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## COVID-19 Personal Reflection

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As a school counselor with 450 students on my caseload, the first two weeks of the pandemic, in which we were not in school, were incredibly stressful. I was worried about my students and had no way of seeing all 450 of them. Some people kept saying "just pretend it's like summer vacation; the kids are fine during summer vacation and you don't worry about them!" Well, yes, actually I do worry about them during the summer, and also - this is nothing like summer vacation...we know when summer vacation is coming and we prepare for it. This was out of the blue and we were not prepared. I worked to set up a food program so my students with food insecurities were still able to get school food, so I felt better about that. I was able to reach out to many students, and with the help of my staff, as a school, we were able to at least hear from every single student, so I felt better after that. Those two weeks turned into a few more weeks, and we were planning on going back to school before April vacation. The stress levels faded and we were able to get into a routine - group Google Meet meetings, individual meetings, phone calls, I even am Pen-palling with some students. Then, we got word we wouldn't be going back to school at all this year, and we are now currently all in mourning.