

COVID-19's Aftermath on Students' Mental Health Survey Results



Survey created and disseminated by Irma Rosa Viera, in partnership with the California School-Based Health Alliance.

2021

Table of Contents

Results Summary	3
Disclaimers	4
Question 1	5
Question 2	5
Question 3	12
Question 4	12
Question 5	13
Question 6	21
Question 7	21

Results Summary

In our *COVID-19's Aftermath on Students' Mental Health* survey, we asked youth about their virtual learning experience during the pandemic as well as basic questions regarding their school's wellness centers. There are a total of eight questions but only six of them are content questions relating to the topic of our survey. After reviewing 306 youth responses, we found several prominent themes across students' short answers to Question #2 and Question #5. We broke down the themes in the following tables.

Question 2: Virtual Learning can be very heavy on students of all ages. What are some of the ways virtual learning has impacted you? Whether negatively or positively.					
Negative Impacts	Virtual learning is difficult/not an efficient learning tool.	Trouble focusing/staying motivated.	An increased workload/teachers aren't understanding of youth's difficulties.	Isolated from classmates/online learning is affecting their mental health.	Mental exhaustion from staring at their screens.
Positive Impacts	More independence/control of their schedule.	Youth feel safer/liberated.	More resources/school is easier.	Able to remain home/convenient.	

Question 5: We understand coming back to school can feel scary, we want to remind you that our Wellness Center is here to support you. How can your Wellness Center AND SCHOOL better support you in transitioning back to in-person learning?			
Short-Term/Easier to Implement Goals	Provide youth with clear expectations.	Implement safety measures in schools.	Provide classmate introductions/more social interaction opportunities.
Long-Term/Harder to Implement Goals	More emotional support & mental health resources	Take time to catch students up/slow down the transition to "normal"	For adults to reach out to students more and become more understanding.

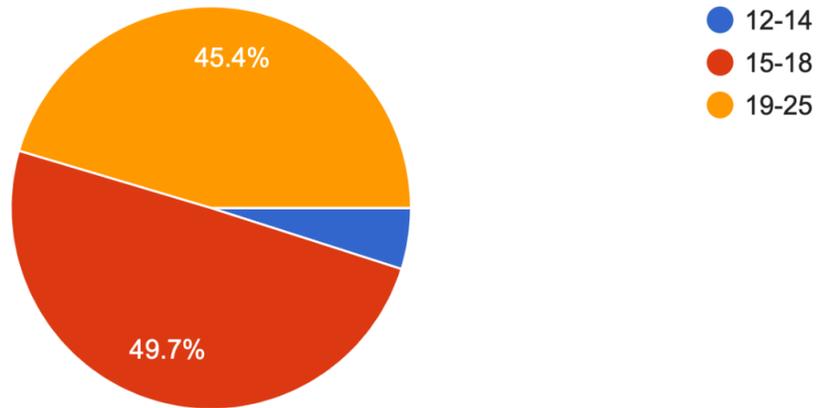
We hope that by sharing these survey findings, we can help youth stories be heard and acknowledged. One of the goals of this survey is to allow youth to guide *us* in the right direction of healing. Only then can we help create a healthier future for them.

DISCLAIMERS

- We have ensured the integrity of student responses by not modifying the way they have chosen to answer our questions. Survey results have only been edited for spelling errors to enhance clarity for the reader.
- The original survey consisted of eight questions with the last one asking about the student's personal information. In order to keep students' information safe and identities anonymous, the last question has been omitted from this document.
- Throughout this document, you will notice there are multiple duplicate responses. Duplicated answers have been verified to have been inputted by different students. We have chosen to keep the duplicated responses as our team feels this only emphasizes the mirrored experience of youth throughout the COVID-19 Pandemic.
- Lastly, survey responses are categorized by age within each question and by type of response. These categories are provided for better understanding and analysis of our survey findings.
- This survey was disseminated in 2021.

Question 1: What age range do you belong to?

306 responses



Question 2: Virtual Learning can be very heavy on students of all ages. What are some of the ways virtual learning has impacted you? Whether negatively or positively.

