



**Discussion Guide for Part 2: “I’ve never been this high before...”**

1. What is your experience of time been like during COVID? Has it moved slowly, really fast or both?
2. Is it hard to keep track of deadlines when you are not going to class? Some round table members said that they procrastinate, particularly as a deadline is approaching. How can you relate to that?
3. Have you experienced times where you have figured how to cope, only then to be faced with new restrictions and rules? What has that been like for you?
4. How are people you know dealing with COVID? What about the ways that they are coping might be similar to the ways that you are coping, and what might be different?
5. Where do you get your information about COVID? Are you getting conflicting messages? When that happens, how does it leave you feeling?
6. Do you experience information overload? What is that like?
7. How do you decide whom to trust? Do you trust your own instincts?
8. How do you know when you are stressed? Where do you notice it in your body?
9. When you are stressed how does it change your interactions with other people? What do your friends and family say happens to you when you are stressed?
10. One of the panel members said it is important to reach out for help. What is it like for you to ask for help? Who is most helpful for you to reach out to? What means of reaching out seem so work best? (i.e. texting, emailing, calling, in person)?