<u>How has the Pandemic Changed My Life For the Better?</u>

The year of the pandemic, 2020, is considered to be a lost year for many of us. The restrictions that were placed on us caused a dark feeling of despair which enveloped our country. However, I have learned that even if the pandemic has stolen many things from us and made the world corrupt, there is always something that we gain from it. During the pandemic, I have become better by acquiring life skills, learning how to cope with unexpected changes, testing out new ideas, and remembering that I need to rely on people close to me.

The first thing that COVID-19 has taught me is to learn social and emotional skills (SEL). My school started teaching me SEL this year, and it has helped me acquire skills to get through life. For example, SEL has taught me how to control my emotions so that they do not interfere with the quality of my work. It has also taught me how to better manage my time so that I could make a schedule and complete assignments on time. SEL has helped me learn skills that would help me not only during the time of pandemic, but even in the future.

Next, I have learned to adapt to unexpected situations by using new ideas. COVID-19 has caused many things to change, and everyone needed to find a solution quickly to counter this change. One example is that I had to adapt to learn on the computer after my school started using Zoom. I also had to find ways to exercise in my home instead of school yard, so I watched fitness videos, and got a treadmill. Although I faced many hardships, I have learned that I must learn to quickly come up with new ideas so that I could address unexpected situations.

Lastly, COVID-19 reminded me that I need to rely on my friends and family. In this new environment, I needed to rely on others that I can trust. It has helped me understand that being with friends helps relieve stress and makes me feel content, which made me want to be able to see my friends. I also remembered that I cannot forget my parents, too. Although I used to want to play and be with my friends more than with my parents, I now realize that my parents would always listen and help me whenever I have negative feelings. By having these important things

back into my mind, I realize again that humans are social by nature, and always need to have someone close by.

In conclusion, I have improved and become more powerful during the pandemic by learning skills that are useful in life, trying out new ideas to confront unanticipated circumstances, and remembering that humans are social beings that depend on others. Instead of using despair as a guide by which to live, I use it to gain wisdom.