

## *Life in the Age of COVID-19*

We have all been stuck at home for over a month now, and a lot of things have changed in our day-to-day lives. This is a chance for you to “check” on yourself and reflect a bit on how you are doing and what you hope for in the future. In the space below, write a short reflection (either paragraphs or point form with explanations) consisting of:

- How are you feeling about yourself and your life now vs. before quarantine?
- What has changed for you? How?
- What has stayed the same? Why?
- How do you keep busy when not in class?
- What is the first thing you want to do when the restrictions are lifted?
- What are your hopes for the rest of 2020?

When complete, send me a copy (using the procedure for Live Worksheets). You will be given a complete / incomplete mark for this assignment.