**Transcript Participant 1**

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| Codes | Extracts |
| Returning to school (Regulations/ changes) | * they like painted squares on the pavement so we all had to like initially sit on the pavement, hear how this whole routine is going to change now (622-623) * 1.5m apart (636) * wearing masks were horrible (637) * some people who chose not to come back to school (647) * one or two said we're not coming back to school because our parents have comorbidities (648-650) * just everything was new (653-654) * so going to school just to learn and then go home to work and no interaction (657-658) * it was just different not at all what it used to be (675-676) * matrics went back to school by themselves initially (729) * teaching was back to normal, so we got back almost all the work that they did that we were supposed to do in lockdown they revised in the first two weeks (741-743) * they extended the days made sure we covered all the work that we needed to (749-750) * we were stressing that we weren't going to finish our syllabus and then we ended up finishing it way too early and then we would just practising the whole time (768-770) * it just changed a lot it wasn't like a school normal school days and you know when you have you each day is different just in terms of your interactions and assembly’s and like the sport it just felt so monotonous and that nothing was it literally felt the same all the time (796-800) |
| Schools reopening |  |
| Emotions felt around returning to school | * we are all quite hesitant (617) * initially maybe we were scared we weren’t to sure how things were going to operate (644-645) * scared of catching covid (645) |
| Positive Feelings/ motivation |  |
| Nutrition |  |
| Structure/ routine | * … I think motivation was a big thing for me that that was the, yeah, the hardest is just like it, it annoyed me when I didn't have a schedule (370-372) * not knowing what's going to happen ready frustrated me because I didn't… I didn't… you want to set up a schedule you wanna see what you need to do how you need to cover things before prelims or what not, but we didn't we had no guidance (381-384) |
| Work/School- Home Balance | * but I got tired of the monotony of working from home (247-248) * we were all working from home … I think that we all had to like find our own like find our own space around the house coz we were all gonna work so that was a bit tricky (343-345) * we all do our own things like we are all separate in our own office and then we would come together for meals and things so my experience is fine (347-349) * you almost get like tired of being in the same space at the same time… all the time, so when they wouldn't allow us like to just go for runs you know that was crazy (350-353) |
| Schools Closing |  |
| Effects of the pandemic on schools/ education |  |
| Dropout rate |  |
| Support provided by school/ department during the pandemic |  |
| Negative Feelings |  |
| Online Learning/ teaching | * soon as the first lockdown hits we had to figure out, you know, what platform we were going to use (35-37) * gave us PowerPoint slides and there is no follow up questions or anything like that I struggled with because I thought I don't feel motivated to work do you know all these slides (80-84) * Google classrooms (94) * the English department did really well in that they made audios and where they explained everything and so and they also allowed us to do a lot more practise where we could submit essays (101-103) * We had no online classes (109) * no live communication it was all just pre-recorded or just working through slides by ourselves in textbooks and notes (109-111) * there was no way we could ask questions (131) * save your questions for when we come back and revise the sections (132-133) |
| Access to Online Learning/ teaching | * lots of girls don't have access to data and I think just the live sessions it would just wouldn't be fair (142-143) * ended up making a deal with Vodacom (147) * people did not have laptops, people did not have phones (153-154) * started allowing girls who don't have access to laptops to come through to the school so they could use the computer center (158-188) |
| Mental Health- feelings of stress/ anxiety | * It was actually quite stressful (being head girl) because we almost wanted to try keep motivating everyone (200-201) * I wasn't that stressed at home in terms of my tests and stuff because there wasn't any… we don't know when you're going to be writing next yeah… kind of so it was it was it wasn't bad, but I think towards prelims and when we started going back that's just when the stress and I was like I actually need… I need to start doing sport now (276-280) * initially it was quite… it was quite hard but once we started seeing okay we gonna go back and once everyone started panicking… stop panicking that that that's whenever it was okay coz we could see… (405-408) * it was frustrating as you can’t, you can’t moan at