Transcript from interivew

**Arjun:** Okay. Sorry. You're, you're a first generation student? Yeah. And this is David? Mm-hmm. . Okay. So how difficult was the transition?

Okay. How difficult was the transition from online to in-person and learning? Which one? Uh,

**David:** so I did 16 month internship online. So working online has been a habit, so, uh, the transition is about the same, so I'm used to it.

**Arjun:** Okay. Uh, what about your mental health? Like is it better or worse since being in person?

**David:** Honestly, men, my mental health has been, About the same cuz I've been, uh, doing things outside of school and work, uh, such as going to the gym. Um, going to the gym, hanging out with friends and doing things outside of school and work in general.

**Arjun:** So it's better than if it was online?

**David:** Yeah.

**Arjun:** Uh, what about like commuting to campus? Is there like any trouble or is it like the fact that we're in personal? Personally,

**David:** I don't live too far away from campus, maybe like a 20 to 30 minute bus ride, so it's not something that affects me too much.

**Arjun:** Okay. Uh, what about any like health and safety concerns, like in person like and there being covid?

**David:** Honestly, I just feel like Covid is, is gonna be here for a while. So I think, um, I think we just gotta get used to the whole covid situation and adapt. Just be more, uh, more aware of like, uh, the things we touch and yeah. Yeah, just be more cautious.

**Arjun:** Yeah. Okay. So it's like not really a major issue, I guess, at least now. Yeah. Uh, since like we're trying back to in person learning, is there like any issues with like time management?

**David:** Um,

**Arjun:** like work, getting work done and all that?

**David:** Honestly, my time management has been getting better cuz uh, going to school from home remotely was, was way harder to be productive. Um, just being in your home environment all the time, it's, it's very hard to get things done cuz you just have so much distractions around you compared to when you're at school. You have, uh, people around you that are working and that sort of motivates you more.

**Arjun:** Hm. Okay. Uh, what about like, well you said you had a short commute time, so that doesn't like affect your ability to manage time, Right.

**David:** Yeah. That, that shouldn't 20, 30 minutes. Yeah. That's not an issue.

**Arjun:** What about like, uh, concerns with like food and diet now that we're like in person, like, um, eating on campus or whatever?

**David:** Uh, I think York has great food spots, lots of healthy options. So, um, yeah, like money wise it for sure has more of an impact, but food wise and health wise, I think it's both the same as being remote.

**Arjun:** Okay. So like not that much difference.

**David:** Yeah.

**Arjun:** Okay, so my last question is like, would you be eating more healthier if you're at home or now that you're like in person? Like what's more healthier overall?

**David:** Uh, I think I would be eating more healthy at home because, um, just cuz uh, I usually cook a lot of, uh, whole foods, fresh foods, vegetables compared to school. Um, it's harder to find healthier options in general.

**Arjun:** Okay. All right. Um, I think that should be all the questions.