Quarantine Effects on Students

By Kaedyn Stinemetz

While going online in March was a blessing for some, for others it was a curse.

"A lot of times students who may have a family life that isn't the easiest, that can be the hardest," high school counselor Tina Wohler said. "If the escape is to come to school and to be around people that lift them up, it can be very difficult. Those were the ones I worried about the most."

Some students decided to reach out for help and support during this uncertain time.

"I tried to email students or even call them and some responded to my emails more than I thought they



Source

would if they had been here at school," Wohler said. "Different students respond in different ways but yes, I did see an increase in students who did want to talk to me."

Wohler believes that these were short term effects for the majority of students.

"Short term (effects) if students get back into their regular routine. For some it might be long term," Wohler said. "With everything that they have gone through in the last six months, it might be harder to rebound from. Getting the help that they need before it gets too hard for them would be beneficial."

Reaching out and getting the willing and ready help would be so beneficial.

"Go in and get help. Talk to an adult, come in and see me. If I can't help you, we can find people who can," Wohler said. "I think learning that if they are sleeping more, not wanting to talk to anybody, if they are more reclusive and not doing their normal things, then it's best to come in and talk to somebody. It could be me, Mrs. Fankhauser, it could be any teacher. We would be more than glad to help them get the help they need."