anyone it's out of everyone's control yeah so I think it was just yeah it was stressful. (432-434) * that was actually our saying… saying we are all in this together we all gonna be all… you know going through the same sort of things yes some of us may not have the resources like others but we all going through the same thing same emotions so I think just we… each of us took that as a… (456-460) * it wasn't just me… we are all going through this… I think that helps to died down the stress quite a bit knowing that… it's everyone's going through the same thing (464-466) * it's everyone, everyone was affected and it just accepting that and acknowledging that I think helped me quite a lot (453-455) * you know we were like we can't do anything about it we just going to have to finish this year and get yeah… and hope next year is better yeah (715-717) * there was always a worry like just there are so many unknowns and also you wanna do well in your… there are lots of stresses you wanted to get accepted to… and I think you don't know what next year was looking like for this year was looking like so I think for mental health it was just like there was always a stress you know. (916-921) * Exactly I think that uncertainty was the biggest thing you just I mean towards the end things became more clearer which is a relief (926-927) * I was super stressed, and I think just yeah the fear of not knowing what's going to happen and yeah but I think I like I just kept reminding myself that's good but yeah I think there was definitely stress (930-933) * My skin was really bad towards the end of last year. (935) * my skin definitely shows yeah that I was stressed (941-942) * then I don't think I had many breakdowns I think I may have had one or two when you just feel like there's so much happening you just like you just need to let it all go kind of thing… that’s when you actually couldn't pinpoint exactly what you're upset or freaking out about it just felt like I was just too much… (942-947) * on edge, everything is uncertain (949) |
| MH Services |  |
| Final Exams | * like hearing that we are going to finish our matric year in 2020 was a big relief cause it was a real (421-422) * I definitely didn’t feel like I'm unprepared in any way for my finals (752-753) * I just practised as much as possible (877-878) * you know without sport I used a lot of my time then to do those others small things that I wouldn't usually do (879-881) * I found finals also quite stressful just the whole environment you know (887-888) * like the whole atmosphere was very scary (893-894) |
| Final Exams Protocols |  |
| Coping mechanisms/ support | * like I just thought maybe I should break it down bit by bit you know try work out some sort of schedule on my own and then yeah just went like that about that way in practising (68-70) * do my own whatsapp calls (124) * voice notes will would send through all the time what we doing and different approaches like I would share what you know, Like how I am avoiding procrastination (204-206) * my family (458) * I was stressed I would just speak to my mum I think my mum is my closest person (458-459) * you know walk around the block and id actually go to physical… do so exercise or gym or something that is definitely my stress relief. (956-957) * when I'm really stressed about something I like to talk about it… so if anything id verbalise and speak to my family or to even to my friend you know your phone and see cause that's also a big comfort when you phone someone and they feel the same way as you so and that was often the case you would phone your friend and be like how are you feeling about this and, and then they would be exactly the same and then you'll be like ok it's not just me it's fine (960-967) * I did try stay away from social media times when things will especially start when things are just uncertain and people just making speculations (978-989) * watched YouTube videos (987) * I appreciate that I have a supportive family that I can talk to you and stuff like, where a lot of people don't have that (1007-1008) |
| Well-being | * exercise was a big thing for you and phoning friends and your mom being a big support (968-969) * just take each day as it comes (1038) |
| Effects of pandemic | * I always felt sorry for the other grades and stuff like that because they, they, missing out and they don't have the foundation and things like that just you know as much as we do so I thought if anyone the matrics were best off and best prepared in terms of they could work at home by themselves and you know I could I was fine working at home by myself but it's just like yeah this is all new (52-57) * I mean I think just all the misinformation about covid and stuff like that was you know just… complicated (511-512) * none of us got it, covid (515) * I haven't really been impacted by covid that much (517-518) * we couldn't do our drivers and that actually added a whole new stress for me that my drivers were the worst experience. (521-523) |
