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Resources:

- [WHAT IS ZOOM FATIGUE?](#)
- [HOW TO PREP KIDS POST-PANDEMIC](#)
- [COVID-19 AND THE EDUCATIONAL EQUITY CRISIS](#)
- [RMCCF'S UPCOMING VIRTUAL EVENTS](#)



School's Out, Now What?

Stepping away from your Chromebook after 5 tireless hours of learning to simply close your eyes and reduce the strain, is a sigh of relief. This is a similar experience for many students in Riverside County. In light of the new methods of learning that were utilized to overcome learning loss, many students transitioned to online learning. From Zoom conference calls to Google Meets cutting off in the middle of a lesson, students had to adapt and prove their resilience. Many of these learning platforms exhaust the human mind and body. An example of this is Zoom fatigue, or what I like to call "Zoombies." Shifting from an active school schedule, going from class to class around campus, to later living a sedentary lifestyle, Zoombies have had negative effects on their health. Seen in the adverse impacts including poor posture and hypertension, students are facing both mental and physical challenges. The transition to in-person classes was no easier, where many students faced social anxiety and worries for their own health. Research suggests that learning loss disproportionately affects younger students and low-income students. In each of these experiences, students learned to overcome. We learned resilience and, without regard to the values of our grades, we have proven that we are enough. Students have been able to work past these hardships and set their minds towards projects of the future.

This summer, as school comes to an end, remind a student of their resilience and praise them for their hard work. Wake up early to listen to singing birds and splash into the cold, refreshing water, because this summer brings hope. Hope to work on strengthening our academic skills, but most importantly the hope of supporting social-emotional learning. During the summer, take a walk around the park, ride a bike, FaceTime a few friends, buy that sweet, cherry snow cone that melts as soon as you lick it, and harness the joys of life. Use this summer to develop self-love, self-respect, and self-worth. Use this summer to recognize the values you hold. You are a strong, resilient individual, and now is your time to recognize your worth and take a break. You deserve this time for yourself and to find pillars that support social-emotional learning.

This is your summer, take responsibility of it!

- Kristina Lopez, ABI Student Ambassador, Ramona High School Student, S.U.P.E.R. Peer Counselor, American Foundation for Suicide Prevention Field Advocate