Positive Impact Answers | Age 15-18

1. I like it very much.
2. I like it very much.
3. Positive: I am able to look up things I need more help on.
4. Virtual learning has impacted me in a positive way because I have more free time.
5. When I was first introduced to virtual learning I had no motivation so I did slack off but then soon after I realized that all students are going through this and it's okay. I learned that it's not easy but not impossible.
6. Virtual learning has impacted me in a positive way because it made me realize that your teachers are there to help you succeed in life and that working hard will be all worth it at the end of the day because it's going to benefit you.
7. Well online has given me the chance to keep everything under control and manage my own time on what to do such as assignments and my personal life.

8. It has given me the experience of working independently without physical assistance or lessons. It has taught me that I am the only person that I can rely on to reach my goals because without my effort, determination, or knowledge, I will remain stagnant.
9. Virtual learning has impacted me positively because I no longer have distractions at home like I did in school and I was able to pay attention and do my work.
10. Virtual learning has really taught me to do the best I can regardless of the outcome. It has been tough but at the end of the day I tried rather than giving up.
11. It has been a weird experience but overall it wasn't as bad as I thought it would be, I thought it was a good school year even though I wasn't able to see my friends for a whole year. It was hard sometimes because you never know when something could go bad during virtual learning like the wifi cutting out or your computer stopped working. It was very annoying when I would go to my zoom and it would start to kick me out and it would last for most of the period.
12. My schedule has been more flexible, I've been able to spend my breaks with family and have more of the day to myself. I've gotten more sleep since I don't necessarily have to get ready and zoom from my bed. Working asynchronously has taught me to be more responsible.
13. It has made me procrastinate more but it pushed me to find new good hobbies.
14. Honestly virtual learning has really tested my will and resolve to do well in school as you can easily get distracted by being in the comfort of your own home, which does get me a lot of times.
15. It has impacted me positively because it made me more confident that I could finish my work.
16. It has helped me stay organized and it helped me develop a new skill. I can work online.
17. A good thing was that I started to take care of my well-being better and focus a lot more on myself.

Positive Impact Answers | Age 19-25

1. No pressure.
2. I like it very much.
3. I like it very much.
4. Reduce human contact.

5. Help me to learn by myself better.
6. So that I have more time to study.
7. Positive and give students a good experience.
8. I don't think there are too many negative effects.
9. Positive-Flexibility to do school work at my own pace.
10. Positively has been staying home and being able to be with family.
11. Virtual learning is convenient, but studying at home makes me less focused.
12. It is convenient to study at home and reduce the infection of new coronavirus.
13. Positively- becoming closer to family, Exploring new hobbies, increase in self care.
14. Positively, I love that I am able to do school from home while watching my daughter.
15. I have the opportunity to study, do homework, and take classes in the ambience of my choice. It gives me more control over my time and I am able to participate in ways that I am comfortable with. For example, I no longer have to present in front of a class in-person. I can participate via chat, Kahoot, and other virtual engagement tools.

Negative Impact Answers | Age 12-14

1. He can't make me study better.

Negative Impact Answers | Age 15-18

1. Internet issues. Transportation.
2. He can't make me study better.
3. It has reduced my learning skills.
4. Virtual learning is negative for me.
5. Virtual learning is negative for me.
6. Virtual learning is negative for me.

7. Virtual learning is negative for me.
8. Virtual learning is negative for me.
9. Virtual learning is negative for me.
10. Virtual learning is negative for me.
11. I've become more of a procrastinator.
12. Negatively, this brought my self esteem down.
13. Negatively: teachers give a lot more workload.
14. It's not very efficient in the absence of supervision.
15. It impacted me because I feel like I don't understand what I'm learning.
16. Too many things going on in my household. It was difficult to concentrate.
17. Virtual learning has negatively impacted because I am not learning properly.
18. It messed up my daily schedule and has made it a bit more difficult to do things.
19. School and classes have obviously been very different, my focus was not all there.
20. It has impacted me negatively because it's harder for me to learn and concentrate online.
21. It has led me to lose motivation, become overwhelmed with assignments, and feel alone.
22. At one point my grades were very low due to the stress of getting adjusted to virtual learning.
23. Teachers aren't understanding of pressures and difficulties and do not adjust to meet those needs.
24. It impacts me by messing up my schedule etc. Everything started to be a lot, all work started to pile up.
25. Not being able to formally ask questions or have an actual connection with classmates has been difficult.
26. Virtual Learning was very exhausting, it wasn't as helpful as I thought, it was difficult managing 6 different classes that constantly gave work and having other things to do around your house or just other things in general.

