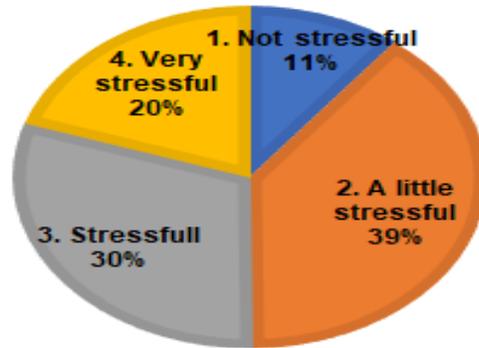


COVID19 STRESS ON STUDENTS

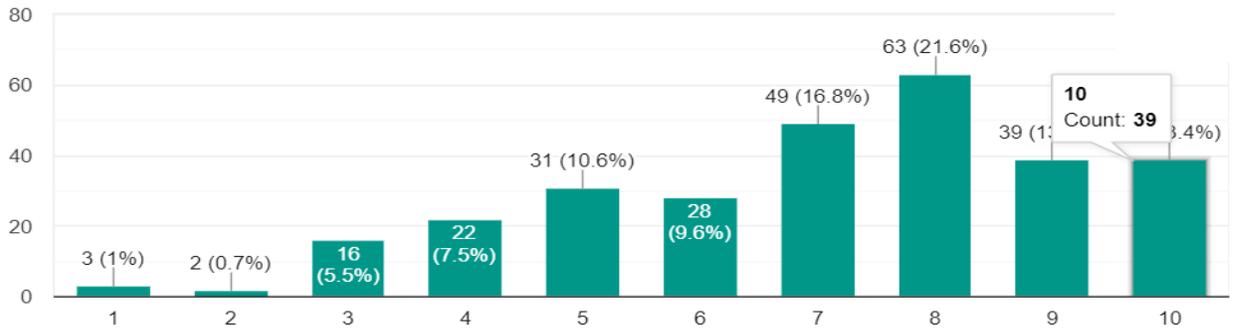
■ 1. Not stressful ■ 2. A little stressful ■ 3. Stressful ■ 4. Very stressful



- Average student mental wellness score before COVID = 7.03
- Average student stress during COVID19 = 5.58
- 24% of students reported receiving mental health services pre-COVID
- 27% of students who were not previously receiving mental health services feel like they could use them now.

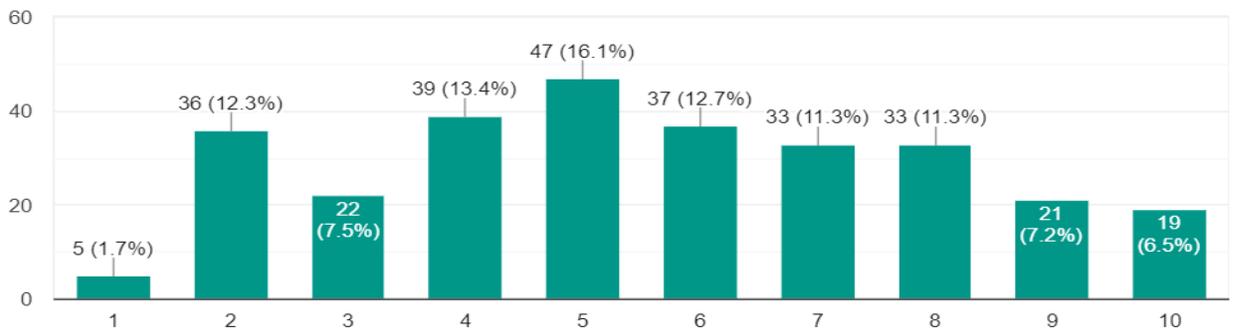
On a scale from 1-10, how would you rate your mental wellness before the pandemic? (10 = doing really good, and 1= terrible) "Mental wellness" is our ability to cope with the normal stresses of life and work productively.

292 responses



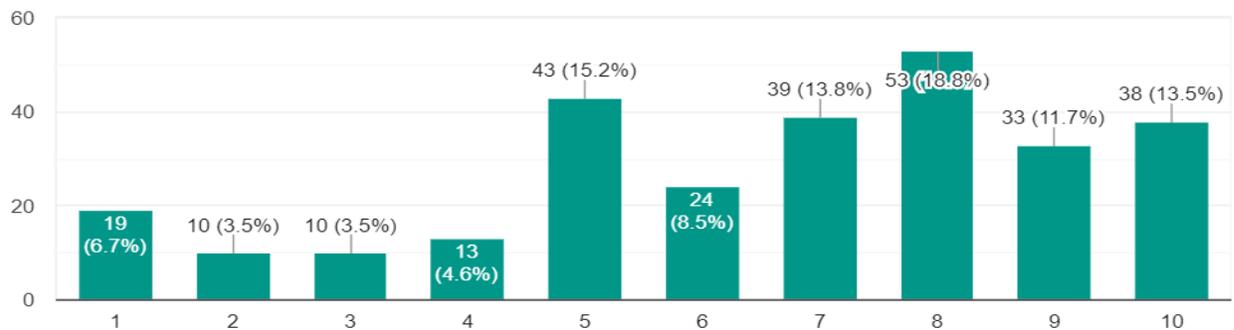
How would you rate your mental wellness now?

292 responses



Has the pandemic caused your fellow students to stress or worry? (Rate 1-10)

282 responses



SHARE THE REASONS WHY YOU FEEL STRESSED

1. If you're comfortable, please share the reasons why.
2. I'm not so much worried for my health, but how it is affecting my community and the constant increase of deaths and cases. Additionally school is making the whole situation more stressful.
3. I am gaining weight and I just find myself so mad at my self. I want to work out but I have no motivation. I find myself crying and hating myself a lot more than I use to.
4. My mom has a job and we are healthy.
5. Although I know things could be far worse, the pandemic has rid me of many opportunities and meaningful events. From a normal end to senior year to a normal start to college, I will not experiencing memories that are supposed to lasts lifetime. At this point, I wonder if things are ever going to feel normal again.
6. I have been home for over a month now ever since school ended on March 13th and I don't go out at all not even for groceries because my parents believe it's unsafe and I'm worried because my dad still works and has to ride the bus everyday with 20 other people and that's so risky. School wise my teachers are giving me extra homework then what they actually do at school and it's not the same asking questions over FaceTime than being in person because they have more time and not rushing you to get to other students like how they do now. I am a Junior and I feel that now I'm teaching myself since I just get to watch YouTube lessons and then just turn in my homework online. I also have younger siblings and they have homework due online as well and because my parents barely understand technology I have to be like my siblings teacher and balancing both my education and my siblings is very difficult. I feel very stressed out because it's too much to handle all at once.
7. I constantly feel anxious about my parents who both have asthma and also trying to keep up with all of the work my teachers keep assigning. Furthermore, it has become a struggle for me to focus on school work when I am constantly worried about the safety of my family especially considering our unstable living situation.
8. I won't have a normal end to my senior year. Also going into college not knowing if we'll be able to be on campus this fall.
9. Online work seems pointless. Everything is 'busy work'• I'm not learning anything. My senior year has been taken away from me and I have no motivation to finish it
10. I am an extrovert who depends on school and friends as my only support system, since my home is not an ideal environment. Basically all of my coping skills have been taken from me due to this quarantine and I have become extremely mentally ill due to this situation.
11. Some teachers give out so much homework not considering that we have other homework to complete from several different teachers and extracurricular activities.
12. I'm a counselor so making phone calls and being stuck on a computer anxiously waiting and thinking 24/7 how are my students feeling at home without much outside time really has me worried
13. "I am a senior currently deciding where to attend college, completing waitlist and appeal processes also for college and suspended in a world of unknowns. Will graduation happen? Is prom canceled? When will I get to see my friends again?"
14. Furthermore, I am an extrovert. Hugging my friends, talking to teachers and sitting next to classmates are now luxuries. I have had dreams about hugging people and wake up crying.
15. Furthermore, 4+ hours online every day is just too much. The bluelight is killing me. Headaches, neck pain and more all come with hour long lessons on Google Meet."
16. I've had to rely on myself for the discipline and time management necessary to successfully transition from physical schooling to online learning. Unfortunately, I slightly struggled with doing both and now it's been a constant game of catch-up.
17. i miss friends
18. not scared of the disease per say, but the increase of work and the lack of teaching now.
19. I don't wanna be here no more I want t go outside like the old time and I miss school :(!!!

20. Because i can sleep in and eat a bunch of food
21. Because I stay at home all the time.
22. No because i have to be with siblings.
23. It's a lot of work with little motivation, and not much encouragement.
24. The fact that there's a virus spreading around has definitely cause me a lot of stress. In a world where there are some that don't care enough about the well being and safety of others, it worries me just how many people aren't social distancing or even may be deliberately trying to spread it--ABC news published an article stating that "Racist extremist groups, including neo-Nazis and other white supremacists are encouraging members who contract novel coronavirus disease to spread the contagion to cops and Jews". In addition to this, I have to study for four AP exams--which will be modified to take online--continue school online, complete all assignments given by teachers, and prepare for the SAT, which I will be taking for the first time.
25. i don't want to be in the house anymore
26. the work is getting hared. i have to get up early. i am getting more tired mentally and physically
27. Just stressed about the students I cannot reach. Sad that I may not see some students that will move on to other schools for next year/grade.
28. I feel like I am working more now. Virtual is never ending, constant virtual meetings, endless emails, I feel like I don't have enough time to manage my home life & work life, the balance is not there.
29. I'm not.
30. There's alot of unknowns at this time regarding jobs, health, money, and overall outlook. Typically after a traumatic event there's grief period. In this pandemic, the grief is never ending as we await direction from politicians of when shelter in place is lifted. Far too many of our youth are stressed out themselves and want normal. Unfortunately, alot of parents are not equipped to be teachers especially those with language barriers or those who don't have access to technology. This is going to have a lasting effect as there will be alot of learning gaps :(
31. as a junior, this is a serious time for grades and testing, including the SAT. Our grades right now, don't really reflect anything in my opinion, so this is a hard time to navigate college and all the stress that comes with that.
32. home life is not ideal and stay at home order as caused me to feel stressed with all going n at my home plus school responsibilities
33. I'm overwhelmed with online work. There's lots of weekly assignments that are piled on in my classes.
34. I
35. A couple of my family members have been extremely sick, with symptoms of Covid-19, but can not be tested.
36. I don't want people to die.
37. Fear of the virus and communication with others are more difficult.
38. My sleeping schedule has been off the charts and teachers keep adding more work (not that it's bad) but the more I'm on the screen more my eyes hurt and my head
39. I guess I can't complain.
40. College decisions; finding enough money to pay for college; getting work done outside of the school environment is hard.
41. I just don't like not knowing what's happening next, everything feels out of my control and uncertain and that kind of gives me anxiety.
42. We can't really go out which sometimes staying at home make us feel suffocated(not in an exaggerated way)
43. Because I am tired of staying home
44. I get to spend time with my family.
45. Well the work is pretty reasonable no real worries my family is safe. We're doing good. Praying for the once that aren't
46. I have more time to relax
47. staying home is the safe thing to do at this hard time right now. i just everyone could stay home also.
48. I don't have to deal with annoying people

49. The AP exams, some work teachers are giving are too much.
50. A little of too much work to finish
51. It's sorta stressed me out due to the fact I see less or friends or I can't even get outta the house like I use to.
52. I had planned to start college for the fall semester of 2020 and it has been a bit harder to apply because I'm not able to get the information that I need at once like I would like it. Also, I have family members who were to graduate high school and now they can't because schools are closed.
53. Just stressed to do all my work when I have to do stuff for my mom and family.
54. I think I got stressed the most when I realized that school was closing for the rest of the school year.
55. I haven't faced any extreme challenges
56. I've had time to myself and lots of time to think through things.
57. Online work is harder since you can't really communicate quickly with your teacher if you have a question. There's also responsibilities at home such as babysitting, some may work, and some may live in households with too much noise which makes it harder to concentrate on work.
58. I feel that everything is going okay for me I'm just scared for the millions out there who have it
59. I find life to be easier on me and my family
60. Well this August our lease isn't renewing and I'm looking for a job and a place for myself
61. It's my senior year, and it's over. I fear that this pandemic will last throughout the summer, and I will be unable to wish my friends goodbye before they all leave for faraway places. I miss my significant other dearly, and I wish to see her again before college hits.
62. I loved to get away from home and go to school for a while to forget any issues, but now things have gotten harder and it hasn't been easy to handle these conflicting emotions.
63. Just being inside the house for a really long time.
64. I am currently at home. I love my family, but it becomes overwhelming being with them every second of the day. I also have some stress because I have to work. Work for my family, to take precautions, in the middle of the already declared pandemic-induced recession.
65. bc I don't know what I will doddering summer I had many opportunities to do programs and im not learning anything from school I feel unprepared for AP exams
66. Trying to rebuild a family connection during this time that was normally avoided before quarantine.
67. I have to balance my classes zoom meetings, homework, AP exams to study for, and work. Currently I'm the only one working in my family therefore I provide any necessities for my family. I work during the night so it's difficult to wake up early.
68. Learning online has definitely taken a toll with my education. I work better in the classroom, whether if it's independent studies or group work. The environment has helped me stay on task and now I'm lacking. There's really no excuse to be lacking now but I have low motivation for schoolwork and it's harder to keep up with what you have to do online.
69. Fear of uncertainty and not being able to experience all the important milestones seniors get to experience. Senior awards senior night csf grad night prom last plays sporting events graduation..
70. There seems to be no end in sight and what will life and academics look like when we go back to school?
71. staying home is the safe thing to do at this hard time right now. i just everyone could stay home also.
72. Well I am used to going outside, and staying at home stuck with everyone is stressful because we leave in a small house.
73. its stressful because i cant see the ones i love an because i'm afraid that we will never go back to school.
74. My mom works at a hospital where she is exposed every day to the coronavirus and I'm worried something will happen to her. I also started a relationship with someone weeks before the coronavirus started and just trying to keep the relationship steady and have it still seem like a dating relationship has been tough.
75. way too much work no breaks , being at home
76. The fact that I can't leave my house and im stuck in one place makes me feel trapped in my own head.
77. This pandemic was not only unexpected, but it also put a pause to our lives. I strongly stand by quarantine and support decreasing the spread of this virus by all means, but I'd be lying if I said I don't wish to be outside. I miss my friends and making memories with those I care about. I want to be productive again and work. I miss not being trapped in my thoughts all day by myself. However, it's taught me the value of

- cherishing every moment I've had and will have when this is over. I have found new hobbies as well. It's been stressful but manageable.
78. The world is always moving so fast that now that it's completely stopped we are able to take a little bit more time to ourselves.
 79. No more drama or being around toxic people
 80. The fact that people are still getting infected and dying all around the globe is anxiety-provoking. The fact that the future is changed and uncertain is stressful. There are many questions and concerns, yet we need to "wait and see" for many answers. This is stressful as people in school are taught to manage their time appropriately, plan for the future, and collaborate with others. These tasks are not available at the moment.
 81. Loss of employment and worry about the future of employment
 82. Uncertainty about my parents work and we have a baby to care for
 83. not being able to be with friends
 84. I'm anxious because theres a possibility that not only were my last days of senior year taken away from me but now even my first year of college life. I'm anxious about how long this will last and how it will affect my future. I'm anxious about staying indoors every day in a small apartment where I feel suffocated. Texting and calling my friends is not enough I wish to see them in person. I'm a senior and knowing that I won't enjoy any of the fun senior activities is very disappointing. Our school gives a lot of work so to know that 4 years of hard work, break downs, and sacrifices ultimately were for nothing because I can't even have my graduation. In general, I'm a very anxious person who always has a lot of worries and thoughts on the mind so to have this load is making me feel very anxious and unable to really find joy in my hobbies and even in daily things like school.
 85. It is stressful because you can't go outside knowing that you are not safe to because of the virus and I feel trapped within 4 wall and that makes me anxious because I haven't been outside after I had surgery last year for a really long time and I have been out for about 4 months till now that it's too dangerous to go outside and for our sake we have to stay inside.
 86. DON'T MY MOM TO DIE
 87. i am mostly comfortable because my home is where i feel most comfortable, and i have adjusted to the new learning system, plus i feel more secure about not contracting the virus.
 88. Not being able to have an outlet at school to express myself is deemed very stressful for myself.
 89. Trying to sort out truths vs. misconceptions with the news. Making sure I'm prepared and follow CDC guidelines.
 90. I want to graduate, and finish school but it is just too much.
 91. I have a 900+ anime to rewatch
 92. No specific reason. I don' t know when we'll be able to go back to how we were, and I don't like that uncertainty. My school work is getting easier, but I still stress over keeping my grades up and finishing my work on time.
 93. School/teachers are assigning more homework as now that we have more time in the day they think it should be used for school instead of family and for them to keep lowering our grade adds more stress
 94. I can also focus on my hobbies
 95. I am focusing on what I want to do and the things I should focus on to accoplish my goals. I have been playing my instruments (Trumpet & Flugelhorn) much more than I usually do causing me to really imporve which is connected to the job, scholarship, and college I want to get into in the future.
 96. Not being able to interact with close friends and teachers in person causes me to have more negative thoughts and build up stress.
 97. I can do homework at my own pace.
 98. I get to stay at home rather than see people
 99. Inability to see friends in person. Friends are one of my main ways to destress.
 100. I'm a senior this year. It feels as if everything meaningful was taken away from my peers and I. Years of hard work led to this moment- celebrating and graduating. No longer possible, this leaves my hopes for recognition to a blur. My father is a grocery store employee, and before this he wasn't considered essential. As people rush to stock up, my dad is forced to work restlessly every day, exposing himself to the very

- nature of things we're supposed to stay away from. My mother doesn't work- she is not legally able to. I lost my job as well, at our local shopping mall. I don't know how I'll save up for college without a job, but I'll do what I can to make it work.
101. "homework although a reasonable requirement has always been a problem for me to to complete and just the lack of physical and awarding accountability has caused me to virtually pay no mind to the heaps of homework being assigned by some teachers. because of this i have not done a lot of homework and have been stressed only by school.
 102. from the accounts of many friends from many schools an apparent problem is due to the lack of a physical class setting, although having daily online classes it is difficult to keep track with what is going on in class. especially multiple"
 103. Because everything was thrown at you at once and didn't know where to begin with such as school work
 104. Im with my mother
 105. Schoolwork, not being able to see my friends, the fact that the presidant in an absolute fool.
 106. I have developed a routine
 107. I feel like I'm being pushed to do more work now than ever before, and there's a lot of pressure with family. Sometimes I don't think they realize how dependent they can be on me at times. It becomes extremely overwhelming at times.
 108. Since I had A's before the pandemic, and the new grading system is that distance learning can only improve your grade, I can focus on the classes that I need to study for. I'm still stressed about my AP test, but now I can focus solely on that class. Usually, I would have to do work for all my classes and attend sports practices/games, which gave me little time for my important classes and caused stress. Additionally, now I can teach myself and have my own study routines, which helps me more than the regular class. I can also spend value time with my family, which further eliminates stress.
 109. I get to work at my own pace, do my work more quietly and efficiently, and don't have to worry very much about time.
 110. online school is highly unorganized, teachers simply do not understand. Feeling 'trapped' is so frustrating sometimes
 111. Having to take care of my schoolwork, staying on top of my siblings making sure they do their work, and having chores done can be a little stressful
 112. I can't grasp the concept of any schoolwork besides english yearbook and avid. And my uncle passing from cancer makes at home life a living h-e double hockey sticks school was my place to get away from home and its cool to have a little break but everything is shutdown the only place i can go to get away is the next room or the backyard its stressing me out and making me depressed because plans after high school have been put on hold for me and i feel like i'm getting held down from growing up and finding myself for myself (I hope this makes sense).
 113. My grandma recently had gotten a call informing her that she is positive for Covid-19 and my brother is at the MCRD boot camp at San Diego, we haven't got any letters from him for about 2 1/2 weeks now.
 114. Since you have to be at home there is no way to escape all of your feelings. Eventually, there will be a wave of feelings your not able to overcome and they will drown you.
 115. Their is just one reason I'm feeling a little stressed out and it's because we really have nothing to do
 116. I am not comfortable to share why.
 117. I am comfortable in my home
 118. Because I am with my family.
 119. Because school was focused on passing your class instead of understanding the material. Now that I'm with people that care not only of my well understanding but my well being has helped me. I never really trusted the counselor because they always ran to my mom when I told them something so i stopped bothering. Now im glad im by myself.
 120. Financial problems, parent's surgeries being postponed, schoolwork
 121. Family issues as well as homework

