



## What can Students do to Help one another during a Pandemic?

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Pushing through the difficult times and the tough period is something we all have to do. Whether it is mental, emotional, personal, educational, we all must handle it and deal with it. Student engagement is crucial in order to help each other overcome these obstacles. So, here's a list of 6 points of what students can do during the pandemic.

### **1- Accepting and Adapting**

As students, you already carry the weight of educating yourselves into your futures and it is stressful enough. With a worldwide pandemic killing millions everywhere, you now have the double amount of stress. It is there, inevitable and might take a while. On the other hand, our lives did not stop, we still have educational duties and are fortunate enough to continue learning from home and safely. Don't be hard on yourselves, your classmates, students in other universities and all over the world are going through the same thing, you are all in this together and backing down is not an option. Take a deep breath, remind yourself where you want to be when this is over, focus on it and nothing else and you will get there before you know it.





## **2- Mental Health Support**

The University should implement a free psychological counseling service for its students. The service could be via Skype, Microsoft Teams, Zoom, or maybe regular phone calls. In that way, you won't feel like you're left alone during these hard times.

## **3- Connection / University Grant**

As the classes' modality was shifted online, not every student has a good quality Internet connection. Universities should provide students in need with the means to attend classes. You may be wondering how it can be possible and in which way Universities can do that. From the student councils of some Universities (for instance University of Cadiz), a new kind of grant for students in need was created: it featured SIM cards with unlimited Internet connection to be able to receive the classes otherwise they could not receive. Universities are more than just lessons and buildings, therefore they can supply you if you need them to do it.

## **4- Online Games**

Being stuck at home could make you feel alone and separated from society. What's better than organizing online games and trivia nights in order to socialize with others and enjoy your time while staying safe at home!

## **5- Reliable Information**

Fake and unreliable information is spreading all around the world. People feel confused regarding the information that has been spread on social media where some do not ask about its reliability and some prefer to wait for official news. It has been almost a year since the rising of the pandemic.



Student representatives and councils should make sure that the information that they want to publish to students come from epidemiologists, public health experts, and fact-checking newsrooms.

### **6- Sharing Knowledge**

The best key to self-improvement is to learn new skills every day. As students studying different majors, each one of you could decide to give free online sessions and webinars about different topics. In this way, students will share their knowledge and will make use of their time.

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