

# Ultimate Assignment

The Last Advisory Assignment

ADV

# What is the Assignment

## What

- Tell your personal Pandemic story

# What are the Requirements?

## How

- The story must be something about you
- The story must be short
- The story must be told via the medium of film, audio, or text
- The story should evoke some sort of empathetic response

# Why Are We Doing This?

## Why

- Catharsis
- To remember
- To share/practice empathy

ca·thar·sis | kə'THärsəs | noun (plural catharses | -sēz | )  
1 the process of releasing, and thereby providing relief from, strong or repressed emotions: *music is a means of catharsis for them.*

**This assignment will be due in 1 week, i.e.,  
Thursday 10 June**