122. I am comfortable because while we we're attending school I was always really tired and now I am not and am always well rested and I don't really worry about anything no more.
123. I'm not comfortable at all
124. I'm scared
125. For me it is very stressful to keep up with my work when I am at home. Doing my work in a classroom at school makes it much easier to do my work. When I am at home, I get really distracted and cannot get much work done. I am also very limited to the places I can go to, I cannot travel, or go out to eat very often, and my plans for spring and summer vacation were canceled.
126. It's a little stressful because I want to focus on school. But have been taking it as a time to freshen up. I am mostly worried about what college I want to go to because they are taking a longer time to send out letters of acceptance. By now I should have known what college I will be going to in the fall.
127. I'm worried about my family and I want to be with them but I also have to worry about my grades and passing my classes
128. Staying at home all day for weeks on end hasn't really been good for my mental health
129. Well, when I'm done with my homework, I get to just lay around the house. Sometimes. I get to be here with my family. I don't have to wait in a line for school food.
130. Well it's all about college and how my admissions will be carried out
131. am not comfortable
132. Not comfortable
133. Because like what if my grandparents get the corona virus or if my parents get or even me.
134. Its because this pandemic is spreading faster and they want us to stay at home and I can't go outside to do anything. I feel like we're gonna be trapped inside for years and without going outside I lose how I talk to people I feel insane and crazier. My dad told me that there was a reporter in china and he reported real facts on how it started and one day after getting a lot of info he went missing I have no idea what happen he was just reported missing.
135. I hate living where I'm at right now.
136. I'm relying more on my family than usual and feel very needy. Also, the school has a more stable WiFi so that I can get updated.
137. Have many immune weaknesses, such as asthma, I'm very vulnerable and afraid. Miss socializing and talking to others in person :(scared of what is to come due to ignorant president, greedy states and the mindless masses who think this is a hoax.
138. Leaving home was a way to cope for many.
139. Because my home life isn't that great. And me being at school kinda helps me escape. And I've already dealt with mental health issues in the past, so always being stuck in my room isn't really that helpful.
140. Money, and school.
141. I am am worried about someone is my family getting this virus.
142. debate over whether to commit to a four year if it is going to be online
143. im not worried because i know we will all get through it.
144. We get more work than what we did at school.
145. Because i have even more assignments to do and its stressing.I also dont know how to do most of the stuff in math we are learning right now so its very hard to catch up.
146. I'm not but sometimes i am if i distract myself
147. school was my escape from home , and after school activities such as school games or going out to eat with friends was my escape from school
148. i've been going through a lack of motivation. i know that my work is important, especially with ap exams coming up, but i just can't seem to bring myself to do the work or not able to put as much effort in the work. because of this my work has been piling up and i feel suffocated, kind of feeling like all the assignments are mocking me.
149. I am brave.
150. Less social anxiety, less work, more time to relax and focus on things I want to do

151. It has made me very lazy which has caused me to drift away slowly from school. A big one two is that ever since we were began to stay home I have become very unproductive.
152. I have to help my young nephew with school while also maintaining my school work and household responsibilities.
153. I am not stressed
154. There is much homework and no time nor motivation to do it
155. It has made me stress even more in the way that teachers are giving more homework then they used to being at school and I don't get some of the materials which makes it hard for me. Since we can't go out during this time it has made overthink about so many things and I've lost friends and it sucks not having anyone to talk to and hey a hug.
156. I know that I am safe in my home.
157. I have to work so my family earns money since 2 people in my house hold have been layed off. And I'm afraid I might get COVID-19.
158. Like working online. Not really very social at school.
159. It has made me stress even more in the way that teachers are giving more homework then they used to being at school and I don't get some of the materials which makes it hard for me. Since we can't go out during this time it has made overthink about so many things and I've lost friends and it sucks not having anyone to talk to and hey a hug.
160. I am not stressed.
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162. Our teachers as assigning more work than we had to do during school and short due dates which leads to me staying up all day and all night to get my work done and the cycle just continues.
163. i don't know if i doing something wrong for school or how its gonna effect my grade.
164. EVERYBODY IS UGLY, ANNOYING & FAT
165. Because im stuck with my siblings and they talk alot.
166. Many of us need to talk to our therapists and feel like someone is actually hearing you out instead of just telling how you should feel.
167. I'm homeless both my parents are out of jobs I'm supposed to help out and do all this school stuff.
168. Before I knew how homework was going to be submitted on Google Classroom, I had no idea how. I wasn't sure if we were going to do zoom or it was just something else.
169. I have been separated from my friends. They were the ones who I was able to unwind with, but now I'm copped up in my house and constantly working.
170. im fine.
171. My parents could be exposed to the virus while working.
172. I'm comfortable because i get to stay indoors
173. Because my mom is a nurse and she works in the hospital and she is currently working with COVID-19 patients
174. because I can't see my friends and I'm starting to get a lot of homework and I also have a lot of google meets.
175. It's very hard to be productive in an area where I rest and when I'm not productive I'm not doing assignments and when I'm not doing assignments, I get stressed out.
176. It's hard doing work im not motivated to do. Making sure I go to my online classes on time is stressful as well, If I dont attend them my parents won't be happy.
177. Im comfortable since im at home with my famly, im able to wake up an hour later and do my schoolwork, I could take breaks when i decide too
178. cant talk to my friends in my nabor hood
179. I like to have a social life but I can't right now.
180. There are no basketball courts.

181. My siblings have compromised lungs and hearts so if they get sick it won't be good
182. I could relax, talk with my friends, play online games with them. Also sleep for as long as I want.
183. School wise I do not know If i'm really understanding the content of the topics we need to learn. It is definitely harder to learn at home then at school, and little stressful when it is manitory to learn and do the work.
184. no thankyou
185. I am at home.
186. During this time my family wouldn't be locked up in our house like this.Its just not fun I wanna go to school with my friends and I wanna go out to the lake with my family.Its very stressful not knowing is your friends or family are ok.We never know.All I want is just one normal day before this crisis happens.All these fun amazing things were just taken from us.I just want there to be a day, where we go to school knowing everything's okay we have free dress and we come home and get ready to go out for dinner with the family.And at the end of the day all I want to think is its everything's okay.
187. I feel like I'm a pretty adaptable person so I just been able to adapt to staying at home.
188. The cases keep increasing in our county
189. Im with my family
190. Stress because of frustration. I do my work, I turn it in, but I'm never 100% there while doing it. It's like my attention is gone and I just can't feel anything anymore.
191. "everything
192. "
193. My dad still has work because he's considered an essential worker and I'm scared something could happen to him while he's out of the house.
194. I am just going through some stuff right now
195. not comfortable
196. I don't mind being home all day.
197. it's all just to much to handle on top of school and trying to keep me and my family safe. It's all just spinning in my head of everything that could happen and school makes it worse with so many assignments and being home and having to do it all on my own.
198. I have a lot of homework and I constantly procrastinate since I'm not at school.
199. Because I stay home all day
200. I felt that my everyday was physically and psychologically draining. My duties inside and outside of the classroom were overwhelming, especially with local schoalrship applications in January, catching Influenza-B in February, and trying to catch up on academics and home life in early March. With the school closure, I feel relieved of those stresses, and have more time to focus on myself, my family, and studying for my AP exam. I do worry about the virus affecting my loved ones, and pray about it.
201. Trying to do all my schoolwork and trying to not go crazy
202. My dad is worried constantly and becomes angry when he sees for example the ice cream man outside or when people are out in public in large groups. It upsets me and makes stressed.
203. Being home has relieved the pressures of going to school and has actually made me less anxious.
204. work due
205. i'm not
206. Worry for the health of my loved ones, stress from change in schedule, etc.
207. To much homework and it seems teachers don't understand student's view on how much time should be spent on homework.
208. I practice my hobbies everyday, drawing, for example, and I have proper communication.
209. It's messing with AP tests and has ruined my senior year completely.
210. im not
211. I've been feeling very worried about my family's financial future, stressed about what my college environment will be like in the fall, sad about missing senior year experienced, in general it's just hard to be in the transition period from high school to college but I'm unable to say goodbye to friends and teachers

- normally. I think in general I've been a lot more worried and anxious about losing things or my current situation suddenly changing.
212. Everything is up in the air and not certain.
 213. Caused increased conflict with family and stress surrounding school
 214. i'm not
 215. My dad is at higher risk. Sometimes I worry if he will get it, but we take necessary precautions so I'm not very concerned.
 216. Unable to focus on schoolwork, lack of self motivation, delayed sleep schedule, constant anxiety attacks, worry that this pandemic is going to impact future opportunities.
 217. Sports. Hard to weightlift without access to proper facilities.
 218. hard to concentrate
 219. I'm only thing that's better is I'm getting more activities in my free time
 220. My parents are over 60 and I believe the federal government and the president haven't done an adequate job containing the virus.
 221. It's causing me more stress because people aren't taking this serious they think they are immune when they aren't.
 222. It's hard for me to learn over the computer screen and I'm worried about graduation
 223. Lost my senior track season I've worked for my entire Highschool career,as well as my captainship of the team. Broke up with my girlfriend because of the stress and sadness from the lost opportunities of my season and my senior year and now I'm regretting the decisions I've made.
 224. Our county has not been hit very hard the virus, which has kept our open spaces open. This allows me to do the things I love to do, which are surf and mountain bike. Any stress I have comes from the fact that my dad is a frontline doctor in the ER.
 225. School is too long and I don't have enough time
 226. Doing school work at home makes it very easy to be distracted and parents pressure you more in person at home to do well at school and treat me like I don't know whats going on and it doesn't feel good when your parents are stressed and they can take one problem out on you.
 227. Worry for the health of my loved ones, stress from change in schedule, etc.
 228. its very hard to stay focused on school work at home. when going to school i feel motivated to do my work. at home i feel the exact opposite. and this causes me to worry about my grades which stresses me out even more.
 229. My schedule got messed up
 230. Cause I'm just chillin.
 231. I get to sleep more than I did at school and I'm more comfortable.
 232. Many
 233. I'm stressed as a high school senior making plans for the future and not knowing what the future holds choosing a college without visiting and such or not knowing if classes will start online etc
 234. school us easier, less things to be bothered by, and more time to do things i actually want to do rather then wasting my time.
 235. too many people yelling in my house no space to do anything
 236. adjusting to the new normal
 237. I feel like we are receiving busy work now rather than the regular work we would be receiving in school. Not to mention have to sort out some things for college and deal with not being able to have the resources we would if we were at school. Everything just feels like a lot.
 238. im not
 239. i am very bored and even my computer bores me now
 240. Not having a space like school cut out for learning and focusing on work has been a struggle
 241. I am at home with my family so my purge is rather comfortable.
 242. because no school
 243. The amount of uncertainty of what will happen next is worrisome.

244. It does seem like it is just me, but I feel like there is way more things to do than at school, and all my responsibilities just fall upon me, and I feel like I don't have time to finish everything, and I seem to lose time just doing everything.
245. I can't really do anything and staying inside makes me anxious
246. For a person that has a very hard time with change, the switch to online school made a lot of stress.
247. It is harder to do assignments and feel motivated. I am not able to talk to many of my friends. I need social interaction, so quarantine is difficult for me. I have complicated my sleep schedule because of the lack of structure. It is very difficult to stay home all day, the environment is stagnant and a lot of the school work feels like busy work.
248. I didn't have to much social time in the beginning.
249. Nobody knows how long it will take until everything goes back to normal, and it stresses me out. I also worry about family members who are at high risk.
250. I feel like teachers pile more work to make up for the time lost for not having an actual class discussion. The assignments that the teachers are assigning is a mixture of both classwork and homework.
251. Things might change, but nothing is constant.
252. Online school work and I am a social person so hanging out with my friends NOT AT HOME was my outlet
253. No one close to me has been inflicted with the virus (we have been very blessed to be able to claim that). I get upset when I see lots of peers/people on the news or in our community that are not following shelter in place guidelines. Overall my health has improved so much because of more sleep and no stress, I have time for hobbies I've always wanted time to explore. I have been quite anxious about my academic future, however, because I will be applying to colleges come fall and a lot of my extra curricular activities have been cancelled.
254. I was in a dark place before and this helped me focus more on myself and look on the positive side of things.
255. I feel like the teachers are assigning too much work even if we're at home. Making me rush and stress over my assignment and homework.
256. I usually don't get much sleep because I stay up very late, and I have to get up for school. Now I get more sleep because there's no time I have to wake up by.
257. I'm the type of person that enjoys relaxing indoors, so aside from the obvious reasons this situation is quite nice.
258.
259. When I go outside or all the news I see I panic do to me thinking The world won't be the same anymore.
260. Being limited to the confines of my house typically consists of butting heads with my mom and my brother. I don't really have the same outlets (my friends, time alone during my morning commute to school, in a weird way school itself) I normally use to cope with the stress of family.
261. The amount of time that my family is spending together is making us more susceptible to fighting and we have no way to spend time apart so it turns into a cycle of me getting yelled at for unnecessary things.
262. I am not stressful just bored
263. I am a little stressed because everyday I have a lot of schoolwork and it all adds up to become a lot of work.
264. Just staying inside and not seeing anyone has been a huge bummer, but I'll live
265. I have been having relationship issues with my boyfriend and decided I needed to initiate an indefinite break/break up in order to work on myself. I ended things with my best friend because she became too toxic for me. I am going through the process of 're-feeding" as part of my treatment for my recently diagnosed anorexia. I have been dealing with the stress of finalizing my college plans and learning how to be my own, independent person again. I have not seen anyone outside of my family in about 6 weeks.
266. I have depression.
267. For me this pandemic is very worrisome but from my perspective this is natural. I think we just have to let this virus run its course and no matter what people will get infected. I am trying to stay healthy but I'm not stressed or worried. Its mother nature.

268. I haven't found myself very concerned.
269. I think I am not as stressed because I do not like going to school.
270. I don't have to see other people and have others judge me
271. Firstly, I don't know how long this situation could last because there is no way to predict how long it could really last. Also, it is a little worry to know that your parents could not be employed. Lastly, I hope that my learning will not be impacted by this.
272. Why should I worry? COVID-19 isn't as deadly or as scary as influenza.
273. My parents are getting divorced and my mom and him have been fighting bad. Sometimes we leave the house and spend time at a family members house. I am also worried because my mom is gonna lose a lot of money cause of the divorced.
274. I think I am more comfortable than many people, and I am fortunate for that, but I still feel anxious
275. Its boring and unmotivating to stay home
276. no
277. my parents are annoying and i cant leave my house to go hangout with my friends
278. Without being in a classroom learning environment, schoolwork has been a little harder and also I dont want to get behind on my schoolwork and accidently miss an assignment.
279. I'm stuck inside my house with no foreseeable escape, I've got mega cabin fever, and I'm failing almost all of my classes because of this. Thanks Newsom.
280. Along with large amounts of schoolwork that we have, I feel like I still have to worry about what's happening in our country at every moment.
281. Because I believe there aren't too many cases of Covid-19 in SLO, and online school is way easier and better than regular school. I learn better when I am on online school, being an antisocial person.
282. Online school puts a lot of stress on the eyes, neck and body; however, the work load seems to have decreased.
283. Because there are so many unknowns. Personally it has improved my mental health because I was very busy before and now I have a chance to relax.
284. I'm worried for my summer and senior year, as well as my family
285. I am comfortable in my house hold because I know I am safe if I stay home.
286. Really, do you think almost anyone who is actually obeying the stay at home order will actually even be "comfortable."
287. I have time to do things I couldn't do before quarantine.
288. Loss of income, scared to get Covid
289. my family was in the Philipines and my great grandpa stayed back longer then everyone to keep his citizenship. He's had health problems in the past but it got worse when he was there. My great grandma went back but had to do the quarantine for 14 days. She was able to see him for a couple of days but when he underwent his surgery, he passed. She stayed out there and all the rest of my family was out here but we couldn't be together. That was the hardest for me. When my great grandma finally came back, my family did a little prayer at her house and stayed six feet apart. I couldn't be in their arms or support them. This happened three weeks ago.
290. I am stressed and worried that things won't ever be the same again and that I will never be able to go to college and I am coping with my stress by online shopping and then stressing about how much money I have left and then online shopping more to cope. It's a vicious cycle.
291. It's really unnerving to realize that our world has changed so much in such a short amount of time. I am a people person and I need to be outside to thrive. My well-being depends on the ability to teach and explore with others and it's scary that won't be a reality for a while. On top of that I'm being forced to stay inside and do mundane work that has zero academic substance which is very frustrating. I want a break from all the assignments. We have greater things to worry about than some meaningless 10-50 point assignment. I hope my words are taken seriously. This is really terrible for everyone, I miss my teachers and my friends, and as a senior, for the last of my year to be taken away sucks. Actually it's devastating. Thank you for your time whoever reads this, I know you are trying to make things better for us, on behalf of the San Luis Obispo High School senior class of 2020 I thank you wholeheartedly.

292. I feel like it's pretty nice without the pressure from school and how we have our own time to finish assignments, and this is the first trimester I've turned in every single assignment on time (2) Everyone's on the same boat so I don't have to worry about talking about 'my feelings' or overall just what I'm going through (3) there's no pressure with hanging out with friends i.e. them hanging out without me or just drama (4) it's nice to get a break and be able to unwind at home
293. I cannot visit colleges to determine where to go to school
294. Online school, not being able to see my friends, and not being able to do fun things that make me happy.
295. online school
296. Firstly, death. Secondly, missing out on valuable life experiences with my friends and classmates at school and sports.
297. Not stressed at all because i think it's all bogus more people have died of many other things for example diabetes, heart attacks, etc.
298. Its scaring me because parents are fighting about work and money. We are already poor, just got off of government help and now i dont know whats going to happen and i know I can't do anything
299. more time to do work
300. I am comfortable because I am with my family.
301. Staying in quarantine with a household of 12
302. Deciding where to go to college
303. I live at two houses due to my parents divorcing each other and just daily family conflicts between the two. Especially that one parent has made it so hard to live with them. Just lots of anxiety of not having my life back and being trapped in an un-ideal living situation.
304. Uncertainty of the near future
305. I am home away from people.
306. Grandfather passed away
307. Being stuck at home with my family and not seeing my friends. Trying to stay motivated so I can get my school work done or even leave my room.
308. im stressing alot over homework and the pandemic.
309. School and being trapped. Also anxiety disorder mixed with fear due to asthma
310. many family issues, limited wifi access, teachers not being through with assignments
311. i dont really care much it hasn't affected me directly
312. to much on plate and teachers think we have more time. work has tripled and my extracurriculars are still in progress causing me to be more busy than before
313. I'm worried for the safety of myself others
314. It's only a little stressful because the lessons aren't the same and worksheets are harder to complete. It's harder to understand the material over google classroom.
315. Since the state of the world is so crazy and unpredictable at the moment, I feel worried that I will catch the virus, worried that my friends/family will catch the virus, worried that I won't have a "last summer" with my friends before college and worried that I may not even start college in the fall. Everything is so up in the air right now and so it's hard not to feel worried/stressed about what will happen next.
316. The immediate and long-term future is almost completely unknown, such as graduation and college and my work and I'm having so many feelings and thoughts but I still need to focus on schoolwork while trying to figure out and stay up-to-date on everything going on.
317. Thus far no one I know has contracted the illness, therefore I am not emotionally involved aside from basic empathy. I am still slightly stressed due to the extreme changes to my daily routine and school based workload.
318. I hate knowing that I won't be able to say goodbye, or know how my school year could have gone, it's heartbreaking to realize that my last year of high-school is truly over, and I can't change it.
319. It's extremely hard to focus and get work done at home, and I worry about my grades and passing my classes.
320. My home life is super stressful to live in, school was my one escape
321. the hw that i've been assigned has come in piles and i usually leave it to the last minute to do it

322. Its hard to keep up with school work and stay motivated especially because I'm still working.
323. Family constantly being at home creates more stress
324. My mom has a weakened immune system so if she gets the virus she could very well pass away from it.
325. Worry for the health of my loved ones, stress from change in schedule, etc.
326. shcool a home is alot harder
327. With all the tragedy that surrounds everyone right now, I find it a little distressing the priorities that are being inflicted upon young people right now, when I feel people should be taking time for themselves and trying to start the healing process. Kids are having to adapt to a whole new way of learning in a short amount of time, and no-one knows what is going on most of the time.
328. I feel as if I'm trapped and it's really hard for me to discipline myself into doing homework which brings my grades down and then stresses me out more. The financial situation is also stressful for my family and I. Thinking about not having a graduation also makes everything worse.
329. want it to be over so I can see my friends
330. The pandemic is stressing a bit cause of all the chaos and all the people get worried if they have enough food to survive the isolation.
331. getting to sleep in is nice.
332. My teachers are overloading me with homework to the point where I done have free time and im spending more time now then I was while school was in session, also my parents are health care professionals and im worried for their safety
333. I'm just stressed about getting to spend time with friends during these last few months before college. I'm also worried that we won't even get to go to college this fall. Also, not knowing if I'm going to be able to go to events that I've been waiting for (like graduation) is making me anxious.
334. school feels optionals, I know its not but sometimes I just don't feel motivated but it still stresses me out I just want my normal routine.
335. I feel very pressurized at home and there have been a lot of personal battles that all piled on at once during the pandemic.
336. Not being able to do my plans, and struggling with learning some subjects through the screen.
337. im an introvert
338. The pandemic itself doesn't worry me, but the online school is making me stressed. Staring at a screen all day is making me anxious and claustrophobic. The small screen is hurting my brain and makes me feel overwhelmed. I have look at it though because I have to finish my homework so there's no solution. And if I take breaks then it just takes me longer to get everything done which causes me more stress.
339. family
340. Eating disorder relapse
341. I am concerned for the well being of my parents financial status and how this is affecting jobs including my parents. I am also raising an animal for FFA and a lot of us are stressed about selling our animals or if we will even be able to show them. I am concerned about what is going to happen with my college and if I will be able to even attend my first year as a freshman in the fall. I am also really concerned because I come from a family of doctors and nurses and many of my family members are dealing with the pandemic.
342. the amount of homework my teachers have been giving during this break
343. Family problems. Not being able to get a hold if teachers. Depression and anxiety. Not having access to work out or do sports
344. Well first off the teachers keep assigning work when they're is a pandemic going on and many students don't have access to WiFi. I get stressed out because at home I was never able to concentrate so I'm behind on the work that's one reason I liked school I was able to concentrate and doing homework was not really an issue. It's stressful how many families are suffering and teachers are still assigning work.
345. Failing this school year and overthinking everything
346. Some students don't have a healthy environment at home. People in the district or the teachers in the classroom dismiss the change in circumstances and continue assigning tons of work that accomplish nothing but add to our stress.

