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“It Can't Get Worse Than This”

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“It Can't Get Worse Than This”

Tommy Gilmore-Leshure V

Nebraska College Preparatory Academy

Omaha South High School 2022

University of Nebraska-Lincoln

Abstract

Challenges faced by high school students throughout the COVID 19 pandemic and quarantine have increased an already troubling problem: struggles with mental health. A large number of students were struggling mentally due to quarantine, and unfortunately South high school students were not an exception.

For this project, an independent research survey was created to explore how the mental health of Omaha South students were affected by the COVID-19 pandemic. A voluntary survey was taken of students at Omaha South High school from three grade levels. This research was done to better understand the mental effects of quarantine within the population attending Omaha South High School In order to confirm and better understand the reasoning behind the decline in mental health

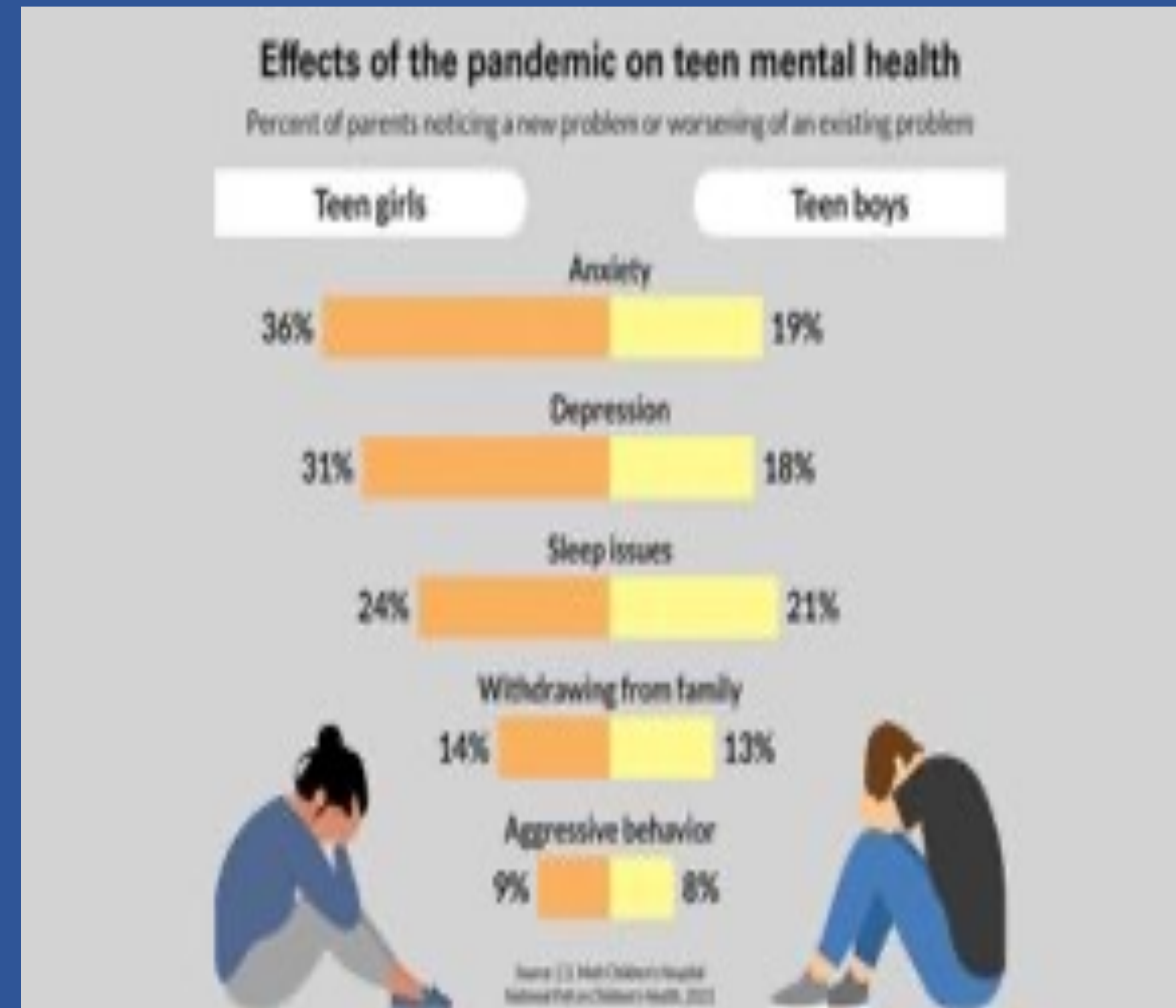
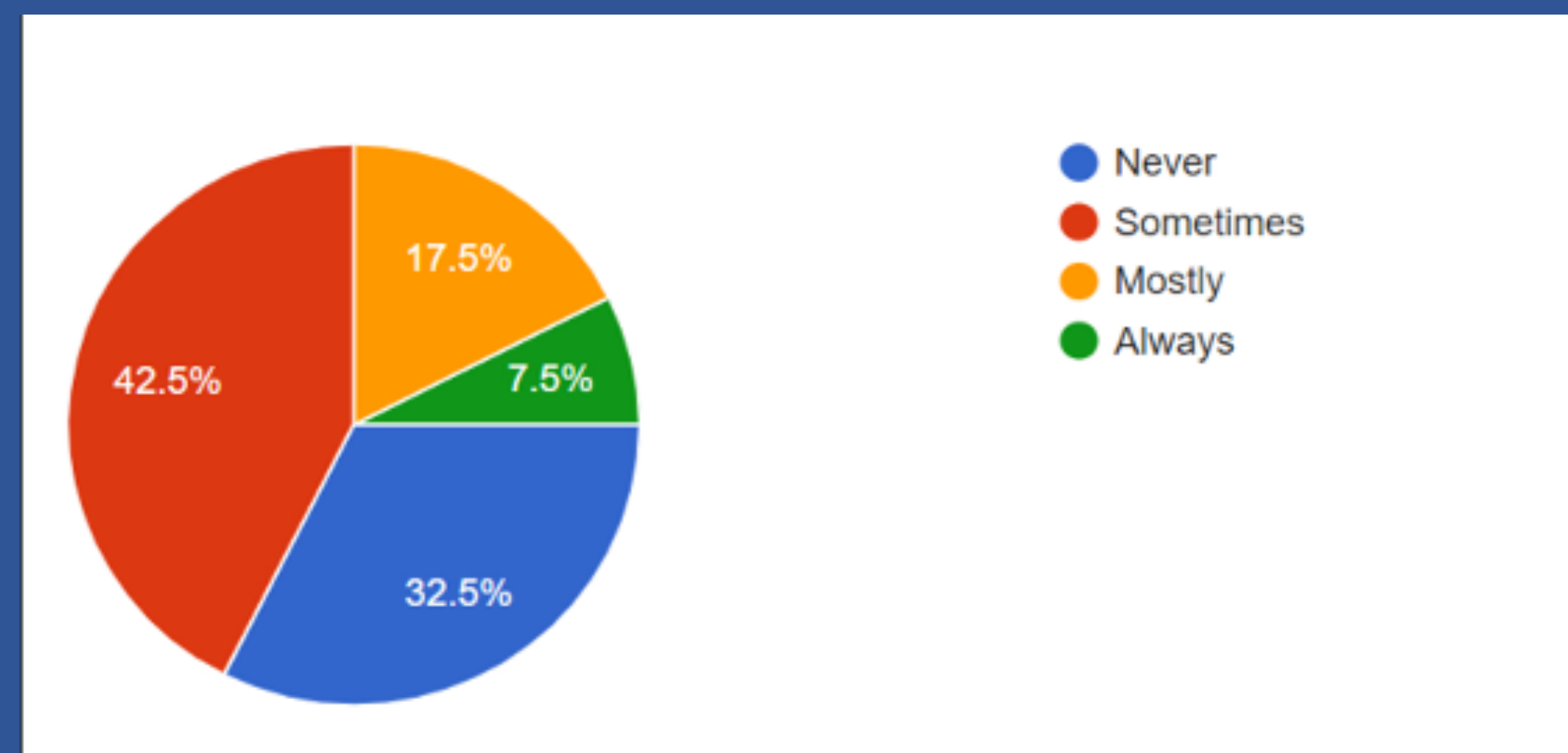


Chart below: Omaha South student responses to the question: did you struggle with mental health following quarantine



Key Points

- Mental health is essential to growth
- Sample included young adults between the ages of 14-18, enrolled as students at Omaha South High School
- Participants were from African-American, Latinx, and Caucasian backgrounds.
- Many also faced challenges with online schooling

Conclusions & Discussion

The pandemic had affected the lives of everyone immensely as demonstrated by this research on students of Omaha South High School. Despite the challenges, many have persevered through it all. As lives begin to return to normal following the pandemic, many are happily adjusting back to life.

Works Cited

Drillinger, Meagan. "Covid-19 Lockdown Impacts Teens' Mental Health."
 Mostafavi, Beata. "National Poll: Pandemic Negatively Impacted Teens' Mental Health."
 Gilmore, Tommy. "negative mental effects of quarantine for South High students"