

Newfound time brings forth new hobbies

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Senior Trinity Vaughan pushes her younger brother on a swing set in the cool spring air as she enjoys another day at home with her family. She would not have expected that social distancing would bring her closer to her family, and yet she managed to make a positive outcome in a troubling situation. She spends more time with her brother than she did did before quarantine.

“I have gained the habit of sitting on the front porch and enjoying the breeze,” said Vaughan. “Plus, there is the thing of hanging out with my younger brother more and just chilling with my family more as a whole.”

Because of the COVID-19 pandemic and the requirement for everyone to socially distance, many students are feeling socially isolated, leading to various issues as they stay at home without much contact with their friends, extended family, or significant other.

“Humans, teens and adults alike, are social animals. We appear to be predisposed to crave attachment and connection to others and learn at an early age that being with others helps keep us safe,” said psychology teacher Chad

Clunie. “At the same time, psychology research has shown that social isolation can be very detrimental to a human’s psychological well-being and development in general. In addition, peer relationships are extremely important during the teen years, maybe more important during these years than any other time in a person’s life.”

Fortunately, some students have turned this time of isolation into a chance to change. It has also provided a few issues and complications during this time, however.

“It’s made me more observant, I think. I’m paying a bit more attention to when and what homework I do,” said junior Zephen Martin. “I’ve had to work on my time management. Also, the fact that I won’t see any classmates until next year makes me angsty.”

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Trinity Vaughan
senior

Clunie suggested young people find hobbies to keep themselves happy and healthy.

To name a few, students can pick up reading or baking.

“Positive hobbies are a great way to

expand your knowledge and abilities, become a more well-rounded individual and foster your creativity. Plus, they give you an opportunity to try new things that you’ve wanted to attempt but never had the time [to],” said Clunie.

For many introverted teens, though, the quarantine has little change in their day-to-day activities, besides not going to school at the moment. In some ways, it almost feels more comfortable for them.

“My normal schedule hasn’t really changed that much. Things carry on as normal, albeit a bit more comfy,” said sophomore Jeffrey Braden.

Martin advises everyone to stay inside because they are not

immune to the new virus, or any other illnesses that could be passed around to others. He also said that although students are separated physically, they can contact their friends through social media, which can be beneficial to their mental health and social life.

“I’d tell [students] that even though they may be isolated physically, there are so many people you can meet through media,” said Martin. “There’s a lot of terrifying things going on. Staying inside is so important, no one is immune.”

Vaughan encourages students to keep a positive attitude while



practicing social distancing. She especially encourages seniors to continue pushing forward.

“It may get grim, but just keep swimming and have faith in yourself, and we will all get past this together,” said Vaughan.

Art by Scarlett Hatton.