347. Not only has school work been piled on, I am not getting the help I need and everything I (a senior) was looking forward to for over 4 years has been canceled.
348. nah its whatever that's life
349. Everything got cancelled and we don't know when it's gonna end.
350. I feel comfortable at home but I feel bored there's nothing that really fill my day so I just do my work mechanically when I get it finish it and go relax on my phone for hours on end so I feel relaxed I workout at least once everyday for various amounts of time so I feel comfortable but just bored.
351. Just because its a big change, you stay at home all day and can't see anyone.
352. Schoolwork
353. I'm more of a visual learner.
354. Well, relatives are dying, teachers are giving us more work than ever and my family and I are not used to me doing work at home so chores and homework keep piling up so I don't complete any of it.
355. Im on top of my work and my parents still have jobs.
356. I am naturally an introverted person who likes to be inside. All the things that I enjoy doing are on the computer so I've been perfectly happy not having to go to school. The online school learning is definitely worse but it is also significantly easier and just boils down to busy-work to waste my time for all but 1 class. But because of that I am able to get it done significantly faster than I would in school and I am often done after only about 3-4 hours of work.
357. because i cant go anywhere and i want to
358. Many companies have had to let off workers and such, and my family has been affected by this issue. This is going to cause us to move out of the city during summer. I have a background of moving a lot, but I didn't expect to have to move again during my high school career.
359. Worrying about loved ones, never knowing what to expect, and too much time to overthink
360. Its just not knowing what will happen and when it will be over and fear of loosing summer season for sports and a loved one getting sick with it and missing being able to talk to our teachers anytime in person.
361. The fact that the high school and school district has not even been clear with the students or even a message to say hey we don't know what's going on but we're working on alternatives for you guys is disrespectful and unprofessional
362. lack of contact with people that benefit my life positively, no strict schedule, lack of motivation
363. It's stressful because we have to stay at home all day but I also understand it's for our safety going out is not normal anymore. Especially because it's a very contagious virus and it's really frightening for families.
364. The amount of school work is stressing me out. I need one on one help and it's extremely difficult to get that these days. I lack motivation. I'm lonely 5 days out of the week. I feel trapped and suffocated.
365. worried about the health of the ones I love
366. I really don't have much to worry about anymore. School was stressing me out more than this pandemic
367. My mom's a doctor and I don't leave the house very often
368. We're receiving double the work we would've received while we were still in school. Packets on packets that must be finished in a month that are not being taught to us, nothing is being learned in my perspective.
369. Now that I am unable to see anybody outside of my home that I really care about, it has been hard to achieve any kind of happiness.
370. No money, no friends, no fun, no idea when it's going to stop, nothing is the same, I can't even go to prom, as well as have a nice school year. This was supposed to be my last year, the last time seeing my friends and my last high school moments instead I'm at home watching movies of things I would've done or could've at least done. I hate quarantine, but the thing I hate most is not graduating with my friends being to scream their names when they call them up and hugging them telling them that they did that everything they worked hard for was for something. One last thing the online work is absolute garbage.
371. Teachers upload 2-4 assignments daily, each. Some don't even specify the instructions.
372. I mean you worry for every action you take beyond your own household. Afraid of getting this disease.
373. I have always wanted to do online school, I can take things at my own pace and I have time to cook and make real food. I can finally sleep and not waste my time indoors all day; finally getting vitamin D.
374. My teachers not grading

375. I've been getting lots of work lately and I feel like I'm not learning anything. As a senior I'm getting very little help on schoolwork while being at home. At school I was fine but this is overwhelming.
376. It has only caused me a little stress because I am worried for my grandparents, but that is it. Plus I have a weak immune system, and my parents are freaking out thinking I am going to get it and it will be hard to get through it, even though I'm chilling and not as worried. My dad is a firefighter, so when he comes home from his shift, we never know what he is bringing, meaning I can't always hug him or get real close when he first comes home. Unless he had a easier shift, meaning he didn't run a lot of calls or anything like that.
377. none
378. i have a good immune system
379. I am mostly stressed about this is going to affect my future & other peoples futures as well. I believe we will get through the virus itself, but the aftermath is going to be extremely impactful.
380. I'm an introvert, so the situation is actually somewhat calming. I just feel stressed in completing schoolwork online.
381. Because My father is a firefighter and gets a lot of influence from covid so its hard for me and my family.
382. Im at home
383. online learning is tough, my friends were a really big part of my life, and i just feel terrible at home. Not because of my family or anything, I just feel unproductive and have no motivation to do anything anymore.
384. its just being with my family that is stressful
385. because we don't have to go to school and be even more stressed, although we are getting crap load of more homework than we ever did.
386. I'm less motivated to do school work and any other necessary tasks
387. The pandemic doesn't matter to me, I couldn't care less if I got sick or got other people sick. I've just exhausted all of my options and I'm bored with life.
388. cause i do my own research
389. University payments??? where is my graduation ceremony where I've waiting forever for it and I'm stuck at home with ppl I don't like
390. The school has been completely silent, they don't share any news about graduation with the seniors. Other teachers that aren't in charge of graduation are the only ones that have been communicating with students. All we want is communication. Also I'm deeply upset that the school did not even provide us with an option about our graduation. I heard from a student in the Bay Area that they were given a survey which provided them with two options about their graduation: postpone the graduation, or have it virtually. Coachella Valley seniors were simply told their graduation was going to be online. The way one of the ASB advisors in charge of graduation described it was that it was going to be a simple slideshow. Does the school really think that is going to give 'closure' to students? I've reached out to fellow seniors and they've shared how seeing a video will only make their mental state deteriorate, and I share the same opinion. A slideshow with pictures of graduates will only worsen the situation. But, of course, CVUSD will be benefiting from the 'virtual graduation' aka picture slideshow. The district will save money from the venue and from more. CVUSD does not care for their seniors, or any students at all, if they really cared they would listen to their students and give seniors an actual day in their graduation.
391. worry for the health of family members
392. It has caused me stress because i'm worried about any of my family getting it. Another reason is because of the amount of homework we get.
393. My parent & brothers work outside & it's scary to think they have a possibility of catching the coronavirus

WHAT HAS BEEN MOST SUPPORTIVE DURING THIS TIME?

1. What has been most helpful or supportive during this time?
2. Sleep

3. Being able to escape through movies, TV shows and books.
4. Nothing really
5. Honestly the fact my mom still has a job and knowing that food and our house is not at risk. Second its been my school, they have communicated with us right away from the closure and gave us updates constantly.
6. Conducting class through zoom
7. Some online programs that provide help
8. Watching funny videos on YouTube
9. Time to do things one enjoys.
10. Nothing
11. The National Suicide Hotline
12. Listening to Music
13. Friends
14. My phone
15. Seeing a few friends that live in the same building and hanging with one other friend every once in a while while still being safe in her home.
16. My coworkers and reaching out to families
17. I dont know.
18. walks with my friends (6 ft. apart with masks), working out, going to work with my mom (she's an elementary school principal so I work in her teachers' lounge) and working on college stuff even though it's stressful.
19. My Friends
20. Being able to see my family has been the most supportive and motivating factor during this time. Prior to this, I only got to see her during school holidays, but now I'm able to see her everyday.
21. having family around
22. Netflix lol
23. Nothing
24. Food and sleep
25. Talking to family and friends.
26. no
27. Calling up friends and talking to my dad.
28. Taking time to put all the chaos the pandemic has brought to the side and draw has served as a peaceful coping mechanism.
29. my mom
30. hobbies
31. stay home with your family.
32. when i finish my homework i get to sleep,play with my dog, and Watch Netflix and Disney plus
33. Talking to my friends over the phone
34. My friends
35. working from home has its advantage; spending quality time, more time to do personal goals...
36. Having friends and family to help me.
37. Connecting with other via email, zoom meetings, and webinars.
38. It is nice to be with my children.
39. Staying connected with family, friends, colleagues
40. Being able to simply relax a few weeks ago without the stress of more schoolwork coming in everyday.
41. I think being part of a team and getting creative on finding band aid approaches. Practicing self care too (Walks, getting air, listening to music).
42. getting a lot of emails and updates from my teachers
43. My parents
44. talking to friends and sibling, playing card games, watching movies

45. A few teachers understand everyone is having trouble, so they've been effectively communicating with us and listening to our input. It's so nice to know that some teachers care about our mental health during this time.
46. Being proactive and setting up the resources for our students to access.
47. Distractions from social media and movies/videos
48. Watching TV shows I enjoy
49. Exercise, social support
50. Working out
51. Working out
52. Internet and work
53. Therapy
54. Going outside or paint
55. My sleep
56. Some of my teachers reaching out
57. friends
58. Knowing that my teachers are willing to talk and help students cope with everything helps, also listening to music and maybe doing something creative to distract.
59. Teachers
60. The help of our teachers reaching out to us
61. my phone
62. God. Truly otherwise I'd be ripping my hair out. Lol
63. Talking to my friends because it's like a getaway from everything
64. The people around me
65. Reaching out to friends and connecting with others through social media.
66. Staying home
67. Sleep, animal crossing new horizons, talking with friends
68. Homework!
69. Flexibility in school
70. Teachers yelling is not too stress over grades
71. Being able to do more things at home
72. I feel like other people have been really supportive of each other and it's been a big help.
73. N/A
74. Media updates on where we are during this pandemic.
75. My phone
76. My Family
77. communicating with my family and friends
78. I think that teachers have been most helpful and supportive.
79. Free meals
80. Meditation
81. Communication
82. My parents and I have become closer
83. The school support
84. Probably just getting to spend more time with my family
85. Being around my best firends when I can.
86. my family
87. Music and therapy
88. Keeping busy with hobbies
89. communicating with my family and friends
90. Talking to friends over FaceTime calls, or phone calls. I don't enjoy talking to psychologists or therapists, they make me uncomfortable.
91. my devices

92. My family
93. reading, Netflix, face timing friends, and zooms
94. #NAME?
95. Keeping in touch with friends and close family
96. My college friends have been really supportive and listening to our problems. (I'll be attending college this upcoming fall)
97. I'm still texting my friends everyday and playing online games with them and it's been really fun. I also enjoy working out
98. Zooming with friends, parents, family support and trying to make graduation happen fornisnis HuGe and turning to my friends for support
99. My friends and some teachers.
100. The most supportive thing for me during this time is my phone because I listen to music all the time with my phone.
101. Exercising
102. what has been most helpful is that i can still facetime my friends and family and that i can still be able to do my school work.
103. I think just doing zoom/FaceTimes with my friends and family has been really helpful since I really enjoy spending time with different people.
104. My sister
105. My baby sister.
106. The fact that we are all in this together.
107. My teachers and mentors have definitely been a big support system during these times.
108. Facetiming my cousins cheers me up
109. To be in solidarity with other classmates. To talk with friends and make sure everyone knows they are not alone. Reading about coping strategies helps. Doing them helps. But distracting myself with school work and assignments and or other projects works best.
110. Mindfulness and moving my body
111. Knowing that not everyone dies.
112. knowing that a lot of people are feeling the same way
113. Exercising
114. The most helpful I don't think I have a solid thing. At home I have my family and friends who I talk too, I still feel comfort in being able to talk to them. My music has really helped me to distract myself from all the noise, especially when its harder to sleep I find it peaceful to listen to music. When it comes to college relate stuff that would be my mentor who advises me in my personal life and in my college decisions.
115. What has been helpful is been with my family knowing that they are ok and that they go outside not many times to prevent getting sick.
116. exercise
117. Being able to communicate with friends.
118. GET OUT OF HOUSE FOR CAR RIDE and TALKING/TEXTING FRIENDS
119. teachers being really understanding
120. What has been the most helpful thing during this time is the guidance counselor at school and being able to talk to her.
121. Telling the students they can contact me anytime and I will respond when I'm able to. Also encouraging them to continue doing activities and that everyone is at home. Helping them stay engaged by encouraging them to attend class Zoom meetings.
122. Netflix,hulu
123. i've gotten more rest and time to focus on myself more
124. My family has been the most supportive.
125. Probably my shows and taking my dog on a daily walk.
126. my family

127. Doing the school work on my own. I find it easier without being in a classroom full of students.
128. Texting and videochatting my friends and watching movies / YouTube has helped a lot. It takes my mind off of things.
129. reassurance from teachers
130. Family and friends in online conversation
131. learning how to do new things.
132. Probably the zoom calls
133. Singing and dancing
134. Don't know, i want school
135. The ability to focus on what I want to do.
136. Most of my teachers have lessened the amount of work to compensate the quarantine.
137. Anime and manga :)
138. My family
139. Text messaging/calling
140. Frequent emails from a close teacher of mine. She's the only individual that has kept consistent and authentic messages for us.
141. Music and YouTube University
142. Video games
143. Our teachers sent us a video of encouragement
144. My apartment
145. finding things to pass the time
146. teachers
147. Communicating with friends
148. Two friends of mine, and although there is hard times with family some of them see I'm struggling and try to comfort.
149. The teachers and their care for the students.
150. My family, and technology to connect with friends
151. I think having the distraction of school work in this pandemic is helpful to me, since instead of worrying about people around the world dying, I can just worry about turning in my next assignment.
152. leisure time that i have to make for myself
153. Having a set schedule (made by me)
154. meditation and self isolation from everyone/thing
155. Trying to keep calm by meditating, exercising, or listening to music.
156. being able to sleep in now that's it
157. nothing
158. My mom and dad
159. Doing home exercise
160. Calling my friends has been helpful.
161. My friends
162. Family
163. books
164. Just making everything simple has been supportive. Just make everything simple so that I don't have to stress.
165. Open-world video games(Minecraft, Stardew Valley, Subnautica), sleep, meditation
166. Talking to my friends
167. My family and friends has been the most helpful and supportive
168. When I talk to my friend how I feel
169. Youtube
170. My friends and family try to make me feel better and support me.
171. My brother

172. What's been helpful during this time is that I finally have time to take care of myself and my family. Also my teachers are really helpful.
173. My pets
174. The thought that we might go back to school eventually
175. Whenever i got to see my significant other for a few minutes
176. Music (The Weeknd)
177. More sleep
178. In my opinion, it's not a matter of "what" but "who". In saying that, I believe my mom has been the most supportive. She has also been the most resourceful
179. Music
180. family
181. The most supportive things has been that the teacher explain to hat we're supposed to do on every assignment and other stuff.
182. Sleeping
183. Not much
184. My cousin because she knows how to make me laugh.
185. I've started to start journal more read books
186. The thing that has been supporting me is talking to God and praying with my family
187. Nothing really just youtube because I can ignore everyone else.
188. talking to my teachers
189. Family/friends
190. My family has kept me going forward and they are the reason haven't freaked out yet.
191. YouTube and Netflix
192. Video games, family, and friends. Sleeping is also good.
193. my friends
194. I think going outside at least
195. Listening to new music has been helpful, it distresses me.
196. My friednds
197. Most helpful has been technology. Helps stay connected with others and provides access to workout videos, music, tutorials, etc to keep busy.
198. my school
199. What's been the most helpful is still being able to talk to friends and express my creativity. Because I play a lot of instruments, so they help a lot to keep me sane.
200. Not much
201. My family and friends.
202. friends
203. playing video games
204. Listening to music
205. personal time.
206. Talking to my friends and playing games by myself or with family
207. distracting myself or doing something that i enjoy
208. nothing , i've lost all motivation for everything.
209. it's been very helpful knowing that i have friends who are willing to explain the work to me and help divide up the assignments i've missed in order to catch up. my teachers have been very understanding during this ordeal and have allowed me to submit work that i've missed, they are very supportive in these tough times. also having a supportive family that has told me to do my best and are pushing me to succeed.
210. Family
211. Youtube
212. Friends and the company of my older sister
213. Teachers

214. my Family
215. The interactions between me and loved ones
216. Mr. Tran
217. Friends
218. sleep
219. I'm a peer counselor in school and the teacher usually gives us podcast and breathing exercises and that helps me
220. not being home
221. The most helpful or supportive during this time that is I can see my family.
222. My boyfriend and one of my teachers.
223. My family.
224. music, water, quietness at night, and my friends
225. I'm a peer counselor in school and the teacher usually gives us podcast and breathing exercises and that helps me
226. Spending time with my family.
227. I'm a peer counselor in school and the teacher usually gives us podcast and breathing exercises and that helps me
228. Social Media
229. my family
230. The most supportive thing right now would be my family.
231. my friends
232. MYSELF
233. Exercise
234. Music
235. Nothing
236. During this time, I would say emailing teachers about homework as been helpful.
237. The Internet
238. My sister has been the one to help me with my homework and make my breaks in between more enjoyable.
239. Video calls
240. bts
241. I've been in contact with my closest teachers.
242. My family
243. My family
244. My family.
245. Making
246. My friends help me feel a little less lonely. I've also picked up volleyball so I'm practicing that. Tv also keeps me busy since there isn't really anything left to do.
247. My family
248. diging
249. My phone
250. My family
251. My parents, family and friends
252. Talking with my friends they are always here for me and I'm always there for them. So hearing them makes me really happy.
253. My PS4.
254. Sleeping
255. Internet
256. Being busy around the house doing outside chores and activities that involve cutting the grass, watering the plants, and or making sure the outside is not too much of a mess.
257. My hobbies

258. Keeping myself busy.
259. distractions. i distract myself with movies and social media
260. playing soccer
261. being able to talk to my friends because they all have the same feelings like i do
262. my family
263. My friends
264. My friends
265. My Mother who is also a teacher.
266. The most supportive thing would be my parents
267. During this time whats helped me the most is my family friends and my music.It might be weird but my music gives me a feeling that everything okay and i'm safe.
268. talking with friends, staying productive
269. My mom
270. My parents support
271. Being home with my family
272. Break from school, but then the break became too long.
273. music, talking to friend online
274. family and friends
275. A few weeks into quarantine my mom bought me an iPad for drawing and it keeps me entertained because I can do something I love, helps me stay productive by allowing me to take notes on it, and it allows me to draw how I feel or what's been happening.
276. my phone
277. My family
278. "Family
279. "
280. Finding new hobbies. Cleaning different things. Watching TV. Focusing on my school work.
281. The time i've spent with my family
282. Online classes
283. My dogs
284. Sleeping
285. my dog
286. the google meets with mrs.santos.
287. My mom and siblings
288. friends or facetime
289. My family has helped me a lot
290. Staying home
291. Music, meditation and exercises
292. My immediate family, and a few other close family members who mean the most to me. We have had so much wonderful opportunity to be in contact with each other virtually.
293. music and talking to friends
294. Relaxing in my room not thinking about anything else
295. my friends
296. Being able to talk with friends online
297. Communication with friends and staying occupied with electronics.
298. Friends
299. Netflix
300. food
301. my cat
302. Talking to people about it
303. Nothing really

304. The thought that medical experts are fighting for the slightest hope these days, music constantly comforts me and my hobby allows me to express myself however I want to.
305. Nothing really
306. drugs
307. Being sure to reach out to friends and family to get social connection, I feel a lot worse if I don't talk to people. Getting away from technology, working out, trying meditation, and journaling.
308. Being outside and FaceTiming friends.
309. Going outside and staying active
310. nothings been supportive or helpful
311. Technology and being able to stay in touch with friends
312. Netflix
313. Making lists.
314. staying touch with my friends over online gaming
315. Being able to talk to friends on the phone.
316. Family friends
317. Keeping in contact with my friends and family and taking time to indulge in my hobbies.
318. Exercising
319. Staying connected
320. Got a job working 30 hours a week and in between my job I'm solely studying and working out to cope with all that has happened.
321. Exercise
322. Weekends when there is no school
323. Calling friends whenever we can chat.
324. Talking to people about it
325. my older brother and sister
326. facetime
327. Facetime.
328. The sleep
329. Walking
330. My friends and music
331. The most supportive have been my Projects Grad Advisor's still teaching out to help me figure out financial aid and just talk about college and the future and such
332. being able to go outside
333. being alone
334. being in communication with friends and family
335. therapy
336. drugs
337. idunno mane
338. Platforms like Discord and class Zoom calls have been helpful
339. work
340. just staying home and talking to friends n family
341. Taking walks and going outside in general.
342. Meditating, family's support and care, being kind of carefree.
343. "Going outside and excersizing
344. "
345. I think my dad has been the most supportive during this time because my dad works in the public and it makes things difficult for him but he still manages to have a positive attitude.
346. Being able to email my teachers. Working on some of my personal hobbies (art, music, baking, etc.)
347. sleep

