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## UA94/6/1 COVID-19 Impacts

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Shelby Howell

Colonel Greene and Dr. Strenecky

MIL 490

3 April 2020

### COVID-19 Impacts

COVID-19 has affected my life in many different ways. Two struggles that we all have faced are moving off-campus and taking our courses online. This has been challenging in its own way.

Fortunately, this semester I only had two science-based courses instead of the four that I handled last semester. Either way, the science courses have posed to be the hardest for me because the content consists of concepts that I am not familiar with. Being a hands-on learner, it has been difficult for me to understand the content. However, the professors have done their very best to help by offering virtual office hours and responding quickly to emails. Still, this appears to be my academic challenge with COVID-19.

Physically, I have had difficulty getting on a schedule. For our Think-Tank class, we were asked to make and attempt to follow a schedule. The first week it was difficult for me to get a rhythm going because I was being called in on various days and nights at our local hospital to work as a nursing assistant. Even at our local hospital, where there are no known cases of COVID-19, we are limited on supplies. The days that I worked, we had plenty of gloves and gowns, but our masks were limited.

I began to question if our small hospital was ready for something like COVID-19. The amount of beds that were available were limited. Additionally, I looked at our staff numbers. As I said, I was getting called into work, so that meant the regular full and part-time staff were

experiencing inconveniences that prevented them from coming. Some were calling in because their children and themselves were experiencing the seasonal flu and others just could not find childcare for the day since the schools were closed. Would our staff numbers be enough if COVID-19 hit our tiny town?

In addition to this irregularity in my daily schedule, my family was needing additional help. My grandparents own and operate a local agriculture store where people come to buy feed, fertilizer, and other farm essentials, and the store was deemed an essential business. Spring is already its busy season, but adding curbside service made it even busier. My sisters and cousins, who all have come back from college, have been helping there when they do not have an online class. Additionally, I have been waking up early to help my grandpa take care of his own farming needs before he goes to work at the farm store. The additional business is a blessing as many people do not have a job right now, but it has added a little extra stress to my family's load. However, we are adapting and overcoming the situation.

Last but not least, the physical demands placed upon me have not been easy to keep up with. Some of the struggle comes from not having a set schedule, and some of it comes from not managing my time. Being in ROTC, we have to remain in good physical condition. Finding a physical training plan that I can commit to every day has been hard, but I am attempting to stick with it. The motivation and competition from doing physical training on campus usually assisted me as I kept in good physical shape. Working out my own places a challenge on myself as I now have to develop the mentality that I am competing against myself.

In conclusion, COVID-19 has presented many challenges to me as an individual, my family, and my community. However, it has also revealed my weakest points and areas I need to improve on. Although our situation is not ideal, we are all in this together.