27. Virtual learning negatively affected my mental health as it was very difficult to balance my school life and my at-home life when there was no clear distinction between them. Furthermore, throughout the year I felt very fatigued and unmotivated.
28. However, I do feel there is a toll when it comes to retaining information as it's easy to search answers up online. I miss the social interaction, breakout rooms never work out since everyone is too shy to respond or asleep in class. Nonetheless, I really enjoy virtual learning.
29. However, I am a hands-on learner and require the ability to be in-person practicing my skills. I also like to make buddies in class wherein we support each other and study together. One main challenge was having reliable internet access and a quiet space for virtual learning.

Negative Impact Answers | Age 19-25

1. Vision loss.
2. It's dull work.
3. As dry as a chip.
4. Lack of attention.
5. It made it difficult to be motivated.
6. Virtual learning is negative for me.
7. Which can be very stressful at times.
8. I feel a lack of classroom interaction.
9. Studying at home makes me so distracted.
10. Feelings are not as easy to learn as reality.
11. Failure to think critically and solve problems.
12. Failure to think critically and solve problems.
13. Mental health- feeling down, less social interactions.
14. I had a lack of motivation and it was difficult to learn.

15. Virtual Learning has made school far more stressful.
16. Virtual learning has lowered my overall esteem and motivation.
17. It impacted me by making me worry a lot more I felt more pressured and stressed.
18. Virtual learning made me lazier and unwilling to put my full effort in assignments.
19. Did not learn and retain anything that I learned. Made me more of a procrastinator.
20. Getting caught up with posts or comments from other students can be time consuming.
21. It's hard to make the class more interactive, so lot of the time, the classes feel very dull.
22. Virtual learning got me to learn less than I could have had if I was in a class with a teacher and students.
23. Some ways that virtual learning impacted me was that put me in some stress because i did not know how to manage time well.
24. Virtual learning has been kinda of sometimes messages don't get through and if they do they get there late.
25. I've been so used to staying home/inside due to the pandemic that I don't feel like going anywhere anymore. it's become a little depressing and exhausting.
26. I do not like having to wait for a response to a question because I feel like I cannot fully understand instructions virtually.
27. Virtual learning has not always been so positive at times, I miss laughing and making jokes with my peers. Learning isn't easy when you don't have a one-on-one interaction with your teacher.
28. Virtual Learning has been a hassle and not the best at times. As much as I hated the classrooms because of how antisocial I have found myself hating virtual learning. I'm stressed and disorientated, it's nice to be at home but the classroom was a nice break from being at home.
29. Something that struck me is that I am an English learner student but when I was in face-to-face classes when I did not understand something it was easier for me to ask why some students spoke Spanish but through virtual classes I no longer feel as confident to ask when I have doubts.

Neutral Impact Answers | Age 12-14

1. It doesn't matter.

2. Virtual learning has impacted my work habits because since I'm not in class I felt like I could do work anytime I wanted.

Neutral Impact Answers | Age 15-18

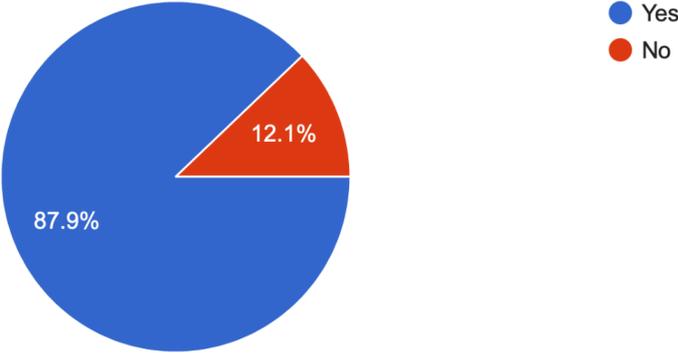
1. Nothing.
2. Nothing.
3. It's been both.
4. It impacted me both ways.
5. It has made me realize who I am.
6. Virtual learning impacted my social life.
7. 不断发展的观点 (“evolving perspective”).
8. Take an active part in knowledge sharing.
9. Take an active part in knowledge sharing.
10. Take an active part in knowledge sharing.
11. Take an active part in knowledge sharing.
12. Take an active part in knowledge sharing.
13. Take an active part in knowledge sharing.
14. For me who does not love to study, the influence is not big.