348. Staying in touch with friends and family allows me to remember that I'm not alone when it comes to feeling stress or anxiety about the situation. Watching comedy shows/videos also help put me in a good mood.
349. Looking towards the future, when this pandemic is all over.
350. Finding things to do.
351. Being able to communicate with friends online
352. ticktok
353. Local newspaper updating the status of current cases in the county.
354. My friends support
355. Nothing
356. games
357. Pastimes to do while at home.
358. The thing that has been most helpful/supportive during this time is probably communication with my friends and the people I am close to and seeing how they are doing.
359. Probably TikTok it keeps me distracted on not thinking of anything
360. Trying to stay as organized as possible with schoolwork. I feel like school is still kind of the center of my life right now (whether it's good or bad that that's the case). If school isn't under control everything else pretty easily falls into chaos. So I try to keep track of my class/assignments/etc.
361. Tbh nothing everything stresses me out noting is supportive.
362. focusing on one task and completing it
363. Being able to bike and still go outside to exercise.
364. Music and sleep
365. The class meetings.
366. Me being able to go surf at the beach has helped me feel good.
367. Having my friends to help me with my work.
368. FaceTiming my friends and being with my family all the time
369. The ability to do work at any point of the day.
370. my family
371. Being able to go outside, spend time with my pets, have my own schedule, and rest.
372. having free time
373. music, it helps
374. Watching Youtube and listening to music and being in touch with friends.
375. Face-timing my friends
376. Going outside and hiking
377. Video games and my relationship
378. Teachers who try to make online learning as organized as possible because it give a sense of control and order.
379. People just still talking to each other and trying to keep things as normal as they were before, just without the school nor hangout times anymore.
380. Seeing my friends and getting outside as much as I can since I don't waste my entire day at school.
381. My brother has been most helpful during this time
382. being able to have projects and some contact with friends
383. I'm just glad to have my families support.
384. my friend
385. sleeping
386. I feel like talking to my friends on social media or facetime has been very helpful.
387. Having the outdoors ie working in my garden, being lucky enough to have access to outdoor space.
388. My boyfriend.
389. My friends and family

390. Online schooling. I like it WAY better than regular in school classes. Helps kids like me who have anxiety to feel less stressed or worried about attending school. If school had the option for High Schoolers to either do Online School Classes or In Class Classes, that would be great, and I would choose Online Schooling.
391. Going on walks and runs.
392. Friends
393. Being able to stay in touch with friends
394. Nothing really
395. Hearing from my friends.
396. My parent
397. Talking to my friends on the phone.
398. My teacher who checks on our mental health often. My therapist as well and my friends checking up on each other
399. nothing much honestly. the only thing is to talk to my friends via facetime and text.
400. Hannah Montana
401. My family and my psychotherapist
402. I still have to feed my heifer at the high school 2x a day, so I get to be out of the house for that time.
403. good teachers who have organized work
404. The fact that we are all experiencing the same thing so we're all in this together.
405. Netflix
406. my brother helps me with my workouts so i stay somewhat fit
407. My family
408. My teachers who check in and don't assign a crazy amount of work.
409. my dad and dogs
410. The occasional visits from my older brother
411. My friend in Arizona and my friend in Oregon. They are my best friends and there for me when I need them. As well as having an older sister who can take me for drives when I feel to trapped.
412. My parents
413. Google meets and weekly videos from Mr. Wold on google classroom
414. Social media
415. Communicating with friends
416. My mom and my teachers
417. Talking to people on the phone
418. My family.
419. Netflix
420. Staying busy with things I enjoy: baking, painting, watching shows/movies/videos, writing.
421. my family
422. We drove around and waved at people from our car
423. my grandmother
424. playing video games with my friends
425. when teachers are organized and have an understanding mindset.
426. The company o my parents, siblings, and pets
427. My family and my understanding teachers that have been more lenient during this time.
428. family
429. Talking to my friends virtually and getting myself to think of the positives like having a little more time to do fun things at home like art or reading or cooking.
430. Youtube exercise videos have proven themselves very helpful during this time. Without them I doubt I would exercise at all.
431. being able to have time for myself
432. Taking time to do things that distract me from the pandemic.

433. Staying in touch with my therapist
434. being able to keep in contact with my friends and extra time to do the things i like
435. teachers that aren't extremely strict about due dates and clearly state their expectations.
436. Being able to still get outside even just for a walk.
437. Getting all my school work done in the morning so I have the rest of the day to rest.
438. family
439. Reading a good book has been very helpful during quarantine.
440. Talking to people about it
441. ZOOM
442. family and writing
443. Art
444. facetime
445. my friends and family.
446. Idk friends
447. no one
448. Picking up old hobbies like reading and new ones, like embroidering. Listenting to music has als
been very relaxing.
449. My friends
450. My dog, or anything to distract me from all the negative thoughts.
451. My family and friends.
452. Music, Video games, and food
453. Pig
454. The SLOHS AG Deparment
455. AG Deparment
456. not having school, until online school started.
457. My family; we have been working out together, eating dinner together, watching movies together
and doing things as a family.
458. My cat.
459. video games for distraction
460. Animal Crossing
461. Being able to talk to my teachers and friends even though its under different circumstances we
are all supporting each other, my dogs also really help relieve the stress.
462. my family
463. Music
464. My friend that I talk to everyday.
465. Sleeping
466. Reading. Playing Animal Crossing.
467. My sister, FaceTime Friends, a lot of music
468. my dogs
469. my sister
470. My family
471. Parents
472. My friends and comedy YouTubers
473. The ability to take a break and relax from everything whether it be school work or housework.
474. Music
475. My neighbors and friends
476. Music
477. Family Bonding
478. Focusing on relaxing hobbies such as painting, drawing or reading.
479. Avid
480. I haven't really needed any help or support. I've been the one providing it to others.

481. nothing
482. Friends and family
483. See my family more
484. religion
485. going to the beach or just going into nature and relaxing and just acting like life is a little normal right now.
486. Honestly not much teachers continue to pile on work without clear explanations and excuse the fact that this pandemic has caused several mental health triggers and we can't all focus and do the work
487. Teachers available via email
488. My family they do everything in order for me to be safe and they also protect themselves.
489. routine
490. My boyfriend, pets, and YouTube.
491. my family
492. My family's positive attitude towards everything.
493. anti-depressants
494. Music has been keeping me sane, apart from that nothing.
495. Seeing my friends and teachers through online activities has helped somewhat during this time.
496. Video games & movies/ TV Shows
497. Tik tok memes
498. My phone and my guy friend
499. Having my family.
500. My family and friends contacting me knowing they're healthy and safe.
501. family and running
502. I don't know
503. My parents have been supportive and trying to make my days brighter while us seniors are missing out on all of our senior activities.
504. snap chat
505. I think what has been helpful for me is Netflix and sports. I have been working out, by looking of "softball at home workouts" or volleyball and basketball ones. And I have done some hitting practice in the back/front yard. Plus I have been able to swim a lot more since I have more time.
506. Family
507. my family
508. good parents
509. My ability to control some things in my life
510. Listening to music and being social through messaging with my friends, I've also found other calming hobbies.
511. talking to other and getting outside
512. staying home
513. Getting to talk to my friends
514. Not much...
515. Painting and food
516. um i guess having time to workout to relieve stress
517. my family but at the same time at this point no one because we're all going in crisis mode.
518. My parents and being able to still talk to my friends
519. My phone or electronics. I could not live without the entertainment that this little rectangle in my hand provides me with.
520. knowledge
521. animal crossing
522. My family

523. I think a lot of the teachers are helpful because if I have any questions about any of my school work they help me right away. My parents also help a lot because they take us on hikes and just take us on car rides to get out of the house.
524. my family
525. My parents have been very supportive.
526. My friends
527. Spending time with my family
528. My family

WHAT HAS BEEN YOUR BIGGEST CHALLENGE DURING THIS TIME?

1. What has been your biggest challenge during this time?
2. School
3. Staying motivated
4. My grandma and I are considered immune compromised and staying safe is a priority right now.
5. Not seeing my friends.
6. Coping
7. My biggest challenge would be having motivation.
8. My biggest challenge has been keeping a positive mentality considering the fact that going out and socializing was a way in which I distracted myself from my personal issues at home.
9. motivating myself to do literally anything, even just getting out of bed
10. Doing school work. Being apart from my mom when she was in quarantine.
11. Finishing my assignments
12. Lack of interaction with people
13. Kpop
14. Completing assignments on time
15. Doing a lot of school work
16. Doing all the work
17. Managing all of my homework because even though it may not be too long it is harder to understand since we don't have a teacher physically telling and explaining to us what exactly to do.
18. Getting ahold of my students
19. Online homework
20. Not knowing what's going to happen and continuing with class even though it feels like there's no point.
21. Motivation for Work
22. The biggest challenge has been having to focus on schoolwork and college applications in a non-academically-supportive environment: my home. Most of us come home from school with the idea of relaxing at least for a while before having to do school work. Now we have to do school work in a place that is traditional supposed to be a place of comfort.
23. keeping up with work and not going out
24. not being able to communicate with friends and family
25. school
26. Missing school
27. Doing the work because i keep procrastinating
28. My plans being cancelled.
29. homework and getting grades up
30. Finding motivation and being alone.
31. Staying home all day has been a challenge, as well as switching to online school.
32. to try get my grades up
33. attempting to adjust without school
34. doing homework on the computer
35. the work from school
36. My sleep schedule

37. Waking up on time to attend my classes
38. unanswered questions; plans not being met
39. Completing all of my work and not being able to see my friends.
40. Learning new technology.
41. Balancing my childrens school work with my work work.
42. Working in isolation and just not being able to be around other humans :)
43. Being able to deal with all of the assignments my teachers are giving me.
44. Communicating with students. There's been some disorganization with getting laptops out and it's been challenging to get our student's on board with curriculum.
45. studying for the ap tests
46. Keeping up with my school work.
47. getting things done due to lack of motivation
48. It's difficult for me to keep up with online assignments at home. Having a routine at school was really healthy for me (mentally and physically). Now that we have to stay at home, I'm still having trouble finding a good routine for myself so I can take care of myself and still do my schoolwork.
49. Having current and valid contact information for our students. Lack of access for students.
50. Not know what I need to work on for school because of the lack of communication from teachers or too much communication from teachers.
51. Campaigning for school election
52. Lack of motivation
53. Staying inside
54. Staying inside
55. Staying on a productive schedule
56. Keeping myself busy
57. Improving mental health
58. Being stuck inside with my parent
59. Having to work online. I feel like I'm getting used to it and then I'm unorganized again.
60. Getting work done
61. Finding motivation for school work
62. Feeling trapped inside all the time and missing contact with people outside of my house.
63. Staying inside
64. Doing nothing
65. staying inside
66. To stay exercising I'm lazy.
67. Being stuck with my family and not being able to step outside for fresh air
68. Communication with others
69. not having motivation or any energy
70. Homework
71. Motivation to do work
72. Getting grades up
73. Balancing many roles at home
74. Not getting to go outside
75. Getting most of the work that's sent out done
76. Staying positive
77. Student orientation for college
78. The biggest challenge during this time has been being stuck at home with a lot of homework and not being able to see some of my friends.
79. Schoolwork
80. Doing all my work.
81. Staying home
82. Stay on tasks

83. I think that the biggest challenge has been to find a balance between everything that's going on.
84. Doing any school work
85. Doing school work
86. Lonliness
87. Taking care of my siblings while I still have to do class work.
88. Worried about other family members
89. Definitely not getting to see my friends
90. Being in a long term relationship and being around my mom more often.
91. having something to do
92. Overthinking and stress
93. Being away from school, staff, teachers and friends
94. Staying home
95. Trying to stay positive and to see the light at the end of the tunnel. There are so many situations that have bundled up together to make this a difficult time.
96. boredom
97. How frustrating the redundancy is
98. learning new content while preparing for AP exams
99. Waking up in time for school work.
100. My biggest challenge is my mental, physically and emotional health. It's getting worse than before because I'm not having any contact with my friends or teachers that I'm comfortable with.
101. My biggest challenge would definitely be keeping up with schoolwork
102. Accepting the fact that schools are closed for the end of the school year and having our lives change drastically
103. Staying positive
104. not having motivation or any energy
105. The biggest challenge for me during this time is not been able to focus on myself properly such as not exercising or expanding my reading skills. I do not feel motivated.
106. Staying positive
107. the biggest challenge that i have faced it that we can go out side.
108. I started having more anxiety and panic attacks a month or two before quarantine started. During this quarantine, my anxiety I feel like has worsened and my depression has also been kicking back in more and more. So just trying to keep a good mental health has been tough.
109. Staying up to date with all this schoolwork
110. Motivation.
111. Staying motivated.
112. My biggest challenge is keeping a schedule to stay motivated to do work.
113. Nothing
114. Being able to focus on readings for school. There are too many distractions at home. I have a family with two adolescents. It is hard for them and I help manage their schedules, routines, emotions, learning, and household duties much more often than when they are in school.
115. personal relationships
116. Not touching my face.
117. keeping myself busy
118. Not being able to go out to fun places and go with cousins
119. Making a college decision without advice or my mentor. I was really looking forward to working with my mentor in person to choose the right college for me and even though I was still able to get advise through a phone call it was definitely not enough as it would have been in person. Now I'm anxious about my decision only hoping that I made the right one because a part of me feels like I made this decision alone without proper advice.
120. My biggest challenge is to not get bored, I get bored easily and being on my phone is very tiring and is bad for my eye sight.

121. staying motivated
122. The biggest challenge has been trying to feel motivated to do schoolwork and feeling constantly sad and angry with everything
123. BORDOM ALL THE TIME CAUSED STRESS AND FEAR
124. not being able to take certain actions for my future (working, volunteering, etc)
125. My biggest challenge during this time is trying not to have breakdowns or panic attacks because of all the stress I have.
126. Change of sleeping schedule.
127. having energy to do school work
128. The biggest challenge is finishing school work.
129. Prolly the need to stop eating a lot
130. Staying at home and making sure my family and I are safe.
131. Not being able to go out and live your life
132. My biggest challenge has been not being around my friends. I've been following the quarantine / stay at home order, but it is difficult for me.
133. focusing and learning on my own. It's hard to learn all this material without a classroom setting
134. Worrying about teacher sending emails and call that I'm missing assignments as if I can't be a kid and do what needs to be done in the house or during other classes
135. staying on time with the school work.
136. Personal family stuff
137. Balancing school work
138. Trying to get my work in
139. Being stuck in one place for so long... going stir crazy.
140. Feeling motivated and encouraged to make any future plans.
141. A lot of homework
142. Not being able to see my friends
143. Isolation
144. Trying to get things done. I feel hopeless and unproductive most of the time.
145. All of the assignments and no face to face help
146. Isolation! I enjoy living in the world
147. School
148. Having our senior activities taken away from covid-19
149. Figuring things out
150. being cooped up in a house
151. seeing my friends
152. Not being able to go outside
153. Trying to stay on top of my work.
154. Definitely the learning and understanding everything, I personally love the school atmosphere and it helps me learn, now I don't have that.
155. Exercise
156. I think staying inside is a big challenge since you can't do anything, and just have to wait everything out.
157. online school
158. Understanding certain concept of certain classes (math)
159. grief.
160. Keeping the house clean, not being able to see my brother, and knowing that my grandma has the Covid-19 and I might too.
161. school causing me stress
162. trying to feel okay again
163. the biggest challenge during this time is my brother
164. Not going outside

165. Feeling sick, and not being able to go anywhere.
166. Being isolated at home and of being able to meet friends
167. "keeping up with calls
168. "
169. boredom
170. Math
171. Doing schoolwork on top of cleaning, stressing about family, and keeping my sibling in check
172. Motivation
173. The biggest challenge has been the social distancing Because I went from being with my friends all the time and hanging out and going places with them to not seeing them at all and just texting with them.
174. Doing work at home
175. turning in work
176. The biggest challenge during this time would be having to do a lot of work at home.
177. My biggest challenge has been dealing with my parents. They stress me out.
178. My biggest challenge so far is not getting my letters of acceptance from colleges that I really wanted to go to.
179. School work
180. Staying focused with school work and not just giving up
181. Being isolated at home 24/7
182. amount of homework given
183. The work
184. Remebering that if I lay around, eat, and do nothing that my body will become chunky.
185. Being productive and disciplined
186. working a lot
187. My biggest challenge was having to keep everything in order like all my school stuff and home.
188. Staying organized
189. Getting my work done due to taking care of family and helping my parents
190. Staying inside because someone can get so irritated from being inside for so long.
191. continued to motivate myself and continue to do school work has been my biggest challenge
192. My biggest challenge is to not become lazy and lose my running dream.
193. Living here.
194. keeping up with my work
195. Waking up
196. My biggest challenge during this time is trying to stay fit because there is not a lot of things to do here that keep me moving. Sometimes I do a home workout but I feel like I need more.
197. Staying away 6 feet.
198. School, AP exams, very unmotivated to do work, feeling very apathetic to think and work productively when today will probably be my last day
199. schoolwork
200. Not seeing my friends or going out.
201. Making time and having a quiet work space to do my Homework, due to always taking care of my younger siblings and helping my mother around the house while both parents are at work.
202. Not socially interacting with people, especially my teachers and friends in and out of school
203. Biggest challenge would be having limited social interaction and not knowing when everything will be 'back to normal' .
204. not going to school
205. Me struggling with my mental health.
206. Focusing on school
207. Waking up early to check in for attendance
208. not being able to see friends

209. going places
210. Feeling stuck
211. Managing work.
212. Doing assignments effectively
213. getting panic attack and anxiety attack
214. probably staying sane.
215. doing my work
216. Homework
217. Dealing with my siblings
218. Biggest challenge so far would be trying to stay on track with school assignments and having to practice for my upcoming AP tests.
219. Motivation to be productive
220. Staying home
221. Keeping up with work and feeling overwhelmed by the news
222. Staying motivated
223. Staying motivated.
224. school
225. Trying to stay positive and not to get into my head which is not going well
226. being home everyday
227. The biggest challenge during this time is what to do during the day.
228. Staying on track and doing my classwork.
229. Staying healthy.
230. finding motivation to stay active, but staying inside
231. Trying to stay positive and not to get into my head which is not going well
232. Completing my homework in a timely manner.
233. Trying to stay positive and not to get into my head which is not going well
234. College Applications
235. keeping up with all the work
236. My biggest challenge has to be the amount of work our teachers expect for us to do.
237. keeping up with everything
238. ACCEPTING THE FACT THAT THERES PEOPLE I LIVE WITH THAT I DONT LIKE
239. Cleaning
240. Appreciate my time alone
241. Being able to focus on school
242. During this time, nothing has been a challenge so far.
243. Staying home
244. My biggest challenge is adjusting to being home all the time. My work ethic is messed up because I want to relax,
245. homework
246. if my family is doing ok.
247. Schoolwork has been incredibly overwhelming.
248. Getting my work done
249. School
250. staying at home.
251. Staying productive
252. Keeping myself busy and happy
253. Doing my schoolwork
254. not going to skat parks
255. the feeling of wanting to go outside and go places. But have the realization that I can't
256. Communicating
257. Trying to do my homework

258. Maybe trying to get money because my mother and father don't have their jobs right now.
259. No basketball courts.
260. Getting school work completed and on time
261. N/A
262. Computer Science, that class is probably the hardest as it is mandatory to do the end of the year exam, even tho with all the extra free time the trying to concentrate/focus is hard.
263. staying productive
264. Nothing
265. adapting to online work and staying home 24/7
266. not getting to play soccer games
267. trying to fully understand what is actually happening right now in the world
268. Staying home and not getting to see my friends.
269. Not being able to talk to people in person
270. my grades
271. Lack of motivation
272. My biggest challenge yet is staying at home all day and everyday.
273. My biggest challenge might be school work for me its hard to keep up.I get so stressed if i cant make it to a Zoom chat.I get worried if when its time to take attendance i don't make it.
274. not being able to see my friend especially my seniors
275. My rehab and the not know if I will be going to college on campus in the fall.
276. Avoiding the constant news
277. not knowing what will happen
278. Being happy.
279. my thoughts
280. concentrating on work
281. Probably trying to stay productive and active.
282. passing ramadn while doing school work
283. Losing my friends and possiably school
284. Finding something to do
285. Finding things to do.
286. Dealing with becoming independent and not relying on social interactions to fuel me
287. Not being able to enjoy time outside
288. Staying saine
289. Having Motivation and energy
290. motivation
291. going to sleeping and trying to not think of everything.
292. Family issues, death
293. going to get groceries
294. Reaching out to people and texting my friends.
295. Nothing
296. Keeping everything in order and as well my motivation
297. My social life, and relationships with friends, have indeed been put on pause. It does not vex me though.
298. being stuck with family
299. Thinking the positive about the future
300. trying not to be overwhelmed by school work
301. Trying to fix my sleep schedule
302. Finishing schoolwork.
303. Not seeing friends
304. School
305. staying on task

306. my parents
307. Keeping a productive schedule.
308. Homework
309. Anxiety, when I first heard the news. Which I think is sometime late 2019, and it lasted for about a month or so then everything was all back to normal like nothing happened.
310. College decisions and online school
311. all of it
312. Coping with the rapid change in my emotions. I feel fine for the most part but especially at night I spiral into anxiety about whatever my mind wants to fixate on and it's hard to break that cycle and get out of my own head.
313. Getting all my teachers expectations fulfilled and staying positive.
314. Managing my time
315. doing all my schoolwork without being taught it
316. Getting away from technology
317. Lack of self motivation for schoolwork
318. keeping active.
319. staying motivated
320. Constantly being with my family.
321. Teacher not doing there job
322. Practicing social distancing is really hard even though I have completely followed the guidelines. It's also frustrating to see my classmates not social distancing.
323. Getting along with family cause I'm with them 24/7
324. Keeping myself busy and now allowing social media stars Make me feel insecure
325. Losing everything I have built over these last 4 years.
326. I, myself, am an introverted person, but even then I still miss the day to day interactions with friends and peers that come with attending school. I wouldn't say that I am lonely, as I know no one else can see each other either, but it would be great to interact with some friends after so much time at home.
327. School
328. My biggest challenge during this pandemic is being able to find something to do without parents get mad about what I do. For example I may have already finished my homework and studying or even reading and I relax by going on social media to talk to friends or watch something entertaining, I stay away from the news everyone in awhile but parents see I'm on a screen and then they say I'm on it too much. What else is there to do? I like to bake for my sisters but then there is the problem with using materials and "wasting materials" and there just isn't much to do because going outside to even go for a walk or hike around people is still a great risk.
329. Keeping a productive schedule.
330. staying focused and motivated
331. Staying at home
332. Staying at home.
333. Picking up laptops and phones from mrs fetcho to get work done
334. Doing school work
335. Getting along with my family and being motivated
336. Finding motivation to continue my studies and homework
337. nothing really
338. being with my family
339. remembering to wear a mask when ever I go out, finding ways to make use of my time
340. Having already poor mental health
341. all of it
342. im not really reading these
343. Struggljng with motivation, especially creatively and when it comes to larger tasks

