

GPYC Composition Competition 2020/21 - Singer's Discussions

In the beginning (March 2020)

How did you feel at the start of the pandemic?
What went through your mind?

I was pretty sad because I wasn't able to see my friends, and since I thought I was moving away for university I left like I was losing time with friends here.

Uncertain and stressed. I didn't know who to trust.

Frustration at things which I looked forward to getting cancelled.

It was fine at first but then there was a creeping sense of uncertainty.

Wahoo no school!

I was excited to learn new things during the break.

I was in shock!

Yay! 3 weeks off school!

Disbelief - hadn't really kicked in yet that we were in a pandemic, not really believing it would go on for so long.

Concerned and unsure.

I'm an introvert so I was find staying home all day.

I felt like it was overblown, not that big a deal, that we would be done with it by June and the lockdown would be a month at most.

I was excited to get two extra weeks off school and then I though we would be back to normal.

This is great - an EXTRA long March break!

Braving the uncertainties (Summer 2020)

How did you adjust as time went on? What went through your mind?

The summer was difficult emotionally along with everything regarding BLM. I remember being extremely overwhelmed with everything happening in the news.

I accepted the reality of the things we lost, and focused on what I could still do despite the restrictions.

I was optimistic although we didn't get to go for an annual vacation, but we found new ways of spending summer.

Fed up! My entire family got COVID!

I was anxious about everything happening around the world and missing all my friends and family I couldn't be with, but getting used to it all.

The summer was nice because we could go outside so we didn't feel as cooped up.

I adjusted to the new normal fairly well personally, but found myself getting increasingly frustrated at those who still refused to do basic stuff like distancing or wearing a mask. I started to feel how isolating the experience was.

Financial insecurity - I didn't have a job anymore.

Waiting for things to get back to normal. Trying to make the best of this situation with all the restrictions.

As time went on, our sense of normalcy changed completely. Suddenly it just seemed second nature to wear masks everywhere and stay distanced from people.

Is this the new normal? How much longer is it going to last? What are they going to do about school?

Routine in the "new normal" - not so bad!

Things got boring in the summer but I was still unaffected.

It felt weird that everything had to shut down.

What were some new challenges? What were some new breakthroughs / positive moments?

Online school is challenging

Finding ways to work with people who have divided opinions

I became much more connected through social media to other music educators during summer (for PD)

I was challenged by the feelings of isolation and feeling like I had lost my faith in people in the world.

I always try to be optimistic about things and it was getting incredibly hard to do so as things continued and the isolation grew more overbearing.

All my university friends moved back home, so pretty lonely.

Got more time to focus on myself and more time at home to do things I enjoy.

Weird to start university online.

Finding time to see friends while respecting social distancing.

Getting used to not being in a class and seeing my friends everyday.

Keeping in touch with friends was difficult.

Things are getting better but not fast enough.

I want to hug my friends.

Right here, right now (Nov. 2020)

What are some ways that you are taking care of yourself (physically, mentally, emotionally, socially, etc.)?

Painting, dancing

Buying plants for around my laptop

Taking breaks from the computer

Going on runs

Walks with friends

Breaks from social media when it becomes overwhelming.

I'm learning to listen to my brain/body and disconnect when it's getting too much.
I'm trying to stop doomscrolling.
Yoga/hiking and lots more FaceTime
Drawing daily, playing games with friends online
Singing when I feel stressed

Now knowing better, what is ONE advice you want to give your past self (your self in March 2020, when the pandemic started)?

Be alert, not anxious
Make the extra effort to connect with people
Overcompensate with smiles and gestures with masks
Everything will one way or another get back to normal but be positive and be optimistic
Expect anything
Get a secure schedule
Drink water
Get in kiddo, we're going to have a wild ride
The worst is yet to come
You'd be pretty impressed with what you can adapt to
Let go of everything you fear to lose
Be ready because 2020 is a doozy
Buckle up

Think of someone you care about a lot (you don't have to say who) - what is ONE thing that you wish for them during this time?

Relaxation
Security and health
Find peace in uncertainty
Stay happy and healthy
Peace of mind
Success on their studies
Happiness
Safety