Neutral Impact Answers | Age 19-25

1. Frequently used, active.
2. I think it's okay. It doesn't matter to me.
3. Reducing human exposure to the virus is not easy.
4. Learning degree is still relatively poor. Face to face teaching is good, effective.

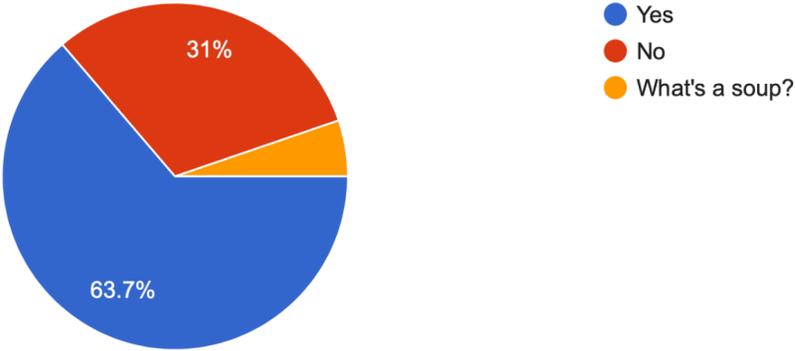
Question 3: Do you feel receiving emotional support from your Wellness Center would be beneficial to your educational needs going forward?

306 responses



Question 4: Is cereal soup? (This question was asked to break up the seriousness of the survey and re-engage youth with a lighthearted question)

306 responses



Question 5: We understand coming back to school can feel scary, we want to remind you that our Wellness Center is here to support you. How can your Wellness Center AND SCHOOL better support you in transitioning back to in-person learning?

Short-Term/Easy To Implement | 12-14

1. The school can support me transitioning back by introducing my classmates since they are all new people to me.

Short-Term/Easy To Implement | 15-18

1. To promote the vaccine benefits.
2. Cut us some slack for the first 2 weeks.
3. By allowing students to do work on the computer.
4. Offering a presentation on how to socialize with other people.
5. They can help us by giving us time to get used to school again.
6. They could also offer us activities that involve us talking to each other.
7. They can help by giving a speech on how the school works and what to expect.
8. They can help in giving good safety guidelines and providing us to get vaccinated.
9. Try to make the campus feel as normal as possible but still enforce safe precautions!
10. Going to visit the school is no problem for me and for the Wellness Center and school to support me.
11. I think it'd be cool if the wellness center and school could have small presentations on mental health!
12. The wellness center can talk to the students once we return back to school to let them know that they can stop by if they need any support.
13. School can better support me in transitioning back to in-person learning by making the school year start off a bit slow and not overwhelm us right away.

14. They could maybe talk to us on how to make friends or how to communicate with each other again.
15. My wellness center and school can support me in transitioning back to in-person learning by having safety measures in school and providing COVID-19 vaccines (which my school does).
16. I believe the Wellness Center and the school can make me feel more comfortable transitioning into in-person learning is by holding assemblies where staff can explain the importance of wearing masks and keeping social distance. Also, if students are struggling emotionally it's important for them to reach out and the Wellness Center does a great job keeping our students grounded.
17. I think time will tell. It will be very difficult for certain students and at this [point in time] what we need is not being tough [instead] reassuring students is a good way to make the transition easier.
18. I think a tour of the wellness center would be nice because we've been away for so long and to show any new students what it has to offer and how they can seek any help with anything they need.

Short-Term/Easy To Implement | 19-25

1. Yes.
2. Frequent Greetings.
3. Keep a good attitude.
4. He gave me more help.
5. Create a healthy diet list.
6. More comprehensive explanation.
7. Just being there for us the students.
8. Through the virtual Internet of Things.
9. Provide a more comprehensive explanation.
10. By allowing students to do work on the computer.
11. I would like if there were sanitation stations and a 6 feet apart rule.

12. Keeping all the safety measurements and not be lenient with anything.
13. Providing workshops on how to combat the mental exhaustion and activities.
14. Be communicative about resources so students are aware of the resources available.
15. I'm particularly nervous when I go to a new location in-person so I would love a virtual tour of what it looks like to go to the wellness center (where to enter, where to check-in, what my visit would look like step by step). It's a different experience having a virtual appointment and an in-person one. Maybe a checklist of what I need to bring would be useful for individuals going in for the first time (i.e. insurance card, ID, records).

