

Introductions

My Life and Learning in Lockdown and the Pandemic 24 February 2022



What was the most difficult thing about coming out of lockdown?

Integrating back into school - i found it very difficult to retain and apply any of the information that i had learnt online during lockdown, and in most of my classes we had to be re-taught most of it. same goes for getting into an exam mindset

Were there any benefits from lockdown and what did you most enjoy about going back to school/university/work, etc?

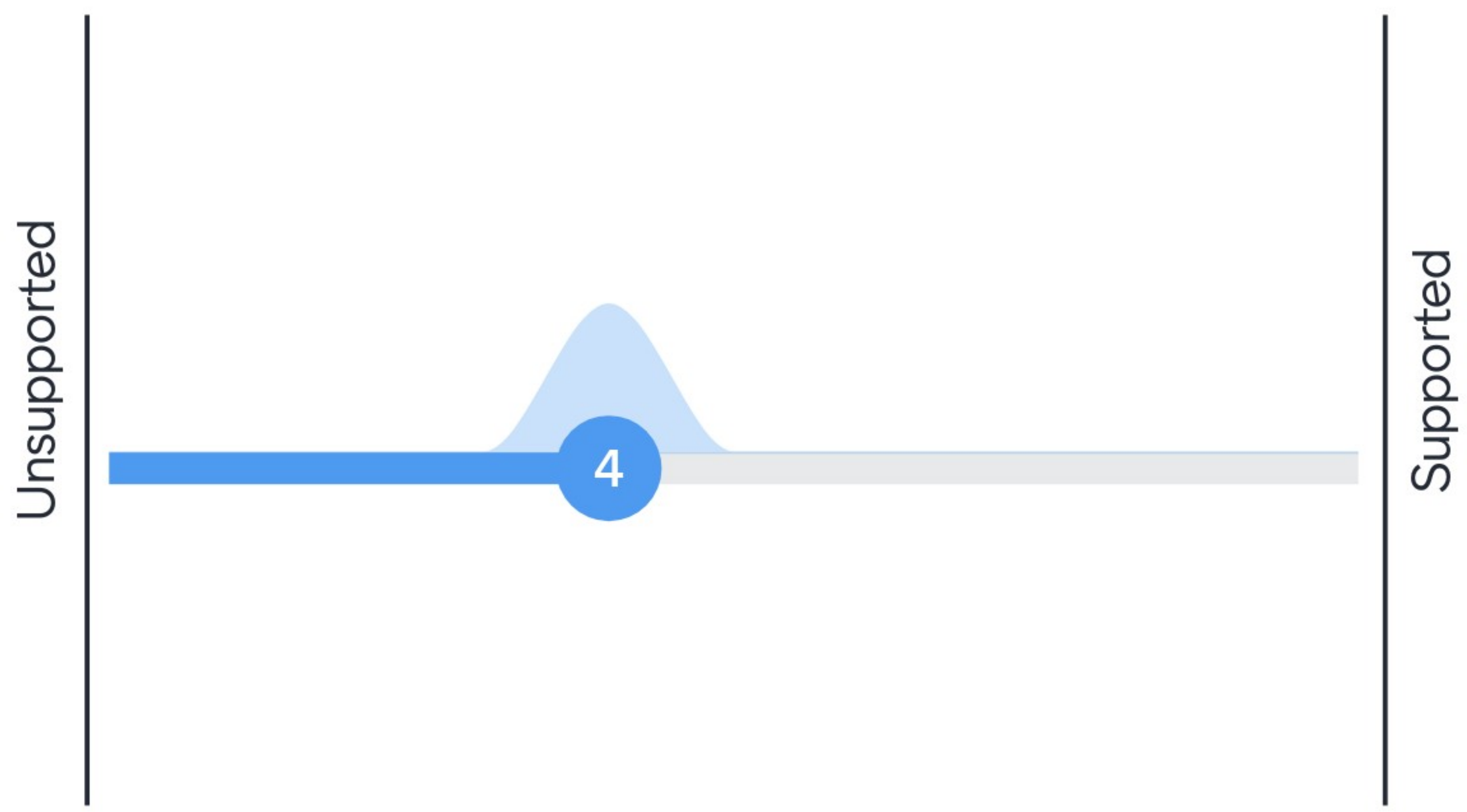


Who provided you with emotional support throughout the pandemic?

friends

family

Did you feel supported by your educator (School, Teachers, College)?



How did your school or the government support your mental wellbeing during the transition from lockdown back to school/college/work, if at all?

Given a short survey based around emotional health in returning to school & what could be done to help, and offered counselling as part of it. unfortunately this didn't seem to be acted upon as counselling was never offered to me

We had a talk from a few teachers about 'pressing re-start' and getting our minds back into the game etc. They gave a few recommendations eg study plans/timetabled revision/ good sleep schedules etc

If there are further lockdowns what could the school or government do to support your emotional wellbeing and mental health?

reach out to students more about how they are managing either mentally or mentally in terms of school work - preferably through private emails etc as most students are unlikely to answer honestly if everyone can read what they say

What one thing could the school or government do to help cope with school life now and in the future?

Go easy on students (emotionally and physically eg in reference to grades) as this has been a hard journey and a lot of students have suffered both emotionally and intellectually - that doesn't disappear once the pandemic is over

Is there anything else the Committee should consider about the impact of the pandemic on learning and young people's mental health?



Following the experience of the pandemic what are you now most grateful for?

In-person learning