the upcoming semester to reduce the spread of infection. Safety is much more important than education. Additionally, continued distancing will mean a faster return to normalcy.

cannot make new friends this semester made it harder to adapt to the new life in the US. The in-person class will improve the connection with people when we spend the time together.

Can't go out. Sitting at home every day makes the body stiff. The most annoying thing is cannot socialize with friends.

Being online has created an environment that does not allow me to engage with peers and professors. It created a disconnect and let me unmotivated to learn the material. Engineering is based on teamwork and team effort which both have been taken away from us.

Being from away from your country, it feels being imprisoned for no fault of yours, losing the opportunity to vent out the stress meeting tour friends. It has added a great deal of stress, decreased my productivity.

Being back in Sacramento with my family is nice. But I moved out to start my time at SJSU, on SJSU campus, around other SJSU students and faculty. Not to pay for an SJSU education from my home.

Being at home all day and not being able to go out as often and socially interact with people has burdened my life. I'm unable to concentrate on the school as much as I'd like to, I often

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

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

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

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

Because I live in a shared household with my parents and siblings, I worry that if anyone of us gets sick, the rest of us will all get sick, and though my parents are not over the age of 65 or 60 with preexisting conditions, they are close to that age and one of them has diabetes.

At the beginning of the COVID 19 outbreak, there was a lot of racial discrimination towards Asians due to individuals who were very ignorant of facts. And due to this anger and frustration that the Asian community has felt it has given us a lot of unwanted stress.

As someone who just moved to the US, I have to live by myself in a small apartment/room. This living condition is not ideal for one's wellbeing during a stay-at-home order.

As an international student and no campus jobs, I am facing financial issues.

As an essential worker of the night shift, work was moderately stressful initially as we're swamped with work that pushes employees to work overtime. Therefore, it makes it difficult to get enough sleep to wake up for classes in the morning. In addition, I felt very lost and disconnected from school all together since interaction with other students in class is impossible and club activities were close to zero - nobody wanted to interact or get involve with online face to face/voice socialization.

As an engineering student, many of our courses included labs. For some classes, labs were more accommodating and reasonable due to COVID-19, however, I did have some classes that still required lab without any consideration to the difficulties of having lab via Zoom. I felt numerous of my professors lacked empathy and focus on their teaching methods and in some ways "blew off" teaching us. Overall, this semester was supposed to be the semester in which I learned most of my major topics however, I felt that it instead was a waste of time as professors weren't deliberate in their teaching methods during the stay-at-home order.

As a student of SJSU, I have medical conditions in which I need to take immunosuppressive drugs. So, if the school were to open again, I would have to drop out. The virus is still ongoing...

As a recent graduate, the time to "strike while the iron is hot" is lost! My organization planned to bring me on-board into my new position upon graduation. Due to the now implemented hiring freeze from corporate, my new position was canceled, and I no longer qualify for my old position as it was frozen. Now in limbo, I was given until September to find a new position elsewhere; after 3 years of service. Companies are losing talent every day, not because of their individual performances, but due to the inability of these companies to stay afloat in these trying times. I hope my master's degree can secure me a position quickly, as it's disheartening to develop bonds with a team and be made to leave due to a corporate decision that doesn't consider the little guy.

As a person who is socially introvert the majority of the workweek (due to school and work) it is a major issue not being able to go out and get socialization on weekends. Many of my friends are either not within the area or able to go out anymore, and due to the COVID meeting, new people is very hard.

As a person who depends on the school or work to do things the switch from school to home was very difficult because as the weeks extended the less motivated, I felt to do anything. Less space and experience to be exposed to.

As a commuter, I enjoy working from home and not being forced to rise early in the morning to suffer in rush hour traffic. However, the school schedule imposed my work ethic, and not having any sort of rigorous timekeeping allowed me to slack off greatly.

As a commuter student, I was allowed to escape any distractions from home and stay at school as long as I could to focus on my educational and social life. Due to this pandemic, however, I am forced to deal with these at home stressors at the same time as my classes.

Although I lost opportunities due to quarantine, such as internships and part-time jobs. I feel like I'm not growing as much because of this.

All the internship opportunities were canceled. Living on one/two meals a day to save enough money. On-Campus opportunities are rescinded or obsolete now. I am regretting the current situation and also rethinking why I am here.

After the shutdown, I moved in with my sister, I would usually study in spaces such as the engineering building or library and I had difficulties studying at home, especially by myself compared to when I could with classmates.

After SJSU's announcement with COVID, I talk less with my college friends but talk more to my online/word friends because they are online on discord more. In conclusion, if my friends are on discord, I would play games with them and watch movies via streaming with them.

A lot of uncertainties as to what will be in the future. Stressed because I can't focus on school in the current environment so I'm not getting much done. All stacking up

I'm paying 3.3k to sit at home and listen to professors who don't care about their classes or students. COVID has allowed EE professors to become even lazier and school is even more difficult on students than before quarantine. Life has become 100% work and school all of the time with no availability for personal time. I'm at my desk 24/7 working or doing schoolwork because my work life and personal life have blended. Also, this is not what I paid for at SJSU. I paid to: be around people my age, go to the school gym, work with people in person on new technologies, and do research with professors. None of this is possible anymore.