344. Dealing with the whims of idiot politicians who fancy themselves healthcare experts and who are actively suppressing our fourteenth and first amendment rights.
345. not being able to hang out w friends before i have to move
346. Finding motivation to complete school work.
347. How my feelings with working or playing are rising and unable to decide what to do, distracted.
348. School
349. I think my biggest challenge has been my mental health. I personally don't have the best mental health but going to physical school pushed me to care about my appearance but now that school's online its made me not care so much about my appearance and slowly fall back into that depressive state.
350. Feeling motivated to try new things and change structure. Also feeling motivated to start more time consuming projects. Getting a healthy amount of sleep.
351. procrastination
352. Staying active. Weight gain is definitely very hard to deal with when there's a global pandemic going on and stress is very high. It's difficult to get the motivation to get outside sometimes.
353. The biggest challenge is having the urge to stay inside the whole day. There are times when I feel like going to the beach or playing basketball at the park.
354. Finding things to do.
355. Finding ways to pass the time.
356. motivation for online school and learning math online
357. Staying motivated and working hard in my schoolwork. I feel unprepared for the upcoming AP tests.
358. being motivated to do work
359. Trying to finish my assignment all at once.
360. I don't socialize as much. I feel like I could grow apart from my friends. Also, motivation to exercise.
361. Teachers who do not do well managing online classes.
362. My biggest challenge during this time has been getting motivation to do things.
363. Probably missing my friends and seeing my family in the weekends
364. Dealing with the stress I get from being around my brother/mom. Also, feeling like I have enough time to live life outside of school.
365. I lost a few family members but I'm still keeping my head up high
366. lack of contact with loved ones and friends
367. unsure
368. Trying to stay positive and not get angry
369. Trying to keep up the good work but I am doing it anyway
370. Not being able to see my friends in any stress-free setting has been very hard.
371. My biggest challenge is not being able to socialize with friends.
372. To stay off my phone
373. Timing out when to do work.
374. keeping up with the teachers work
375. Learning how to stay positive and productive, even when I feel tired and sick.
376. having time to relax
377. staying focused
378. I think the biggest challenge for me is not being able to see my friends in person. Its really different and online schooling is different too. Its not really the same.
379. Wanting to go out and do things and not being able to.
380. not being able to hangout with my friends.
381. Motivation
382. Having no real schedule to rely on, For example, it use to be spending specific amount of time on each subject at school, but now it is sometimes more time consuming or less. In all i would say it is hard to differentiate school work time from home time.

383. Staying in shape because I do not want to go outside.
384. Some of my friends parents are unreasonably scared, and not letting their kids go out, so it is difficult to watch their lives being ruined by the ridiculous claims of some news sources which are based on fear, not the evidence which they are choosing to ignore.
385. My biggest challenge during this time is having fun because I have no tv and no phone so there is nothing to do.
386. finding things to do, not eating all day (LOL), and not disobeying the shelter in place rules to go spend time with others in places I love. Also seeing the stress it puts on my parents.
387. Just not being able to see any of my friends.
388. doing stuff
389. family
390. Not being able to go to the beach and have that physical contact with others.
391. Still feeling like life has a forward trajectory.
392. Staying happy and positive about everything that's been happening.
393. Staying mentally stable
394. Going out. I cant really go out due to COVID 19, which is kind of a challenge.
395. Sitting at a screen for hours on end.
396. Not being able to see people
397. Not being able to see my friends in person
398. Just starting to think positive
399. Dealing with my family and lack of social interaction.
400. Having my school consistently make it apparent that they have no idea what they are doing anymore, even before the pandemic outbreak.
401. Balancing schoolwork with exercise.
402. School. Time management
403. Being away/apart from my family and friends.
404. Not being able to hug my friends when I'm really happy for them for committing to a college. Also eating too much food because I'm home all day.
405. Applying myself to mindless work that I don't really even know how to do. It's so hard to do something that has no value to me and is just busy work. I can't imagine how hard it is for my teachers to have their lives put on pause like this.
406. getting help from teachers on assignments
407. decided where to go to college
408. Not going to school, not seeing my friends, not hanging out in public, and adjusting to all the rules that have been put in place.
409. All my classes
410. class work
411. Keeping track of assignments and due dates.
412. Motivating myself to complete school work. My brain feels as though its optional.
413. dealing with not being able to leave my house and see friends
414. Staying at home with parents like mine
415. Keeping up with school work while trying to maintain healthy and happy. Before this pandemic I was finally getting over feeling depressed and now its coming back and it's hitting really hard.
416. The amount of school
417. Not being able to go out as much.
418. Finding something to do besides staying on my phone
419. Staying active and doing things with my days
420. My dad and stepmom
421. Schooling
422. Nothing has really been a challenge.
423. Accepting that we won't get a senior year and be able to enjoy any activities

424. Finding the motivation to do anything
425. seeing everyone get so worried
426. Staying happy and positive
427. having limited access to wifi and being absent due to illness the whole week before quarantine
428. finding motivation to do school work
429. having enough time in the day to complete all of my given tasks. also the closing and delays of things that hinder the quality of my extracurriculars.
430. Not being able to go to dance
431. Completely understanding the material.
432. feeling closeness to friends. They are a big source of my happiness
433. Structuring my days
434. My biggest challenge during this time would be creating a new routine, specifically a sleeping one.
435. Not seeing my friends, and having no personal space from my family
436. Completing all the assignments. Some teachers are going easy (which I'm thankful for) and some are assigning way too much.
437. Finding motivation to do things
438. time management with my hw and also my sleep pattern
439. staying motivated and productive.
440. Finding things to do and staying productive
441. Dealing with work loads
442. Money
443. My biggest challenge has been online schooling.
444. Keeping a productive schedule.
445. School work
446. relationships
447. Keeping myself motivated to do work
448. not seeing friends
449. The biggest challenge is doing classwork while surrounded by distractions.
450. I have no big challenges during this time.
451. getting all my schoolwork in on time.
452. Getting all homework done when they are all assigned on different days, and sleeping
453. homework and my parents
454. schoolwork
455. Staying motivated.
456. school
457. Staying connected since the quarantine started. I've lost a number a friends in these couple weeks alone and it's hard to stay connected when you're alone
458. Learning math.
459. Not seeing friends
460. Exercising
461. Government
462. doing school work from home
463. Getting school work done. Not because I'm not motivated, but because I hate looking at a screen all day.
464. Keeping up with school classwork and hw as well as trying to lift my mental state.
465. doing online work/ motivation
466. Eating
467. I lost my job due to COVID-19 and I pay for my insurance and gas as well as all of my supplies and food that goes into my animal that I am showing for the fair, I have to rely on my parents for help now due to losing my job.

468. staying inside because i was always so busy before
469. Trying to stay strong
470. Concentrating on work
471. School
472. Adapting to online school.
473. Struggling to find motivation and happiness
474. not seeing my friends
475. family issues
476. Stay home for months
477. Keeping up with all the work teacher assign
478. Finding any kind of motivation to get out of bed in morning or at time for that matter
479. Staying inside
480. Being focused on schoolwork
481. Not being able to swim, (I'm a swimmer)
482. Focusing on schoolwork
483. Math work
484. Getting my work done on time because the signal gives out, or the wifi doesn't have a strong connection, and I live with a lot of family so it's very hard to concentrate.
485. Sleeping schedule
486. Not being able to see my girlfriend has been my only challenge
487. Completing work
488. staying inside
489. Maintaining a schedule/routine instead of just lazing around
490. "School
491. "
492. not getting to do my hobbies, which usually help relieve stress.
493. missing my teammates, sports, friends, and church and youth group, like physically going to places to go and see those people.
494. The immature school district and unprofessional staff members at Cvhs
495. getting my work done at a normal time and not at 4am
496. My biggest challenge would be adapting to online school especially since it's really confusing.
497. keeping a routine
498. Finding motivation for anything. I feel worthless.
499. not seeing other people
500. Nothing really.
501. getting on a strict schedule that separates work and leisure time
502. Math
503. My biggest challenge has been trying to remain positive and keep turning in assignments.
504. No money, everything that comes along with that. Also no human contact and the repercussions that has on my mental health.
505. trying to sleep early and trying to not go outside
506. Lonliness
507. Biggest challenge is keeping my sleeping schedule on time
508. Saying goodbye to foreign exchange friends/ boyfriend.
509. Getting my teachers to grade stuff
510. My biggest challenge has been trying to get all my work done in time.
511. not being able to go to places
512. Not going out as much or inviting friends over. I have asked to have friends over but my parents said no because if we do have something or my dad does from his job, then we could give it to them to take back to their families which we don't want.
513. Homework

- 514. not sleeping too much
- 515. nothing much
- 516. Not constantly thinking about the bad things happening
- 517. Staying to a strict routine. My sleep schedule is nonexistent and everything is different from prior to the pandemic.
- 518. schoolwork but now its the fact I cannot go surfing
- 519. Doing all the homework
- 520. trying to learn
- 521. actually being productive
- 522. Go back to drawing everyday
- 523. staying motivated and happy
- 524. the fudging homework that's for sure
- 525. Coping with stress and my mental health
- 526. Not being bored.
- 527. having free time
- 528. trying not to go crazy
- 529. The school's lack of communication and lack of care for their students.
- 530. I think my biggest challenge is being way from my family and friends for so long.
- 531. spending too much time playing video games or watching entertainment
- 532. Doing my school work because I cant focus at home.
- 533. Keeping up with school and relaxing
- 534. Having something to do and homework
- 535. Not seeing my friends or extended family

WHAT SHOULD YOUR SCHOOL DO TO PROVIDE MORE SUPPORT RIGHT NOW?

1. What should your school do to provide more support right now?
2. Lessen the amount of school work and allow us to cope with this pandemic without worrying about the abundant amount of school work we have to complete daily.
3. They should tell the teachers to stop bombarding us with so much work. We are already stressed about the pandemic, and this is just adding so much more stress.
4. More clarity on when assignments are due, like my principal says no pressure and my social studies teacher sends new assignments at 11pm and its so stressful, its a mixed message.
5. They're doing all they can, but I wish they would provide self care resources.
6. The administrators can get together to discuss a organized way to have each and every student informed about anything happening with our education and also understand us students who are struggle not just physically but mentally.
7. I think they should be more lenient and considerate of the fact that many students do not have a stable working working place and area.
8. Flexibility
9. Ease off the amount of work they are expecting us to do.
10. Not sure
11. Talk too us
12. A bit more time to turn in school work.
13. Give less work and focus on our safety and health.
14. I think my school has provided enough help so far and I'm satisfied personally with their support.
15. Internet support
16. I dont know

17. Implement a Hold Harmless Policy to ensure grades can only go up and will not drop below the ones we had at the beginning of quarantine. As a senior, my second semester grades still matter. I would like to keep my spot at the colleges I was admitted to.
18. I am okay with this system
19. I believe providing some sort of online webinars given by our counselors can be very supportive especially for students who are now worrying about the 2020-2021 admissions cycle.
20. Motivation
21. better teaching aids
22. I don't know what do you mean by that ?
23. Assign less homework
24. Not give us homework because that's even more stressful.
25. nothing
26. Encouragement.
27. I think they should make counselling sessions on something like zoom for those who need it.
28. tutoring
29. provide easier school standards
30. money
31. give us fun home work like read this then write then and then they can put a game for us to
32. Make less assignments
33. not sure
34. Have more zoom class meetings.
35. Not my school but, district admin support is absent.
36. We are all trying to figure it out together.
37. NA
38. Give zoom meeting for students who are having hard times with mental health, stress, and overwhelming schoolwork.
39. More access to technology! We needed more chromebooks.
40. Stop giving us so much work!
41. my school has been very good at providing answers and allowing us to work at our pace which has brought calmness to my stress
42. I would like it if the school communicated more on how to stay healthy (mentally and physically), and what grading will look like for the rest of the school year.
43. We are doing everything possible. We are a Wellness Based School.
44. Ask teachers to create as much work as is given during the school year and not more.
45. Less work
46. Provide less pressure on academics
47. Just send some work so we can all pass
48. Just send some work so we can all pass
49. I don't know
50. Time with a counselor or teachers for mental health, even if it's for a minute or two
51. I'm not sure
52. I feel like their doing the best they can. They are also suffering through the pandemic.
53. More support from teachers
54. lessen the amount of work
55. I think it's doing pretty well, providing computers to help with online classes and having nice teachers that are open to talk.
56. Keep us updating about the current pandemic crisis and limit the amount of work/assignments to students each week
57. I don't know yet
58. less homework please
59. Nothing I'm good.

60. Calm down with the workload and just go on zoom and do check ins
61. I'm fine
62. they have done all they can
63. Nothing
64. More flexibility on work and also be aware of students situations right now, sometimes we aren't able to do a lot of work right now.
65. zoom classes
66. Have our principal construct and sing a "stay at home" song
67. I rather not have so much work to do
68. I feel like schools are doing a great job with checking with students and feel they should keep that up.
69. N/A
70. I think my school should be having more school psychologists checking up on all the students to make sure that they know that they're not left out during this hard time.
71. Give us less work
72. I don't know
73. Not stress us out more with a bunch of homework
74. Idk
75. Everything that the school is doing is great.
76. I can't think of anything
77. Give more information
78. Not give us so much pressure
79. Being able to call all teachers instead of just ones we have classes with.
80. There doing great
81. My school is doing great, no improvement needed
82. Just to continue to support us in this time of craziness.
83. less work
84. I really don't think there is anything more that can be done. Everyone is busy with things, I don't think teachers would be able to take the time to talk to students about their stresses. The pandemic is too severe for any promises to be made.
85. Check ins once awhile/ counseling
86. Not stress us out more with a bunch of homework
87. As I said, I don't like speaking to counselors or psychologists, so I can't say anything could be provided to help. I have my friends who can provide that support that I need.
88. nothing i'm good
89. Offer more mental health services, sources
90. #NAME?
91. Have things be due at the end of the week (Friday) instead of a specific time during the middle of any weekday.
92. They should be in contact with us more than ever as well as checking up on us. They should provide less homework as it's already difficult to manage the zoom meetings as well as having to do the hw and take care of my/our families in this difficult time.
93. My school has been wonderful with updating us with more resources for our well being. They let us know where to get food and offer us chrome books and hotspots so I believe they're doing great right now
94. Prioritize or postpone our traditional graduation
95. Require 1:1 student teacher check ins.
96. they have done all they can
97. Maybe the school should held a webinar hosted by the counselor and invite students. Have a different range of time for each grade or check in with those that the counselor knows could be struggling during this time. Or do a survey like this for all students and then check in with those students. For me, I needed help during this time I myself had to contact my counselor instead of the counselor contacting me.

98. Less homework
99. I think my school is doing a great job with providing support to the students.
100. Maybe send out surveys to see how students are doing and offer times to speak with educators/faculty/staff for students who feel comfortable and/or the need to talk to an adult other than their parents.
101. Slow down on the assignments
102. I'm not sure if school can do that.
103. Lessen the work load
104. Extend time for work submission
105. The workload and or curriculum should be revised to meet the needs of more students at the end of the year. Offer emergency financial aid options for those in need.
106. Be understanding with deadlines
107. Less work.
108. assign less work, be more lenient
109. Nothing
110. Well, I know their trying but I don't think I really need school support. When I think of school support it only makes me feel worst mostly because it's my very own school who is causing enough stress with workloads. I just don't believe that school is the best option to provide support in personal affairs, rather only our education. The best they can do is letting us go back and having our activities go back as planned for a later date, but I know it's not up to them and that it's not possible.
111. I think our school should be in touch with every student to see if they're okay and to discuss about their concerns with next year classes.
112. LET US GO BACK TO CLASS. THE ZOOM TIME IN CLASS IS GOOD TO SEE OTHERS
113. maybe focus help on the more poor and stressed out students
114. My school should just provide someone for kids to talk to if they need coping skills or just need someone to relieve their stress.
115. Have social/emotional lessons available for students.
116. I really do not know what my school can do to help.
117. i dont think they can do much so nothing
118. nothing :)
119. I am not sure, they are doing everything they can to support us.
120. I'm not sure
121. Make all teacher tell us they can't lower our grade and assign very little homework
122. Maybe counselor zoom calls
123. Inspirational quotes daily
124. The school should announces that prior to March 13th, your grades will not drop to make sure that everyone knows.
125. They should offer more opportunites for students to connect with each other to still be able to have outside connectio easily.
126. I am not sure but they should do the most that they can to help out not just students, but teachers, faculty and staff as well.
127. Optional homework as extra credit
128. Everything is fine as is
129. There is not really anything a school could do in this moment.
130. Keep seniors up to date with what's going on. We'd like to be a part of possible senior activities, to make them as best as possible.
131. leniency to the children of our communities who might be in a state of introspection during the pandemic. i.e those who might not be doing all what is being called for and being with family and themselves, figuring out who they are and not who our schools make them to be.
132. Available support through social media
133. I have no clue

134. I think they're doing a good job so far, in my opinion of course.
135. more 'school activities'
136. Give less assignments
137. I'm not sure. Although I wouldn't Completely agree with the methods they use for school engagement.
138. Fun activities as a grade level
139. I think my school is doing very well in providing support, and preparing us before we had to go on this lock down.
140. be more understanding of the pandemic and how it is affecting our mental health rather than working us like robots
141. there's nothing they can do its just life.
142. Surveys like this or on different topics to stay connected with school and keeping our minds on something different.
143. stop assigning so much homework because we're all stressed enough as is
144. i wouldn't know
145. take me back to school
146. Nothing really for me
147. Give a bit less work, because even though I try my best to finish the work it piles up and it gets stressful.
148. I think they should keep checking on the students
149. less calling
150. I dont know its their choice
151. Nthing. Just be simple and not assign A million things a week. A TO NOT EXTEND THE ENDING SCHOOL DATE FOR CRYING OUT LOUD.
152. Get rid of grades for the time being and have supplementary videos and worksheets
153. Alleviate the homework load/policy
154. Nothing Necessarily because there are doing a good job providing support so far.
155. Give us less work
156. I don't know
157. I have no ideas as of right now.
158. They really can't do much.
159. Giving information on when colleges will be giving out letters of acceptance.
160. More explanation on work
161. There is not much that they can do
162. I don't know
163. leave less homework and screen time from the computer due to computer vision syndrome
164. Get more instructions
165. Nothing. They're doing fine.
166. I think we are okay right now, or if not more help for seniors to make sure we get into college
167. ?
168. My school should do more online meet class to support right now.
169. Shouldve just suspended the year
170. Just to stay positive.
171. I believe my school is doing there best at making us feel very support, as well as our teacher giving more time to do school work.
172. I feel like they should let us make a meeting where we can talk to our periods class mates but only one class per week.
173. Ultimately they really can't do anything.
174. Making the rest of the school year more fun
175. I believe out teachers should make more google meets with us.
176. Do online counseling classes.