Long-Term/Harder to Implement | 12-14

1. Better control of the epidemic.
2. Have a trial run or like a practice return to school.
3. Providing workshops on how to combat the mental exhaustion and activities.
4. Be communicative about resources so students are aware of the resources available.

Long-Term/Harder to Implement | 15-18

1. Being patient maybe.
2. Being more organized.
3. Have healthy activities.
4. Some learning activities.
5. Put on more fun activities.
6. Set up a personal counselor.
7. Better control of the epidemic.
8. Set up a music relaxation room.
9. I wish I could have more friends.

10. Don't put too much pressure on it.
11. Establish a mental sandbox room.
12. Take it slow with us on everything.
13. Give us time to adjust to things first.
14. Maybe just helping us stay positive.
15. Establish a psychological counseling room.
16. Give me more time to turn in my assignments.
17. They help out because you can trust them and talk to them.
18. School just by giving us some time to adapt ourselves again.
19. The Wellness Center can help me in terms of getting back on track mentally.
20. I just think counseling and therapy should be available for anyone who may struggle.
21. They can support just by better informing us and getting students to participate better in classes.
22. I would like for the wellness center to be more involved with the school for the students. Having more ways for students to access the wellness center and feel like they have something to rely on.
23. Going back to school from doing virtual learning for a whole year is going to be a lot especially since the way the school is going to change and it will all be different. I think a way that the wellness center and school can better support transitioning back to in-person learning is checking in to those students that seem to be failing their classes and are probably looking like they are distancing themselves.
24. How the wellness center and school better support in transitioning back to in person is by being understandable and reasonable.
25. I feel that maybe when we are going back to school things should be as normal as possible. I'm almost positive that going forward some things will have to be changed but if it can be left as is then it should. Don't try to make school any more foreign to us, going back after over a year it already seems like a place of discomfort.

26. I [understand] that it's not a big deal going back to school but for those who are then the best thing to do would be giving kid the chance to get used to the teacher or even their surroundings for two day before they feel the school pressure.
27. Definitely have a space/room where students can go to just take a break from everything going around, some of us haven't been around large groups of people in a while so it could very much be overwhelming. Maybe also just to feel safe when a lot is going on for them at home too.
28. Some things I would like to recommend to better support me or any student when transitioning back to in-person learning would be to consider how students' digital lives are changing, acknowledge students' contributions, and recalibrate your expectations around student engagement.
29. They can consider adding more emotional support and incorporate more social activities because with the isolation we have experienced for over a year, it can be hard to adjust socially.
30. I believe it would be helpful to not pile work after work on students. Transitioning is difficult for everyone, more work to do is only going to increase stress, pressure, and anxiety. I would recommend gradually getting back to the standard curriculum. It would also be helpful if the Wellness Center was able to meet every student rather than students going there. Sometimes, we don't want to face our stress or problems as students even though we should. If Wellness Centers called in classes at a time, students can relax for a few minutes and be able to talk to someone if needed.
31. Have one on one check ups so I can talk about what things I like about going back, and what things I wish my school improved on. It would just let me express all my emotions.
32. The Wellness Center and my school can support us when transitioning back to in-person learning by having more activities and 1 and 1 talk with students.
33. I think it's important for the Wellness center to reach out to students and ask if they are okay and how they are feeling with coming back to in-person learning, I also think everyone will react differently so having teachers slowly show how everything is going to be and how school will be may be a good way of showing more support in the transition to in-person learning.
34. Having days where all students feel free to take a break and have someone to talk to like weekly check ups would be nice.
35. I feel as though the Wellness Center and the school can support students when transitioning back to in-person learning by simply trying their best to understand the students' struggles, and be patient and willing to help them with their needs and concerns.

36. I feel like they can help by telling students to keep their mask on and if we feel like we need to talk to someone we always have the Wellness Center to help us.

