

# Life with a pandemic



- How has the covid 19 pandemic affected your life and lifestyle?
- What are the negative aspects of the pandemic situation?
- In your opinion, what are the positive aspects created due to the pandemic situation?
- How has the pandemic affected your friends and family?
- To what degree has the pandemic made an impact on society?
- What measures have been taken by your country to deal with the covid situation? In your opinion what other measures could have been taken by your government to deal with the pandemic situation more efficiently. E.g., carry out more PCR tests per day with faster results.
- Screen share and watch the video on how the pandemic has affected lifestyle causing changes in your body. Have you experienced something similar?

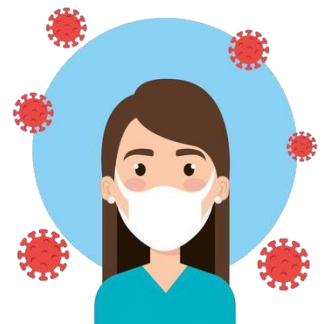
<https://youtu.be/QyhJMQCKeXk>



## Lockdown/ restrictions & mental health

- How has the restrictions which came along with the pandemic affected your mental health?
- Did you feel more connected to your family during lockdown / when travel bans were imposed?
- Did you feel disconnected with your friends since physical interaction was limited?
- Do you feel anxious when thinking of how negatively the pandemic might have affected your future? E.g., Getting late to graduate. Not being able to make new college friends etc.
- Screen share and watch this video on how the pandemic has affected the university students.

<https://youtu.be/NnHQUnQnt84>



## Transition to online learning

- Do you learn online?



- What are the advantages and disadvantages of learning online?
- Which method do you prefer? Online or physical classes?



- Do other students surrounding you or in your area/country have the same opinion?
- Talk about the opportunities virtual platform provides. How has your opinion on the positive and negative aspects of internet and technology changed over time?
- Read through the article on the disadvantages of E- learning together. Which is the biggest disadvantage you have faced?

<https://e-student.org/disadvantages-of-e-learning>

[https://youtu.be/-6\\_theMoGgg](https://youtu.be/-6_theMoGgg)