177. I don't know, for emotional and mental support, school is the last person to provide that. Work is prioritized by teachers and pushed to get it done. Maybe not doing that, and stressing students out with work would be helpful. It's VERY difficult to be productive right now.
178. this might sound biased but the amount of work teachers are assigning is completely absurd. my mental health has taken a complete nosedive (and so has the mental health of my friends) because of the mountain of work we are getting. at this point, many of us don't do it because we have completely given up.
179. I don't know
180. Share a bit more on their personal life and show us students that they are not just teachers, but humans too, and share how they are handling this situation. To encourage us that we are not alone.
181. Open
182. My school has been great providing resources to those in need through emails however alternative assignments could be a good idea. Not everyone can work the same at home nor does everyone have the same circumstances, it can be unfair for the same to be expected from all students who have a diverse environments. So maybe different ways of assigning work while still keeping the amount fair. Like, two different due dates, one assignment is more video taught the other is text, etc.
183. unblock music and game websites
184. Lower their standards
185. Extend the attendance time
186. back off the workload we shouldn't be expected to complete a normal workload in abnormal circumstances
187. I dont know
188. Less work.
189. Assign less assignments!
190. donate items in need to the needs
191. limit the amount of assignments a teacher assigns
192. nothing
193. Webinars that get students together and simply talk things out as a way to comfort or try to make an arts and craft activity.
194. Be aware of the amount of work they are piling on.
195. Do something for the seniors in celebration.I feel bad for my brother because he has worked so hard for this day to be ruined, so now he cant walk across the stage and receive his Diploma as family watches.
196. I feel grateful because their system is set so that we can't fail courses, and they provided us with laptops before school got shut down. I'm not very sure what else can be done.
197. More talks about what's going on
198. Have regularly scheduled zoom calls just for talking about things other than school.
199. to understand that we can't give our 100% at the moment and not expect students to be 100%
200. I think besides having the counselors there should be therapists that can be available to us
201. there's honestly nothing
202. My school can check on people if they need more support.
203. They should try to give us more time.
204. The school is giving great support, with the ability to email my teachers.
205. i'm unsure
206. I think besides having the counselors there should be therapists that can be available to us
207. Give us less homework.
208. I think besides having the counselors there should be therapists that can be available to us
209. Better scheduling
210. fun activities to keep mind occupied
211. One ting that my school can do is have like a day to just chill from the work we have.
212. I honestly don't know

213. TELL TEACHERS TO STOP GIVING ME 0'S BECAUSE THE PRINCIPAL SAID GRADES CANNOT BE LOWERED
214. nothing, its ok.
215. More social activities for students
216. My school should provide nothing as of right now. Most teachers have zoom meetings and if not, emailing is good.
217. The school can't do anything for me as of now.
218. video calls
219. idk
220. They must understand that task completion does not equal learning, and students are already doing through a tough time to be assigning 3-5 assignments per class.
221. Nothing
222. Lower the assignments
223. Mabye put a little less homework so I don't have to work on it a lot.
224. Provide resources for those students who usually rely on the school's resources.
225. I feel like not every online meeting should be mandatory
226. Oppurtunities for kids to go online and be able to make up some points they lost during school.
227. idk
228. No Video chats
229. Not much
230. Give out lunch
231. Send little messages to students telling them that everything will be alright because we're all in this together.
232. Less work.
233. End the year early honestly
234. Stay inside
235. I really do not know as I do not think schools as of now can effectively do enough or too much to the point that the students are comfortable with learning from home.
236. I don't know
237. I don't know.
238. im not sure.
239. start school again
240. a support group maybe? but anonymously so kids can get their feelings out but no one knows who it is
241. Encourage us to keep going with everything going on.
242. less work
243. The support that i get is low but I fine with it
244. The school should give us a little less homework because that is the stressful thing.
245. I'm not sure I would say some work at a time because it's hard to do all you work at the same time.
246. Provide a way to interact with each another virtually
247. Find ways for seniors to get together with teachers and say goodbye to the teachers and school.
248. Nothing
249. Make school work less stressful
250. Less work, more zoom calls so the teachers Can check in in the students and the students can talk out their issues.
251. People are going through things right now, families are being affected by this pandemic, people lives are being taken from them including their jobs. Schools should be considerate of that.
252. make homework a little little more fun

253. I like online classes because it allows me to see and talk to my teachers, especially when they're a teacher I like and the class is fun, but I feel that the schedule for them is poorly thought through because a lot of my classes happen at the same time and I feel like I miss out on instructions.
254. less work
255. I don't know what they can do about my problem.
256. more online classes with students (daily)
257. Online Challenges (Or some sort of online spirit week/dress up days) would be pretty fun.
258. quickly come up with solutions to the seniors in 2020 and inform every student
259. No work
260. Be extremely flexible with due dates
261. understand that just because we're home doesn't mean that we should get more work. just assign a normal amount please.
262. to be quite honest, this pandemic and our health at risk is stressful enough. Why are the teachers constantly saying 'i know that this is a tough and stressful time' and yet assign busy work when we are clearly not learning anything with my mind somewhere else constantly thinking of everything else. I just don't get it.
263. Less or no work
264. nothing
265. I know this is probably not possible but I would like my English teacher to assign less homework. I'm often feeling stressed because of her work and I don't really have time to relax/ spend time with my family.
266. I don't know
267. I am not sure
268. I think that they should focus on the essentials. They should give students and staff space (figuratively and literally), to navigate their new way of life at this time. Students have learned enough, and teachers have done enough, up to this point, so only essential matters should be done so soon.
269. not give us so much work. I usually start my work at 9 am and don't finish till 8 pm, and i still don't finish all of my work.
270. I think my school is doing enough to support students
271. Provide more lenient due dates on school work. I know my friends and I are all worried about assignments during this time.
272. Have teachers and counselors reach out to check on their students personally.
273. Less work load on students, and stop making everything so confusing
274. be canceled
275. be cancelled till forever
276. Fun things not just school info
277. Provide a streamlined due dates. Not things suddenly due at 1, I have other things to do.
278. Continue assigning reasonable amounts of work.
279. "I'm honestly not sure. There isn't an easy way that will make everyone happy.
- 280.
281. If I could say one thing though I believe my school should switch to pass/fail to ease the workload and stress of online grades. "
282. ways to relieve stress
283. I don't think it's my school's responsibility to help me with this. I'm not sure what they could really do.
284. Check in with teachers on the work they are giving, making sure all of it is able to be done.
285. Understand that students should not be overwhelmed with work
286. at school we had some sort of schedule and every class had the same sort of overall idea. learn for a bit and then apply the learning to classwork/homework. but now we're just being given work and only a few classes have actually given the information to apply to the work.
287. They are doing what they can I think

288. Assign less work, as many students don't have the drive, mental health, resources, or material to do it.
289. They're doing the best they can. Not much you can do about sports and social life in the midst of a pandemic.
290. Maybe more incentive for doing work than just maintaining a grade.
291. Better online resources
292. Give us a lot more time to complete our schoolwork. I'm aware that we need to have assignments, it's just very hard for me to have so much work while I have to mentally cope with a pandemic.
293. Understand what we are going through cause the best years of our life are now ruined
294. I think they're doing good
295. The school is actually doing quite well, in my opinion. Teachers like Mr Bristol are really sympathetic towards the students feelings.
296. My school has overall been very supportive. If anything, perhaps they could offer some non-core classes for students to take online during their shelter-in-place. I would love to take an art class right now. After all, I've got nothing but time.
297. Less school work
298. There isn't much my school can do really especially as a senior there was a lot to look forward to this year and then I was left with nothing pretty much. I would like if the school held weekly wide updates about school closure. I understand it is difficult when there is little we know ourselves but still.
299. Fun things not just school info
300. lessen homework
301. Lessen homework.
302. Maybe just mail the stuff to us
303. My school is doing good with how its working, I cant think of anyway they could do to show more support.
304. I think my school has been doing a pretty good job
305. keep online school next year
306. assign less busy work and instead work that is useful
307. ways to relieve stress
308. i struggle to find motivation to do my actual work
309. Perhaps more video calls with classsss would be helpful from teachers to feel more like we're connecting with others
310. Hold in person classes for students who have immunity
311. less work lol
312. They are doing as much as they can to help, it's up to the students.
313. I think the school should give maybe a better survey for the students, then they can have a private zoom conference to talk about their struggles.
314. I think my school could provide more motivational stuff because I feel like they aren't giving kids the motivation that they need in this hard time.
315. I don't think there is anything that my school could provide to make this easier.
316. assign stuff due everyday instead of all at once
317. I think they should stop overloading students with too much work each day. Just because students don't have strict periods anymore, it doesn't mean they should be overloaded with work that takes all day to complete. Life right now is already very stressful, which makes focusing very difficult, and having 2-3 assignments from each class in one day makes it worse. I personally think a good way to support us is to allow us to have enough time to ourselves. That being said, teachers should also have some sort of weekly check-in to see how students are feeling because lots of people are really struggling.
318. Teachers should be more mindful about other assignments that are given at the exact same time. Having many teachers assign things on the same day and due at the same time makes it seem like I have

a huge pile of work due at the end of the week, making it more of a burden that actually wanting to learn.

319. Not much since any added help from the school is most likely going to be ignored by the students.
320. Understand that online school can be confusing and some struggle more than others with learning at home.
321. eliminate finals
322. Have counselors talk to the junior class and provide advice/future planning.
323. everything. they aren't doing shit to help at all. They threw work at us like it would be easy for us to continue school. We aren't even getting the right help we need and there's literally no point in learning anymore.
324. Adding less homework and assignment
325. less homework. During school, we have lectures, and I guess teachers find it hard to do lectures without engaging the students with questions so they don't give lectures, but that means that they will only assign work and resources. Sometimes I don't know if I'm going on the right track. Also, homework increased by a lot. Most of it will be done in class, which is why the workload will increase, but these days I feel like I end up doing homework all day.
326. Create a more unified approach to online teaching, instead of letting teachers figure it out and each do it their own way.
327. Probably to not put a lot of stress on students with work from school especially in this situation.
328. Less work... maybe because we already have a lot of things to worry about.
329. Chill on the workloads and unrealistic deadlines.
330. They are doing great so far they have provided the community with food and have started online classes which is great because they do care about their students and the community
331. unsure
332. Sometimes my school should be consistent in terms of notifications
333. Give more instructions when the teachers give out assignments.
334. Lighten the work load
335. They're doing fine as there isn't much they can do.
336. they could give us support by not making us do this block 1 block 2 stuff they should give us a time frame for all the classes like we start at 8:00 and end at 10:00
337. I think they are already doing an excellent job.
338. Therapist contacts.
339. I think my school is doing its best to support everyone and it really is helping people.
340. I'm not sure.
341. I'm not sure
342. Less work
343. Nothing really, I think are doing great by providing and showing that they are there to support students.
344. I don't think they can considering they are doing the best they can despite all the new regulations. They are really doing their best so we can't really make them do more.
345. They should tell all the students to go outside, and provide a list of local places/beaches/trails/etc. that are still open and should be used.
346. Hand out anything they think we need for this time
347. I don't think there is much, maybe not requiring assignments that use materials that are expensive or not in our households.
348. They're doing a good job right now.
349. to not overload on work, and to have a more thought out process of teaching
350. give us less homework
351. i don't know

352. The teachers should really chill out on schoolwork. They're saying: "I know this is a hard time right now..." then assigning eight page essays.
353. Not send as many emails because they can be really overwhelming along with the 50 google classroom notifications we get per day
354. Tell everyone not to freak out, help calm students in need, and lower the work level for kids
355. Less work - this is a stressful time for everyone and using screens so much makes it even worse.
356. Open back up
357. I think they're doing fine
358. No comment
359. Be as helpful as they can with schoolwork.
360. Figure it out it's your jobs, you're all grow up you can do it <3
361. The teachers should email back quicker.
362. More surveys? I'm not sure there's much they can do.
363. There really isn't much that they could do. All I really wanted to do this year was walk with my class but that's not going to happen.
364. Not expect everything we turn in to be the best thing possible. It is super hard to be motivated to do schoolwork, and when teachers expect a lot out of me it creates more stress.
365. I don't really know.
366. make all the due times the same (11:59) versus some being at 3:00 pm and 9:00 am
367. not have us watch random videos to learn
368. Have teachers do video lectures to help the students with online learning and make it seem more like how school was.
369. Lower the amount of work
370. i don't know
371. Check in
372. say school WILL NOT happen during the summer.
373. Reopen the schools
374. Soften the workload teachers can assign. When I have 3 assignments due everyday from 5 teachers all at random times it gets hard.
375. More time to do work so we are not doing hours of work
376. Nothing really I feel pretty supported
377. Give students a few days to relax on assignments
378. Better connection to the school and community
379. They need to make sure that all teachers are being clear with assignments and not overloading students with work. Also making sure they know how to use all their technology. I also don't think it's fair to have finals. We have such less assignments that it's so easy to hurt grades. I'm also concerned that i'm not learning enough.
380. Yes
381. Work on getting online schooling more organized.
382. Stop drowning everyone in homework or do activities that are fun
383. I don't think there's anything else they can do. They've done a lot to help and reach out to the students.
384. i think they should probably take homework slowly and maybe just assure us everything is alright
385. Open communication
386. not give as much work for honors classes
387. make it clear that work is 'optional' and won't drop our grades
388. teachers should communicate more because everything is due on the same day for every class, so it adds more stress
389. make all teachers use google classroom
390. I think the school is doing all they can already

391. I think my school is doing what it can do to make sure everyone has access to learning and other needs.
392. Honestly, everyone is doing the best they can. The situation sucks regardless of any efforts and I know that sounds depressing, but it's true. I think helping/supporting the families that need it the most would be the most helpful.
393. teachers should give less work and interact with us more
394. I think our school should shift our assignments more towards creativity.
395. they are doing all they can
396. Lessen the workload. I've heard some schools are considering a pass/fail system instead of letter grades. That might be helpful.
397. Please think about how giving us all this schoolwork is affecting us. Just because we don't have physical classes, doesn't mean you should start assigning more work than you did before, it's overwhelming
398. I think that they're doing all that they can and all the stress I've been feeling is solely because I have bad work habits
399. be less strict about work while still holding students accountable and maybe assigning less work.
400. I think try more to hear feedback from students about their classes
401. Nothing, slo high is actually doing pretty good
402. Less work or at least easier would be helpful.
403. Fun things not just school info
404. less work
405. Not make students completely shift their approach to learning.
406. Tell teachers to calm down on the amount of homework
407. idk
408. Giving less homework and not give unnecessary homework.
409. Stay connected with each other.
410. IDK.
411. cut some of the homework
412. give out less work and be more understanding
413. I guess they can try
414. I think my school is doing fine. At this point it's more up to me.
415. not take points of late work
416. I'm not exactly sure because my school definitely has resources that I have sought out and taken advantage of, but for some reason they still feel so distant.
417. Nothing.
418. more surveys like this. these are fun.
419. Let us go back
420. just pass us for the year.
421. Make more assignments offline so we don't have to be staring at a screen.
422. The ability to use personal emails unlike school emails that could be linked to their parents making it harder to reach out for students who don't have healthy relationships at home, possible attempts to give some students in extra need the extra time or support to help them stay educated and healthy.
423. give more information on seniors
424. I know a lot of students have become stressed and their households may all look different right now and most likely even more stressful than before the pandemic, I think teachers need to realize that although there is much time to spare, kids are being affected by this dramatically and the amount of school work that is being given seems to be more than a student would normally get if they were attending school in person. Personally I know many many of my friends including myself are overloaded in some of my classes and I think it needs to be communicated and addresses how it should

be handled. I know many student won't even do their classwork and it needs to be communicated how we can solve this issue.

- 425. stop giving out so much work
- 426. Me more responsive. Let us get our stuff out if our pe lockers
- 427. I don't really know if anything can be done dense the pandemic is a problem the whole world is going through
- 428. Lend us iPads for work and Google call room
- 429. I'm not sure.
- 430. Maybe sympathize with the seniors and actually show that the school cares about us instead of just silence and work. Or maybe if the school even asked the students if they'd like to postpone a graduation instead of just taking it from us!
- 431. all I need is my teachers to send me work so I could pass
- 432. More information on what is gonna happen with graduation and other events.
- 433. We need to have counselors that respond to our messages
- 434. I honestly couldn't say
- 435. Slow down on assigning assignments
- 436. Maybe email us more often about when we might go back to school.
- 437. Slow down on assigning assignments
- 438. Not leave big packets of work, to just let teachers assign assignments online.
- 439. Give a little less work or be a bit more lenient on deadlines. Teachers say they understand this is a stressful time and yet they give a lot more work than they'd normally give.
- 440. I'm okay with what they've done.
- 441. Nothing, they're doing fine
- 442. Be understanding and allow late work
- 443. open schools back up in the fall
- 444. I don't think I personally need it, but I know that there are other students who are really struggling with the pandemic. I'm not sure exactly what they need, but really anything to help.
- 445. Provide ipad for the kids that don't have wifi
- 446. maybe a zoom for our graduating class to talk and hang out and make it seem fun with activities to be involved
- 447. I think they are doing good with what they are doing!
- 448. Educate themselves on mental illnesses cause clearly they lack knowledge
- 449. I honestly don't know
- 450. I think the school has done everything in order to feed us and educate us during these uncertain times.
- 451. I really do not know
- 452. Cut all of us some slack. Not everyone has it easy. Not everyone has time to do an abundance of work. Record zoom meetings because not everyone can join.
- 453. nothing really
- 454. LESS HOMEWORK. They say that teachers shouldn't be giving out much work but my math teacher thinks otherwise
- 455. they're already doing enough
- 456. Give less work or daily zoom meetings
- 457. Our school should really try to fight for the activities that were cancelled so that many seniors could live these events they have been waiting for almost their whole life.
- 458. Give us more details on what they're doing not just what they think they should do. Look do something and let us know when you'll do it. Stop tip toeing around the problem, you know the problem tackle the solution.
- 459. Not give a lot of homework because we don't have all day since we also help around the house and it's just stressing kids out since we have 6 classes not just one.

460. Actual lessons. None of my teachers have lessons on a call. I have to learn everything by myself without help.
461. It would be easier if teachers provided a schedule for the week before.
462. Zoom out and realize how much work they're giving can be sometimes too much. Give the seniors a break; even though i am a junior.
463. Nothing
464. The school should get in contact with us seniors to ask us if we want a virtual graduation or to postpone it. They decided for us when it's OUR graduation. It's a big deal to us especially since most of the seniors are probably the first ones to graduate in their family. They need to ask us what we want instead of the school choosing for us.
465. i dont know
466. I think our teachers need to understand that even though we have more time since we are at home, we still shouldn't be getting as much work as we are since we still have other classes and for some of us we still have jobs.
467. Less homework, I do it for about 11 hours a day.
468. nothing they are doing great
469. things to do when im bored
470. I dont know
471. The school is working really hard, and I don't know if there is much else that can be done to help the students.
472. be clear on what they want
473. stop handing homework out like its candy.
474. Wel in my opinion, I think the schools or the district should hold us back a semester. Its really hard to learn right now.
475. There's not much the school can do?
476. Do more zoom meeting or videos
477. ease up on work
478. do some kind of food/supply drive because they ain't doing that
479. Consider systems that could allow not everyone to go back to school but a few groups at a time
480. Stop giving us homework, or any work. Just give us nothing so that we can do nothing because in the grand scheme of things almost all of this is worthless and students know it.
481. mandatory zoom meetings
482. answers
483. CVHS should provide graduating seniors with a say in their graduation. The school should also communicate more with students AND parents. We understand the school itself doesn't have much information, but they could still do a way better job at communicating.
484. I don't know
485. give resources to help stay motivated and organized
486. My school shoul cut back on work and do activities to release stress.
487. LESS HOMEWORK. Its so dumb they feel the need to because we are at home assign 2x the amount of normal homework. I HAVE ALL F'S. I would have had all A's but because the stay at home order happend I missed about four weeks worth of work.
488. Give more information about what's going to happen for seniors
489. My teachers are giving out WAY to much home and classwork

WHAT WOULD YOU LIKE TO SEE CHANGED IN YOUR SCHOOL NEXT YEAR?