Long-Term/Harder To Implement | 19 - 25

1. Self adjusting.
2. Social emotional learning.
3. Build better health systems.
4. I hope you can help me in time.
5. Physical and psychological health.
6. Don't put too much pressure on it.
7. Don't put too much pressure on it.
8. Don't put too much pressure on it.
9. Don't put too much pressure on it.
10. Give us a little time to get used to things.
11. Better give us some time to get used to it.
12. Better give us some time to get used to it.
13. Establish a psychological assessment room.
14. It takes a while to get used to the environment.
15. It takes a while to get used to the environment.
16. The combination of virtual reality encourages more patient teaching.
17. Having an adequate distance and helping us better understand the classes.
18. The wellness center can help us by helping us to regain confidence in social practices with our classmates.

19. Offering meditation classes in between classes (at different time periods) rather than only having one at a specific time.
20. Providing different exercises of stress relief. Host events to de stress. Provide programs for healthy eating. Support groups.
21. I really hope that the wellness center strongly suggests wearing a mask, despite the CDC announcing that we do not have to anymore.
22. Creating social events to bolster connection when we get back and ensuring that resources are available and known to the student population.
23. Face-to-face teaching and online learning complement each other, allowing students to achieve better results on a safe basis. The school is also using a new Virtual Learning Environment (CANVAS) to create a structured environment to guide and support students' independent learning.
24. To give you better comfort, and help support.
25. Training on settling boundaries and how to respect other students' comfort level in a physical space.
26. A certain amount of psychological counseling is needed.

Neutral Responses | 12 - 14

1. No.
2. Not to notice.

Neutral Responses | 15 - 18

1. N.
2. N.
3. N.
4. N.
5. No.
6. I don't know.

7. I don't know.
8. I don't know.
9. I'm not really sure.
10. Just by me opening up.
11. Don't want to go to school.
12. Don't want to go to school.
13. I don't need of any ways they can help with the anxiety of going back to in person learning.
14. I wouldn't want to go back to school because I know my grades will go down because I talk too much and I can't pay attention.
15. Don't think that there would be a way to better support me in transitioning back to in-person learning.

Neutral Responses | 19 - 25

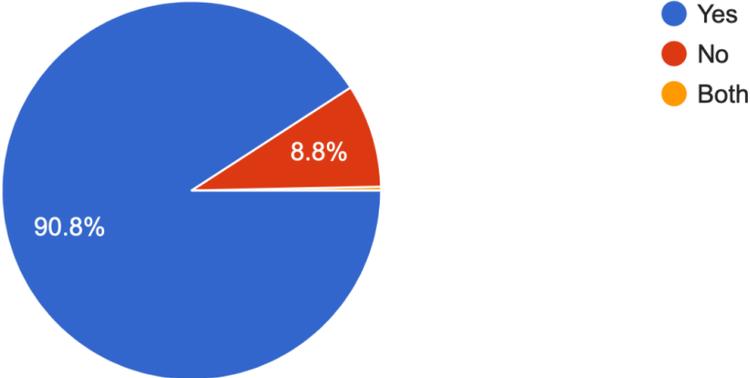
1. N/A.
2. There is no.
3. Nothing.
4. Nothing.
5. They didn't do anything.
6. Don't want to go to school.
7. Don't want to go to school.

No Age Specified Response

1. A lot of safety precautions have been taken, but I don't think they have much effect.

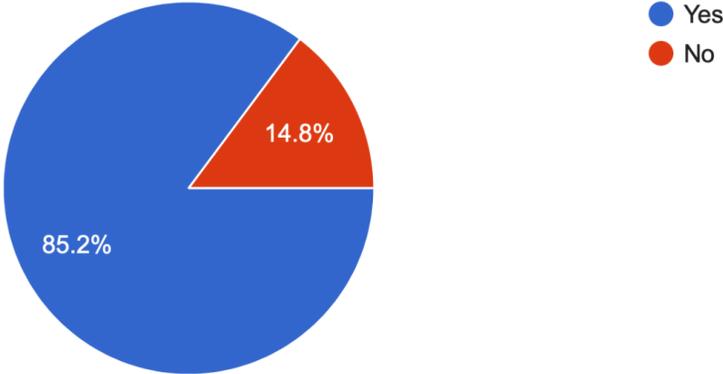
Question 6: Did you know that your school has a Wellness Center?

306 responses



Question 7: Do you know what kind of services are available to you at the Wellness Center?

305 responses



End of Survey Results