

SKIDMORE

CONNECT
MORE

STUDENTS RESPOND COVID-19

WHAT HAS
BEEN HARD?

WHAT HAS
BEEN GOOD?

WHAT IS HELPING
YOU TO GET
THROUGH?



RAPH FIRST YEAR
STUDENT

NOT HAVING A
ROUTINE OR
BEING ABLE TO
GET OUT AND
GO TO THE
GYM.

SLOWING DOWN IS
HARD FOR ME BUT
IT'S SOMETHING I
NEEDED TO DO. AT
SKIDMORE I WAS
ALWAYS SPRINTING
AND I WASN'T
PRACTICING SELF-
CARE.

FOCUSING ON MY
MENTAL AND
PHYSICAL HEALTH
AND TAKING TIME
TO REFLECT ON
WHAT I NEED
GOING FORWARD.



ARHAM FIRST YEAR
INTERNATIONAL
STUDENT

LEAVING SKIDMORE
WHERE I WAS IN
THE PROCESS OF
MAKING NEW
FRIENDS AND NOW
BEING 10 TIME
ZONES APART.

REALIZING
THAT I WAS
FINDING MY
PLACE AND
PEOPLE AT
SKIDMORE.

BEING WITH
FAMILY, STAYING
IN TOUCH WITH
FRIENDS, AND
KEEPING MYSELF
BUSY AND
DISTRACTED.

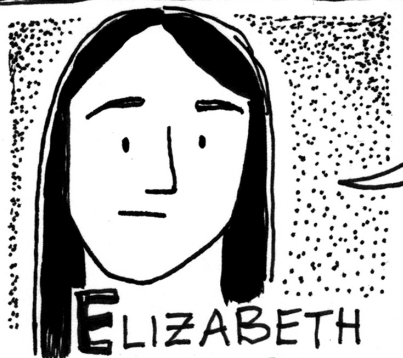


MALEEHA
SOPHOMORE

ADJUSTING TO
STAYING INSIDE.
IT FEELS
AWKWARD NOT
GOING PLACES
AND NOT
HAVING A
ROUTINE.

HAVING
TIME TO
DRAW AND
BE
CREATIVE.

THE SUPPORT OF
FRIENDS AND
FAMILY AND
WELLNESS COACHING.
AND REALIZING THAT
PEOPLE ARE WILLING
AND HAPPY TO
HELP IF YOU ASK!



ELIZABETH
SENIOR

KNOWING THAT I
WON'T BE
RETURNING TO
SKIDMORE AND
FINISHING MY
FINAL SEMESTER
AT HOME.

IT'S BEEN HARD FOR
ME TO FIND THE
GOOD THINGS BUT IT'S
COMFORTING TO
KNOW THAT EVERY-
ONE IS IN THE
SAME BOAT AND IT
IS HELPFUL TO KEEP
IN TOUCH WITH
FRIENDS.

IF I'M FEELING
SAD, I LET
MYSELF FEEL
SAD. THIS IS A
HARD TIME
AND IT'S OK TO
ACKNOWLEDGE
THAT FACT.