1. What would you like to see changed in your school next year? (This can include mental health supports, as well as academic supports.)
2. More awareness

3. An understanding between teachers and students the impact of over assigning work that has no meaning and how it affects us
4. The district needs to improve on a lot. Not only are the students stressed, the staff is stressed. My mom is an instructional aid and helps with special ed students. We live paycheck to paycheck and my mom doesn't qualify for unemployment. If she did qualify, she would be getting more money than the district pays her. My mom is bending backwards for her students, she meets with them daily, she is helping them build games for a class, and she goes above and beyond for them. The school treats their instructional aids horrible and no one knows how hard it is.
5. I would like to have a counselor that is on top of my academic plan with super updated information. My current counselor gives info that is kind of outdated. I would also want to see student teachers that we get, teach with equity and social justice in mind, SO far the student teachers we have, have caused a ton of stress, and lowered grades. Next is PE curriculum. Its required and our PE teacher has us record our BMI and we get points if we decreased our BMI, I am already thin, how can I get my BMI lowered? PE curriculum is super toxic and outdated.
6. I want them to be as understanding as they can of the effects of this pandemic in terms of academics. Many students are going to be suffering mentally or financially and teaches must be understanding of how these situations will affect coursework.
7. Get students more involved and have students feel comfortable in opening up about and situations they're going through
8. I think my school needs to have a therapist on campus.
9. more school mental health counselors/therapists
10. Academic support
11. Everything
12. Depends
13. Less trash on campus
14. I think the school is fine the way its is.
15. Less work
16. Possibly to help us be prepared for if it was ever to be another outbreak and just feel prepared enough on how to deal with it all both physically and mentally.
17. A plan.
18. I dont know
19. For reference, I go to a Catholic, all-girls school. We have one mental health professional on campus. That needs to change. Students need to feel like there is someone willing and ready to help them 24/7. I have needed my counselor in the middle of class but could not access her because she was in a meeting with another student.
20. More Teacher Interaction
21. I think we should try to incorporate more one-on-one check-ins with our counselors because prior to the pandemic, my counselor and I rarely spoke.
22. Support in general
23. N/A
24. Mmh i don' t know
25. Provide better food
26. Mental health supports
27. dress code
28. Less bullying and less stress.
29. My school needs to work on finding teachers in the summer because some classes were left to unqualified substitutes (who did not teach) for most of the year.
30. tutoring, and motivational speakers
31. all of the above
32. i dont know
33. The School should fund the art department

34. more mental health supports
35. I don't know
36. More opportunities to network and connect with my colleagues.
37. Incorporate more online with brick & mortar in case this happens again, we will be more at the ready.
38. Additional support for mental health for our students
39. Teachers taking some sort of course to understand what is classified as way too much work.
40. We need school social workers and more counseling groups. Far too many of our youth need an outlet.
41. more time set apart for ap classes
42. having more mental health services
43. I wish more of the teachers were understanding of how different students learn. A lot of my teachers are either dead set on one method of doing work, don't actually care for students, or believe that everyone has the exact same work ethic.
44. Virtual supports in medical and physical to continue as we have evolved to now.
45. I would like for councilors to reach out to average students, not just the most outstanding or under performing.
46. I don't know
47. A more stable plan
48. Don't add more work than necessary
49. I won't be there next year so I don't know
50. I am a senior so I won't be there next year but more college readiness support from all teachers. Some of my teachers have neglected my college readiness and just cared about me prioritizing their class.
51. More on site counselors
52. For teachers to always say that they're open to let students vent and relieve stress because because it's nice to talk to a teacher you trust about difficulties.
53. Longer passing period time
54. N/A
55. nothing much
56. Well nothing really I think their ok.
57. Have all teachers use google classroom and students and from the beginning of school ask about their accessibility to a technology
58. Nothing
59. smaller classroom sizes
60. I don't know
61. More flexibility on work
62. mental health class / meetings
63. We need a nurse in our campus
64. A quicker reaction to this type of situation if a virus is close
65. I feel as though that they should treat mental health delicately and try not to automatically assume that some kids want to out right kill themselves or out right assume that just because some one has anger issues that there a problem child I feel as if we need to be treated with more respect and this people need to treat us like babies and giving us encouragement and hope. We are just like other people and only need someone to talk to from time to time. That doesn't mean you should push a student to talk right away, take your time with them. Make them comfortable.
66. More counselors not cops
67. I would like to see possibly more tutoring services and help through academics next school year.
68. To see my friends
69. My grades.
70. Always be prepared for anything because my school was not prepared for the virus
71. Idk
72. A school nurse would be nice.
73. I can't think of anything

74. More check up on students
75. Clubs and support groups that recommended but not required
76. We should have a bit more academic support so that we can still go over briefly the things we missed because of the pandemic. That way we won't be overloaded with work at the start of the year.
77. Everything is doing well
78. Not much needs to change, maybe tighter security.
79. I wish they would advertise therapy more or more therapeutic routes for teens or young adults that don't really have a lot to work with.
80. I'm not returning to high school next year, as I have essentially graduated. For college, I hope there can be some lenience in terms of classwork regarding the state of the pandemic, whatever it may be for next school year. I also hope that online counseling services are open and promoted.
81. Classes that help our mental health/ therapy: mindful breathing exercises, journaling/reflections, quiet space, creating a safe space to help people open up and be more open minded without having students think about feeling judged by others
82. Always be prepared for anything because my school was not prepared for the virus
83. NA, I'm a senior.
84. I'm an 8th grader i don't care
85. MORE check ins on mental health and state cuz many breakdown and it gets in the way of peoples class work
86. Change how our teachers handle homework
87. For my high school I would like to see more opportunities presented such as programs and clubs. As for mental health our school recently just added a mental health clinic for us students.
88. Better school spirit. It makes your class feel so much more fun and your high school experience will be so much better if you're participating in school events. Take in every moment for the co2020 who weren't able to share their last experiences
89. Increase MH counselors
90. More mental health resources, this year has been particularly difficult for me this year and my onsite school therapist often failed to check up on me.
91. smaller classroom sizes
92. I would like my school to have more Ethnic Studies.
93. Support students more and ask how they can help us
94. what i would like to see change next year is that there should be more after school activities.
95. Just understanding that some students may come back and struggle the first month or two because we have been used to this routine of doing everything on our devices and not interacting with other students during this quarantine.
96. Nutrition breaks
97. people who suffer with mental health issues should have some time to relieve their stress.
98. I want to see more mental health dedicated events and days. Offering volunteer work and hours will help many students who lack community service hours and couldn't work this year. Many students are going to be very stressed when school starts again. It'll be another sudden adjustment that we all have to adapt to once more, so it will be very difficult.
99. Mental health supports
100. Mental health support
101. Greater emphasis on counseling for graduate students
102. More on how to use the computer.
103. more mental health services and improve the peer mentoring program
104. Maybe less quizzes
105. Well, I'm a senior so I won't experience it but being in the school for 4 years I definitely hope that they bring it down on the work. I know that they are just trying to help us be good students but at times it really just too much. So for academic support providing more tutoring options and flexible

- workloads would be good. More college support because I don't think there's enough of that, I had to rely on outside help for filling out applications because my school wasn't the best for that.
106. I would like to see like therapy sessions with every class or meditation and reflect and relieve the stress we had with the pandemic that happened or will still be happening.
 107. More mental health support
 108. ALLOW US TO DO ON-LINE AND/OR CLASS ATTENDANCE
 109. there is nothing i want personally, but those seem good, as they can help others
 110. I would like to see some changes in our school next year. I think that a mental health support group would be good because there are some students that don't have the opportunity to express what they need help with. Also an LGBT+ support group would be beneficial to I know a lot of kids (including myself) that have been bullied based on their sexuality or gender. It would be nice to know that they had a group where they could be themselves without worrying about being judged or bullied.
 111. Parent contacts updated. Mental health student app added to their Chromebooks.
 112. I don't know
 113. I wish there could have been more connections between the faculty and the students.
 114. I dont really have anything for this besides, the library being open more
 115. More mental health support because i saw some of my friends struggling and they had no help.
 116. Yes. I would like to see the school change in the boys bathroom.
 117. I don't know if this is already an option or not, but an inbox where people can write what they need help on (mental health or academic) and receive an answer from the counselors through a letter or another form of response where the student doesn't need to see the counselor face-to-face. I know a lot of people who get nervous around teachers and counselors and that would prefer to vent their problems without having to speak to a counselor or teacher in person.
 118. Make sure teacher's are going to be easy on us since going back to school we'll be out of the norm and we won't know our sleep schedule and how much we can help our selfs
 119. more academic support.
 120. Not sure
 121. Health support for students
 122. I think we need both mental health support and academic supports.
 123. I would like to see the ability to be able to have resposibility to do our work instead of teachers forcing us to do it right in front of them.
 124. I feel there should be more help for those whose GPA's are suffering more.
 125. I don't know
 126. More sports
 127. Yes
 128. The issue with my school is that there are academic support systems, but participation lacks. Said systems are also not the greatest. My school should improve motivating students to achieve by involving them in beneficial student-run organizations, information meetings, and fun events. Focus more on student life by getting their heads out of snooty military attitudes.
 129. surveys are cool to see how the kids feel
 130. Have free time where you can distress
 131. I have no clue
 132. The teachers should focus on helping students to learn at an easy pace especially as some students have been mentally affected by the pandemic
 133. more electives, more oportunities to get job experance
 134. I wouldn't say there's much that needs to change, but either way I won't be attending public school, I have decided to homeschool. I just hope others will be able to find more comfort in school after the pandemic is over.
 135. I actually hope nothing changes. I hope everything goes back to the closest normal we can get. If not, better.
 136. mental health supports

137. won't be attending school.
138. Maybe daily check-in papers that students can fill out by 7th or 6th period, concerning their mental health or academic progress.
139. throw the whole school away
140. my happiness
141. Add a baseball team
142. I like how it is right now
143. An arts program , students respecting teachers, more free dress days
144. I would like to see art
145. "More challenging work
146. "
147. no
148. Can you make sure that all of your teachers know what they are doing. Some of them are everywhere.
149. Basic function workshops(i.e: sewing, cooking, taxes, job application)
150. I would love to see mental health supports like counselors, workshops, etc
151. I want us to have more modified dress days or like in the summer when it starts getting really hot we can maybe wear out boots and youths uniform.
152. Mental Health Support
153. not scream at us so much it scared me and I just want to cry
154. I think there should be more field strips.
155. I would like to see more resources available for students regarding their mental health. For academics, a peer tutoring program would be helpful. Also, I know many students are going to be very behind, so I'd love to see a course/program dedicated to ensuring those students can not only catch up but also avoid falling even more behind when schools reopen.
156. I would like to see the school congratulate leadership groups more. They do so much for the school to only be congratulated one time. I know they had chosen to be in a leadership group to congratulate the students, teachers, and staff. But they would also like to feel that they matter.
157. More academic supports for any type of schoolwork
158. More advertising on Peer Support
159. I would like to see change in my school is the school lunch and more counselors and for the counselors to be there and able to have the time to talk and help the students when they need help on something or any questions they have.
160. i don't know
161. This doesn't anything to do with "supports" but I would like to have more free dress days. I would like to see more fun electives. Band and WEB are fun, but those are the only ones that are fun. Maybe like Detectives, or Medical classes.
162. Well I feel like the students in high school, especially the juniors since they will have to deal with the aftermath of this pandemic, with making sure they are caught up and emotionally well to continue their education
163. Take action before anything horrible happens and prevents any suicides and offers help discretely
164. Maybe like more events like pep rally's to make kids less stressed about school or it doesn't even need to be events just more like positive and peppy.
165. I would like to see more for the support the staff is giving us during COVID and advertising it
166. I hope when we get their I want to have at least a couple hours to talk with friends and teachers and to see how this pademic went.
167. I don't know
168. I'm okay with how the school is now
169. Honestly I like out school the way it is but I am exited for the gym.
170. Students and staff to be safe.

171. Not sure
172. I don't know because i might go to a different school
173. Schools should try to encourage teachers to make time for students so that they are able to give students feedback on work rather than just give a grade with little explanation as to why they received that grade. As well to check in with their students to make sure their mental health is okay.
174. Handle sanitary wellness more cautiously
175. More teachers genuinely caring for students. I understand that in a classroom one of their their top priority can be teaching the material to the students but we always appreciate a genuine caring teacher whom checks up on their students or is welcoming. A class where students have somewhat of an involvement of how it's run/connection always works out best.
176. i dont know
177. More events and things to help kids with their mental health.
178. I am not going to be there next year.
179. Lower amount of work for students.
180. More free dress days and more activities in class or at lunch or school in general. School events for support for people in LGBTQ, or anyone who needs it.
181. preparing for the next virus
182. as stated before, don't assign a load of assignments at a time. some teachers will give 4+ assignments due on the same day and it's very tiring.
183. more free dress day!
184. During our BIC we can share stories or share an emotion we felt previously and how we overcame it.
185. Not sure
186. more person to person help.
187. Less disciplinary staff and more mental health services/counselors (or at least, just as much).
188. Academic support
189. I definitely want staff to be more considerate of workload given to students and more mental health awareness.
190. There should be more info and more talk about mental health and how important it is to take of ourselves, there should be more assistant to people who are going through things.
191. more mental health groups
192. I would like for teachers to be able to be themselves.
193. Clean bathrooms more information. And reduce the fertilizer used outside. Lunch lines are too long; may need a snack break, or 3 lunch periods.
194. switch out non-beneficial math classes for important math concepts such as learning about taxes, mortgages, down payments, loans, etc.
195. There should be more info and more talk about mental health and how important it is to take of ourselves, there should be more assistant to people who are going through things.
196. I like the changes they are making now, so there is nothing I can think of that I would want changed.
197. There should be more info and more talk about mental health and how important it is to take of ourselves, there should be more assistant to people who are going through things.
198. Box for suggestions for students learning
199. after school activities
200. One thing I would like is for us to have a day were we get to where free dress and not wait like six months for it to happen.
201. more creative projects in our subjects
202. I can't think of anything right now
203. More understanding in math.
204. A supportive class might help some students

205. Something I would like to see changed is more clubs and supports be posted around school because not everybody knows about them.
206. Its better to just forget about the pademic
207. I think everything is fine.
208. try to understand more.
209. I would like my school to focus more on mental health than completing work.
210. No changes
211. Mental Health support
212. A school gym with a pool inside.
213. Mental health supports, I think our school can improve upon letting students know that there is help and there is a person in campus, who is not a counselor, help them with their mental health.
214. I'm not sure.
215. Academic Supporters
216. insalated uniforms
217. Better people
218. Academic Support
219. I would like to more activities in P.E
220. I would like a LGBTQ+ club because I'm pansexual we don't feel accepted so seeing others who knows how you feel would be wonderful!
221. Better basketball courts. Sports are good ways of letting out anger and stress.
222. Nothing
223. N/A
224. Im not returning to the school but I will say that maybe plan for something like this a little better.
225. more tutoring
226. Nothing
227. more checkups from counselors
228. nothing
229. hopefully more opportunities to bond with classmates
230. Mental health supports helping students with stress about school and other thigg by s more.
231. Art Club
232. I would love more exploratory classes in my school.
233. I would like to see more supportive stuff and teachers.
234. I actually like how the school is.I've always loved how the school has been.I enjoy the original CMI school look.
235. not only should school focus on academics but also mental health of each student and how to build a community within our school. I feel as we focus so much on school that students are always stressing and tired.
236. Nothing
237. More reaching out about mental health and talking about it more
238. More emotional support from staff and LESS WORK. Just because I said less work, doesn't mean I mean no work.
239. Idk
240. This isn't for me, but I know that some people don't feel safe at home and would like going to school because it was a place they were "free" or "accepted" so maybe something to help them open up about what's happening at home. I know online classes aren't enough because their parents could be watching them to make sure they don't say anything that would make them look bad. I didn't think about this before, but I heard about it on the news and I thought it was important for people to know.
241. nothing
242. Well im going into highschool next year so there will a lot of changes
243. Color
244. Academic Supports would be nice.

245. I'd like to see a better connection between the students of all grades and the staff
246. Have teachers discuss with students and check in with them when their grades reach a certain point, where they will need support.
247. Maybe add cheerleading and better food
248. Ask the teachers to stop saying what they're assigning isn't a lot of work. They have no idea what their kids are going through and have no idea how hard it is to even show up to school never mind have the energy to do work
249. more mental health awareness and support.
250. a lot more of check ins with your students
251. Mental health classes
252. mental health supports
253. im not sure if this is possible but I'd like to reach a therapist through text. I'm not comfortable seeing one in person and I don't have money to talk to one online.
254. I don't know
255. More support from the teachers, to be more open to the students
256. mental health supports, lgbt support
257. Not sure
258. Making mental health more common to talk about
259. START AT 8:30. The law was already passed why not start now. Kids need more sleep. My second choice would be less homework. We already go to school for over 6 hours I don't need more work to do.
260. I would like to see school staff make more of an effort to reach out.
261. Homework load needs to be less
262. he load
263. homework load
264. Wellness Centers, Assemblies regarding mental health, reduce the stigma, normalize the discussion.
265. Longer breaks
266. That honors classes can be more realistic. In my past experiences I've had same troubles with different classes, either the assignment rules were confusing or the teaching method just didn't make sense at all.
267. Not sure. I'm graduating.
268. learn how to do taxes
269. More notice early in the year about scholarship opportunities.
270. Looking more into mental health of students and not work load and grades
271. Analyze the academic curriculum and focus on teaching subjects that are most helpful to students to prepare them for AP testing, college, and the real world, rather than useless busy work
272. it's hard to say because nobody knows when this thing is ending.
273. I think it's ok already
274. Less school work.
275. Nothing from me.
276. nothing
277. More preparation for events like this
278. Mental health supports
279. My counselors at SLOHS are doing a great job. I wouldn't adjust anything.
280. Have the teachers be more understanding
281. Having more check ins
282. My Highschool career is over. And I want to forget all about it and leave Almost everything behind When I got to college.
283. I can't answer this as of now, for I know that school next year will be different than any school year I have had in the past. I will only know what I want changed once I know what have.

284. No homework in any class due to stress
285. Next year I would like the school to emphasize more on being clean around your peers especially and how to protect others for example when you sneeze or cough don't do it in your hands.
286. Wellness Centers, Assemblies regarding mental health, reduce the stigma, normalize the discussion.
287. more online and adjustable classes
288. Less homework.
289. Nothing much I'm good with the online thing
290. Be more involved, have more appealing activities to do, or clubs. Students only get away sometimes is school.
291. Sadly, project grad is closing it's doors due to lack of funding and i feel that resources like them are so crucial to our low-income community
292. shorter class because we don't need to waste time, if we need to go back but i would rather just stay online
293. will have graduated, but if anything more mental health supporter options
294. learn how to do taxes
295. why would i put any effort into this survey
296. Unsure
297. I would like to see a change in district administration as well as in policy with regard to student illness.
298. less hours, because we're doing just as much as home now and it only takes like less than 1 hour to get everything done for 3 classes
299. The school is doing everything they can
300. I would like to see more of available and more easy access to counseling and maybe, in the advisory, the counselor could come and talk with us.
301. I think something that I would like to see change next school year is trying to get teacher/staff to care about children's mental health more.
302. I would like teachers outside of health class to be aware, and having conversations about mental health. Allowing students to have mental health days count as sick days. I know this is a difficult and lofty idea, but some schools are doing it). A lot of students who are struggling with mental health have parents that will not allow them to take a day from school even if they are suffering mentally. It may not be a physical sickness, but it can have effects on the body and it can seriously affect the future of students. Mental health is extremely important, and needs to be recognized as such.
303. nothing
304. Less enforced homework. I know our math department stopped assigning required math homework, and that really helped take some stress off of our workload when coming home. I'd like to see that happening in other classes, since studies show homework isn't as beneficial as some teachers treat it as.
305. Better opportunities for help during the school day.
306. Maybe a clearer idea of what might happen or at least all the possibilities.
307. IDK
308. more attention to each student's work load and figure out how to teach some teachers they need to loosen it
309. A study period/in-school 'built in' advisory
310. Nicer people.
311. Teachers understanding the students of how stress they are with all the work they give.
312. I don't really know. I think most things are pretty fine. I'd like to be allowed to go off campus. I'd also like it if they could sell ice cream on campus
313. Probably more mental health support especially for the people that might need it after this.
314. We should have more protection for example have hand sanitizers before entering class or touching anything. Washing our hands before we go to lunch.

315. Better access to tutors, more emphasis on quality/growth work and flexibility with deadlines.
Also, POC mental health specialists (full-time) available for students of color.
316. Get a nurse at the school and that's about it our school is great go apbgrlyphons
317. unsure
318. Nothing really needs to be changed
319. I can't really think of anything that I would like to be changed.
320. So far so good!
321. Nothing really i think its the students responsibility to reach out for mental help. I also find school stressful as i do sports all year and i feel overwhelmed with homework. We go to school for most of the day and i feel like homework shouldn't be mandatory.
322. nothing
323. I would say continued efforts to destigmatize mental health.
324. More mental health support
325. I don't think there need to be any changes or improvements but if there are then that great.
326. I'm not sure.
327. More information about collage and how that process work.Including what class should be taken and such.
328. Everything seems fine to me so no changes?
329. I would like to see students and teachers become more open about their faith. NO MATTER THE DENOMINATION. Christians should be welcome to share their beliefs, just like atheists are allowed to share theirs.
330. I would like to stop all the drama between everyone and hope most of them get good grades
331. Personally, I would love more college planning, especially one on one because I understand that it is geared towards students who want to attend California schools, and that you say that California requirements are pretty much universal, but for those of us who don't want to go to a California school I am learning about some things I never knew I had to do, and that is a little scary.
332. I think school is fine the way it is.
333. not much
334. less to no homework
335. Maybe a check in or survey every once and a while to see how students are coping with the workload.
336. More emphasis on in-class work and less on homework.
337. I feel like it should really be pointed out that being stressed or unhappy next school year is completely a normal thing. Now, whenever people being unhappy is talked about, it kind of feels like it has a bad stigma on it. It needs to be acknowledged that not one person next school year is going to just be perfect.
338. It would be really nice if we could have a study hall period, a lot of us have after school activities/sports and we have trouble managing to finish our homework.
339. More teacher support to antisocial kids/kids with anxiety. I have anxiety, and I feel like teachers aren't doing enough to support these kids. For example, when they call on me, my face gets really red and I physically can't speak due to the attention and pressure on me. I would appreciate if teachers would NEVER call on kids with anxiety ever in class, and if there is ever class presentations, that anxiety kids like me would get the OPTION either to do it in front of the class or at lunch instead.
340. More counselors - my counselor doesn't respond for weeks sometimes and when I go in to the counseling office, I almost always have to wait.
341. Nothing, it should just open up and carry on.
342. I think things are okay now, maybe more theatre shows next year :)
343. Yes I would
344. Mental health and academic supports.
345. More water fountains.
346. Not sure. More focus on emotional health?

347. I'm going to be going to Las Positas next year, so there is nothing that my current school could do next year.
348. I would actually want to attend school next year and not have this happen again.
349. There should be a greater selection of school therapists. To only have one person is really a problem, therapy is a serious thing and it is an extremely personalized thing. Being forced to talk to someone you don't connect with could be more detrimental than helpful.
350. more fun activities to appreciate school even more
351. Mental health support and academic support.
352. I don't know.
353. no homework
354. Absolutely more encouragement to better mental health as well as mental health days being an excused illness or sickness.
355. nothing
356. Less people spreading rumors, people should understand that what they say has an impact on other people.
357. I feel that no matter how many students speak up we are never genuinely heard so just finding a better system for that.
358. More communication
359. I would like to see the new gym look really nice next school year.
360. The feelings everyone has towards each other
361. More live virtual events
362. I'd like to see the campus closer to being finished.
363. Mental Health Classes
364. It being entirely online would be nice.
365. More support dog days
366. I don't know. I won't be at my school next year (I'm a senior this year).
367. i would like to see much more focused students and have pe be a bit different.
368. They should still keep the community alive because we all feel so disconnected
369. At least for online school is for teachers to thoroughly explain assignments.
370. i honestly dont know. there are differnt things that need attention.
371. Starting school later
372. The school is doing the best it can it's just more of the students not using the opportunities.
373. I'm graduating.
374. more interaction between faculty and students and a more welcoming atmosphere on school
375. I would like to see the counseling office more accessible in the coming year. Specifically leaving the door open and unlocked.
376. It would be nice to know that staff genuinely care about what students have to say sometimes.
377. Not all of us have the mental capacity to do days worth of school work at once for five classes, and not all of us can easily adapt to changes in educational settings. Schools should realize this and help students in their classes, most teachers cant even help us.
378. i heard about schools having a room specifically for people who need to destress so typically the room would have bean bags and couches while also having soothing music playing. I don't know just a thought.
379. more accessible college counseling and application/athletic and academic resume preparing.
380. nothing
381. academic support
382. I'd like to see schools better listen to their students, and not just wave off any suggestions or worries.
383. Wellness Centers, Assemblies regarding mental health, reduce the stigma, normalize the discussion.
384. I don't know, but definitely have some more advocation for mental health around campus.

