The Covid-19 pandemic was an unforgettable time in the lives of anybody who had the ability to form memories. It was an absolutely unprecedented event that scared the entire world into locking themselves inside for months at a time to avoid risk of a very dangerous condition that could affect anybody enough to hospitalize them. When many of us who lived through this era think about the pandemic, we can reflect on it as a time when the world stopped moving. Everything was closed, and everybody was in hiding.

From my personal experience the education system, as well as the way we learn, was changed forever. People were forced to learn through their computers, and some people earned college degrees and got new jobs through classes that could only hope to teach them well enough to perform. Despite the death toll and problems caused by the pandemic, I like to look at this whole event as a positive, that gave the world a much needed break from their monotonous daily lives, and gave us all a new perspective and appreciation for the world and the people who take care of us. I want future generations to know that even when bad things happen, good things are soon to follow. Future generations should use the pandemic to look at everything as an opportunity to change the way they live their lives. At the beginning of Covid-19, I found myself bored in my house, struggling to find a way to pass the time until we would be let outside again, hopefully just two weeks later. After realizing it would take much longer, I decided to commit to a healthier and happier lifestyle, including eating better and getting more exercise. I took advantage of the flawed school system and improved my grades, and GPA as well. Despite the bad things happening in the world, I made a change for the

better, and people need to understand that this is the healthiest thing you can do for your physical and mental health.