385. Be a lot more aware of your students' mental health throughout the year; not just for mental health month
386. instead of focusing on mental illness educating focusing on resolving triggers for mental illness
387. I would like to see that are academic supports are ready for us to come back.
388. IDK I won't be here next year.
389. more help with school work
390. everything
391. I would love to see better communication between the administration and the students.
392. More activities for people of different backgrounds.
393. I want the great services we have at our school to be more widely known. We provide counseling from both peers and professionals and it seems we have to search for it rather than it being wide spread like a sports team or an extracurricular activity.
394. Not sure.
395. I think that we should make a new part in health like a real adult living life because many kids don't understand that being an adult is go to be harder then most kids think. Just giving student a real talk about what adult live is like.
396. I'd like to see activities replacing what was cancelled because of the shut in, because a lot of people lost a lot of high school memories because of it and they couldn't do stuff like prom or any other cool activity they were looking forward to, especially if it was relating to sports. I'd also like to see mental health support and maybe more help with figuring out possible future careers for those that don't know yet.
397. not have online school and tell the teachers to not give us that much homework since we have lives outside of school, and to start at a later time.
398. I liked this school year, up to the pandemic, and thought that the school has been doing a good job. I like going to school, I feel safe, and we have a fair amount of work without being overwhelming.
399. Hopefully we'll be on campus by then but possibly more mental health supporter's for sure, especially to be able to reach throughout the school day for those who can't make it to after or before school meetings.
400. idc
401. I hope that this helps colleges and other schools realize how much mental health really affects a persons ability to do well in their academics, I think now more than ever this is very prevalent with everything that is happening and I hope that many schools can realize that a person is more than their ability to produce an expected grade.
402. more counselors or psychologists on school site
403. Have better counselling (therapy)
404. I don't know
405. Having thing planned out before another isolation happens
406. Listen to student input! I can't think if anything right now but listen to students, they're your targeted demographic and it feels like it's always about doing what's easier for the staff than what's best for the students.
407. Well honestly I just hope my school doesn't ruin next years senior year like they did for 2020, even before the pandemic...
408. Probably better lunch
409. More awareness and be open minded when someone needs help. In most cases teachers don't realize when a student is going through something and it is sad that they just jump to the conclusion of them being lazy when they really can't find the strength to continue.
410. A higher budgeted school or at least one that doesn't get another budget next year
411. Nothing. It seems fine the way it is
412. Nothing
413. Nothing. It seems fine
414. More Mental Awareness activities. Support dogs during lunch,DIY Stress balls,etc.

415. I would like for our school to have a model united nations club.
416. I don't know what is required since I have never used either of those services
417. More school activities
418. no bullies
419. Yes
420. oppertunities for tutoring, and like if construction is still going on a little slack on tardies because it is hard to get from point A to point B at our school
421. Fire perverted teachers
422. I would like to see speakers come and talk about mental health and the effects it has on you and the people around you. I want people to be more aware of what's going on with their peers.
423. N/A
424. Let us relax and not pressure students so much. Mental breakdowns and anxiety is only going to raise much more next year. Mental Monday where students have time to ease into the week and do work silently. Lunch activities. More student recognition.
425. more effort from everyone to keep things clean
426. Academic supports would be great for the seniors & juniors for the school year 2020-2021
427. the ability to test out of classes other than math, some electives, and foreign language levels
428. Even if I do put something down it won't happen because you guys never fulfill any requests given
429. I would like to see more sympathy being given to students who are not mentally stable, such as giving more time for some assignments and even more counseling.
430. Look next year I'm going to college, meaning I'm getting the hell out of here. That alone will be sufficient, hopefully my next school's staff is a bit more serious about their job. I'll be fine once I'm out of this prison.
431. They should have mental health supports since not all students are mentally stable.
432. No more construction
433. Honestly I wish there were more academic supports that would motivate students.
434. School time should be changed.
435. It is fine
436. Something to change is that hopefully the seniors next year can have their senior experience and for it not to be ruined like how the class of 2020 seniors activities got ruined.
437. academic support
438. "I think there should be a club or group because there are kids out there who are getting mentally and physically abused. But some of them may not be able to say anything or call someone, they might be scared to tell someone else. So I think there should be a support group or a place someone can go to, to feel safe and know there are people who care about them and can help them.
439. There are kids who may not be getting food because ""they've been bad"" so I think in that group there should be a way for them to get the food they may not be getting at home.
440. (Disclaimer:I am not one of those kids, fortunately I am lucky and have loving parents, even though they are strict and I can get upset with them sometimes. I just know that there are kids out there getting mentally and physically abused by family members or even other people.)"
441. Cleaner campus and letting students Soph-Sen to go off campus
442. nothing that i can think of
443. yes
444. More focus on quality learning & not quantity
445. An emphasis on mental health support, as well as a change in sanitation to improve the condition of the school for the students.
446. A higher awareness level of all
447. Buildings are old
448. academic supports

449. I would hope that the students will get more resources to be able to reach out, face to face is always intimidating.
450. Nothing
451. taking it easy on us because sometimes you adults don't understand that your pressure of homework and classwork and make us be perfect even though no one is perfect affects us in a way that sometimes we don't wanna go to school and it stresses us and there should be activities each Friday for each highschool class to get us to trust each other and become more close.
452. I liked that one advisory during the school day that we had. I tend to be really busy, as I am a student athlete and have responsibilities at home to take care of, so having a regular study hall where I can get homework done or catch up on school work would be really helpful so that my day is less stressful.
453. Less homework always equals less stress. Maybe less school too.
454. more bike racks
455. built to 21 century standards, have clean water supply, have teachers that actually care to teach students, more tutoring
456. The counselors. When I came to my counselor about a comfort issue I had with one of my teachers, he simply dismissed me. I was genuinely uncomfortable in the environment of that classroom and was simply asking for a change in teachers. The counselor did not make the change because there 'wasn't any space' in other classrooms. I spoke with another teacher I felt comfortable with, he said he had space, and that teacher himself went to speak to my counselor about making a change in my schedule. Once again this counselor dismissed us. My counselor also never provided any help on my journey to college applications. In fact, there were some that spoke negatively about college, that it was a waste of money. The counselors need to be more supportive.
457. I don't know
458. the use of more online learning, and mental health supports to help students
459. I would like to see more languages offered at my school.
460. Group tutoring, More flexible due dates for work.
461. Organization

SHARE ANY IDEAS FOR A WEBINAR WE WOULD HOST FOR STUDENTS

1. Please share any ideas or topics for a webinar we would host for students
2. How the pandemic is heavily impacting people of color and why this is happening.
3. majors related to what we are interested in with the ACLU. Like I love social justice activism but I'm super confused as to what I want to major in college. Law? Sociology? What are the usual majors y'all have used for undergrad, what was the path?
4. Self-care, Coping
5. Activities and distractions we can use at home while in quarantine, What we can do as students to help each other.
6. Coping with at home problems while staying at home
7. Things to do
8. NA
9. Kpop
10. Stress and anxiety management
11. "Students should know how to each out to their administration and advocate for policies they think will be best for them right now (i.e. Pass/fail or Hold Harmless). Resources like letter templates might be good.
- 12.
13. Self care is super important right now. Students should be aware of ways to give themselves the time they to digest their day, be alone and just breathe. "
14. Home Activities

15. I believe a webinar where you tell students about their rights during this ongoing pandemic, mental health online resources, expert opinions on this ongoing pandemic, student opinions on this ongoing pandemic, and what the ACLU is currently fighting would be helpful.
16. idk
17. nothing
18. Maybe to play a game during breaks.
19. Best ways to deal with stress under these conditions & how to help our communities through the pandemic
20. everything is fine
21. online video classes
22. Anxiety, stress, self-care, all about covid-19
23. Finding motivation
24. At home relaxation tips.
25. how to cope and have routines during these times
26. A summary of what the future holds for us IF the pandemic does not better and what to do to cope with the isolation.
27. The well-being of itself
28. Airtime it's an app where we can all watch movies together or listen to music as well as talk.
29. online teachers
30. I don't have any
31. let them know they're not alone.
32. Breathing exercises
33. how to relieve stress
34. Stress and anxiety management
35. Time management during quarantine
36. No comment
37. Depression or bullying or even LBGT topics
38. Plans on what we should expect for next school year to help kids with academics because I know that a lot of kids are falling behind because they're doing schoolwork at home where it's distracting instead of in a less distracting environment like school.
39. School updates , reduce stress , college
40. LGBTQ+ group
41. Mental health check in?
42. Just again to keep check up on students and teachers. And to keep therapy an open option.
43. I think the best thing to do right now is establish the facts of where we are in the pandemic using a very factual and neutral approach.
44. Small, fun activities that everyone WILL enjoy
45. Maybe some positive affirmations and/or letting kids just speak and let them vent if they are comfortable enough. I think it could help other teens to hear each others struggles and concerns to make them feel less alone because quarantine is a very lonely time if the families of some of the students aren't super close.
46. Building bridges across communities
47. What we think schools should do after quarantine.
48. Mental health resources, LGBTQ+ (closed and opened people) resources as well as ways to cope with being at home.
49. Self Care
50. Mental health resources that are available to us.
51. let them know they're not alone.
52. How to talk to friends/family about your mental health during this quarantine.
53. more surveys
54. Finding the Silver lining in a storm

55. Maybe some cooking ideas
56. Isolation Tips, How to Reach Out, Talk About it or Speak Up!, It's ok not to be ok.
57. Games
58. Not sure
59. HOW TO DEAL WITH BORDOM AND STRESS
60. i think something interactive and helpful could be best
61. I don't really have any more ideas.
62. Mindfulness
63. A webinar giving students hope for the future.
64. Why you eat when you have nothing to do
65. I think letting people vent what they're feeling would help a lot.
66. Not 1 in my mind
67. Things to do while stuck in quarantine and how to do them.
68. College Readiness during quarantine
69. Good ways to get exercise while having fun
70. How to feel motivated, making a schedule, understanding emotions, coping with the stress of change, finding support in oneself, learning how to dream and achieve
71. A concert. (haha)
72. Virtual Prom
73. mental health, self care, dealing with depression.
74. unsure... :/
75. Discuss whether or not there will be more conditions and requirements when we go back to school next school year.
76. Depression
77. N/A
78. N/A
79. How to cook food with limited resources
80. Dealing/Coping with stress
81. I don't have any
82. Tips on how to maximize productivity, stay organized, and prepare for the reopening of school. Also, as an incoming junior, I know that my junior year will be my hardest year, but I don't know what to expect or how to prepare. A webinar for that issue would also be helpful.
83. Game day- like where students can compete in online games for a prize.
84. Motivation
85. Idk
86. to have the time to reach out and talk to them and kind of know how and what are they doing to deal with this without really stressing.
87. Digital lottery, challenges (you might have to think of some because I do not come up with the best ideas). As for the next question, I don't have Instagram. My mom doesn't allow it, so I'm going to have to choose no.
88. Financial aid for seniors, and college admissions for both seniors and juniors.
89. To be honest I don't know that just depends on the schools.
90. how might this survey help you guys??
91. What started it and how it stopped or something like that.
92. Not sure, but do not encourage school work. Not because I do not want to work, or want others either, it is just near impossible to think to my fullest and yet be graded and judged for it, one of the reasons I am frustrated and disappointed that AP exams were not canceled or postponed :(
93. mental health in general
94. how the world is doing and where to find food and supplies
95. Spirit week
96. Anything to support people who need it, like LGBTQ, people of color, stuff like that.

97. idk
98. Lazer show
99. Talk about activities someone has done and converse about it or just share out
100. Mental health
101. Fun things to do while on Quarantine
102. Allow an open forum for students to feel like they can be as open as possible and share their feelings
103. Self care ideas, talk about mental health, how to work under stress and what we can do during this time if we are going through a rough patch.
104. Were something from there favorite show or movie.
105. We're here for you. Take your time.
106. Tell them why they need to wear masks; how particles stay in the air.
107. Self care ideas, talk about mental health, how to work under stress and what we can do during this time if we are going through a rough patch.
108. I do not have any ideas that come to my mind straight away.
109. Self care ideas, talk about mental health, how to work under stress and what we can do during this time if we are going through a rough patch.
110. idk
111. Mental state of our society, social media and it's effects on the youth, social status
112. I'm not sure but asking questions/sharing tips or ideas about incoming things or things in general.
113. snapchat
114. Time management and self care to practice during the pandemic for school purposes.
115. when people join you should first ask about them.
116. Virtual/online ice breakers
117. google mete
118. Tv shows
119. Small activities
120. Show your pride! Let those who are LGBTQ+ members show who they are, give them flags of their sexuality, show them that shouldn't hide in the dark anymore because we accepted!
121. N/A
122. Q&A on current events once every two weeks
123. Google Meets
124. No
125. Celebrating seniors
126. No thank you
127. Happiness and comfort.
128. How to Stay Active During Quarantine, What If I Don't Feel Safe At Home?
129. I have none what so ever
130. online classes
131. How to deal with feel overwhelmed with depression
132. mental health awareness would be nice.
133. ways to help your anxiety
134. mental health
135. I don't know
136. How changing your environment can change your mental health.
137. Ask how parents reactions affect their children's feelings toward the pandemic.
138. Something about anxiety
139. no
140. Zoom discussions!!
141. No clue.
142. no idea

143. The amount of school work we get during this pandemic.
144. Idek
145. How to start an everyday schedule and how to stay mentally healthy.
146. How students are/or are not socializing with their school peers and how they should brighten up their social realm within this isolated state.
147. About how there is less homework
148. Zoom discussions!!
149. I don't know what a webinar is
150. Equality
151. dont have any
152. How to cope with a debilitating milk problem
153. Dates for school to be back in session.
154. no
155. handling stress, managing time, those topics
156. Mental health and its affects on the body and future. How to form a good sleep schedule. Healthy eating habits. Good coping mechanisms. Ways to escape and avoid situations with domestic abuse. How important being kind to strangers is.
157. don't know what that is
158. N/A
159. ways to get motivated
160. Advice for juniors about changes in applying to college come fall
161. No ideas
162. How this might affect some students' emotional/mental health in the mere future.
163. unsure
164. Pop Culture
165. I don't have any ideas
166. Touch on the need for political diversity
167. idk
168. How to have positive self talk
169. Mental health
170. I'm not sure
171. I don't really have any ideas for that
172. Why the coronavirus is being over-exaggerated by the media, and how the economical and political fallout is worse than the virus itself.
173. maybe just to be open minded.
174. none
175. The fact that a lot of transgender people are unable to escape transphobic households at the moment, and something should be done to acknowledge that.
176. School's Out for summer, yay!
177. How to cope with stress during the pandemic, reassurance that this pandemic will end soon.
178. Mindfulness
179. I don't know what that is
180. I am unsure. I have been a leader for my youth at my local church. However during this time all I can offer is an open ear and some advice if I can relate to their situation.
181. How to be motivated
182. I would rather not have one
183. Will school be structured the same way after the pandemic?
184. I genuinely don't know. Webinars are not something im into and I know many others who don't like them.
185. More of people reaching out to peers to check in, some with bad at home life are struggling.
186. I really don't know

187. To be honest with you I don't think that many kids would enjoy being on a webinar
188. When will this quarantine end?
189. how to motivate yourself, how to deal with toxic family
190. no clue
191. I'm not sure
192. none
193. sharing hobbies we're doing at home due to the shelter in place, opportunities for learning/working/fun things virtually
194. Fun easy crafts to do at home, would be an excellent idea.
195. N/A
196. Zoom discussions!!
197. ways to connect with friends
198. maybe the weekend.
199. don't that's a lame idea
200. ?
201. don't have any ideas
202. college
203. ideas on how to support the seniors that won't be able to graduate and how we can recognize them.
204. overcoming mental health issues
205. Support or advice
206. Idk
207. An idea would be to help students get through the almost endless time we have at home and just to break the silence on any issues they might have or just if they live a quiet environment like me then just to talk to somebody for more than just a hello, I love you or bye
208. Music
209. nothing
210. Music
211. No comment.
212. None
213. i don't know
214. im not sure maybe just a video we can watch
215. postponing graduation for high school seniors
216. I don't know
217. N/A
218. Help us see the positive.
219. Just a zoom talk where people can share their feelings
220. don't, the cacophony of sound from so many students would be deafening
221. You should go over that it is okay to feel sad and let the students share their true emotions rather than force them to see the positive aspect of all this.
222. To start off being human beings, talk about how it's affected the teachers as well but on a human level don't make a lecture out of it that way students know why their doing their work gives them more respect towards teachers
223. ?
224. Ideas for graduation with distance different than online and FaceTime
225. mental health checks
226. Ap testing
227. I don't know, I really don't care what other people want to do or talk about.
228. Graduation
229. time management/ motivation
230. Talk about graduation

STUDENT DEMOGRAPHICS

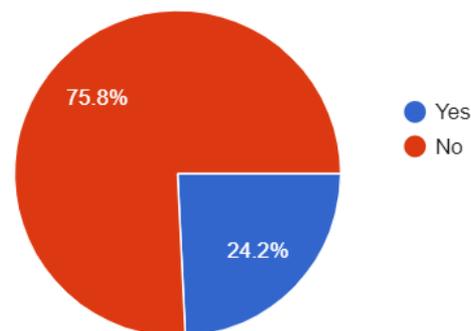
We received responses from over 300 students across 50+ schools in 35+ school districts.

GRADE & LGBTQ STATUS

GRADE		
Middle	30%	79
9th	13%	33
10th	12%	31
11th	21%	54
12th	25%	66

OPTIONAL- Do you identify as LGBTQ?

260 responses



SCHOOL DISTRICT REPRESENTED

DISTRICT	STUDENTS
Ashley	1
Burbank Unified	1
Chaffy Joint Union	23
Chino Valley Unified	1
Fontana	1
FUSD	1
Gilroy Unified School District	1
Green Dot	2
Grossmont Union	1
Hanford Joint Union	5
Irvine Unified School District	1
Josue	1
Kings county district	1
LAUSD	30
Lemoore Union Elementary School District	1
LUHSD	4
no	1
Oakland Unified School District	1
Ontario	1
Oxnard union school district	1
Palmdale school district	1
Paradise Unified School District	1
Paramount USD	1
Pasadena Unified	15
Perris Union High	44
Porterville Unified	3
Redondo Union High School	1
Riverside Unified School District	1

Rowland Unified School District	1
Sacramento City Unified	22
San Bernardino Unified School District	1
San Francisco Unified	4
Santa Ana Unified School District	1
Santa Cruz County	1
Santa Monica Malibu Unified School District (SMMUSD)	1
Sonoma Valley Unified School District	1
Sweetwater Union High School District	1
Twin Rivers	1
West Contra Costa	3
Whittier union high school district	1

SCHOOLS REPRESENTED

SCHOOL	Number of Students
Ã• nimo Pat Brown Charter High School	1
Academy for Academic Excellence	1
ALL TRIBES CHARTER	1
Alliance Collins HS	3
Animo Pat Brown Charter HS	1
artes magnet	1
Artes magnet	1
Ashley	1
Ayala High School	1
Butterfield	2
Butterfield charter	2
Butterfield Charter High School	2
California Military Institute	47
CCLA Artes	1
Cesar ChÃ¡vez Learning Academy's	1
Cesar ChÃ¡vez Learning Complex- ArTES	1
CLU	2
Condor high school	1
diego hill central charter	1
DMHS	1
Downtown Magnets Highschool	12
Flintridge Sacred Heart Academy	1
Foshay Learning Center	1
Foshay Learning Center	1
Geffen Academy	1
Granada Hills Charter HS	1
Harbor High	1
Herbert Hoover Middle School	1
Herbert Hoover Middle School	1

Hercules High School	3
High tech high international	1
Hiram W. Johnson High School	1
Hoover	1
Hoover Middle School	3
Hueneme high school	1
Irvington High School	1
James A. Foshay Learning Center	1
John Burroughs High School	1
John C fremont high school	1
Josue	1
Liberty middle school	3
LMCHS	1
Luther Burbank HS	19
Malibu High School	1
Manual Arts High School	1
Manual Arts Highschool	1
Martin Amaya	1
Michael millan	1
Middle College High School	1
Montclair HS	27
Nogales High school	1
Olympian High School	1
Redondo Union High School	1
Ridgeview	1
Rio Linda High School	1
Riverside Poly High School	1
Roosevelt Elementary	1
San Fernando	1
Sierra High School. Continuation School	1
Sierra Pacific HS	7
Sonoma Valley High School	1
St. Mary's College	1
The Palmdale aerospace academy	1
USC	1
Washington Middle	10
Washington Steam Magnet/ Multilingual Academy	4