| adapting/ Adjusting | * the whole year was almost learning as, as, it happened (41) |
| Sport | * I use sports a lot for my time management (2019-210) * when that's taken away from me I feel my time management is like so bad and that's I just can’t and I feel like I have more time now so I work slower and it's not good (222-224) * I also do club sport so not only like school sport but also club sport (228) * takes up a lot of time so that the lockdown kind of let me have time to study a lot (229-230) * I think a lot of people struggled without having their sport and physical activity during the day (236-238) * I do use it as a stress relief (269) * towards prelims and when we started going back that's just when the stress and I was like I actually need… I need to start doing sport now (278-279) |
| Expectations | * Yes (disappointing year), in that a lot of things were taken away like the matric dance (678-679) * inter house events were taken away (682-683) * really upsetting and frustrating (695) * even the way matric, matric ended I mean we couldn't sing out our school war cry, the last prize giving that was just it was small things but at the end of the day it actually was like all those memories and yeah it was yeah that was quite upsetting… (701-705) * I’ll say the year was disappointing definitely in that like all those sort of memorable moments were taken away (707-708) |
| Adapt teaching/ learning strategies | * I would um… you know go to Khan academy’s it was sort of the same thing and that actually you know watch videos to see other people studied and like you know I tried to learn different methods (465-468) |
| Describe school year | * we kept getting disrupted the whole way through (32-32) * We have a foundation you know Grade 11 already start building you up for matric (50-51) * last year was very new and very different everything was uncertain (1091-1092) |
| Feelings- Disconnected/ Isolated/ Lonely/ Social interactions | * if I'm quite disconnected and I think that's where I lost most quite a bit of motivation (114-115) * just missing friends a lot yeah just those sort of interactions (357-378) |
| Lessons learnt / positive outcome | * like I learnt a lot you know just how to work out your own schedule, you learn a lot of small things you know I have to do your own schedule not that don't know how to do that (297-299) * Especially with the whole online system coz we kind of knew what we have to do and yeah and what it's going to be like… so I think that help (with varsity). (311-313) * we had more time to study for prelims so that was a big positive for me… just time to sit down and focus on my academics and I think just (313-315) * I also got me exploring for other resources a lot more (315-316) * I think be grateful for what you have (1003) |
| Home/Family during Lockdown | * spending time with the family was great (292-293) * I was mostly home I think all the time my whole family was at home so both my parents and my older sister. (340-341) * you felt quite relieved that you know my mum wasn't sitting in traffic and there was you know you wouldn't work having those stresses like I have everyone gets home safety (360-362) |
| Stressful situation of 2020 | * prelims (828) * it was that we didn't… write many tests so when I got to prelims it was really stressful in that lots of us (829-830) * we didn't have enough practise throughout the year… so our June exams were taken away… (832-834) * prelims for me was very stressful and like my home what was happening around me at my home as well which just made it even worse so yeah I think that was technically the worst… the most stressful part… feeling worried because you know I need to fix this to have enough time to like fix my results and stuff like (863-868) |

**Transcript Participant 2**

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| Codes | Extracts |
| Returning to school (Regulations/ changes) | * What we did do when we came back was, we wrote, we had like a test week so we still wrote tests but they weren't counted or weighted in the same way the exams were (Transcript P1, lines 222-224) * testing to see if the online learning was, was good enough for you to go into your finals, because the government didn't change the end of year exams (242-244) * They put more people to one class but the put them into bigger rooms because they had to space everyone out. (562-564) * In terms of the way the school was maintained, there was a lot more cleaning, a lot more like wiping down tables every time you entered or left a classroom (643-645) * You had to use hand sanitiser every time you walked into or out of a classroom (647-648) * You had to be within a certain distance of anyone else who also had their mask off, or even if they had their mask on you still had to be within a certain distance (651-653) * Teachers having visors and masks on at all times. (655) * (Enjoyed) being able to talk to friends (758) * Returning to that kind of structure which I enjoyed (760-761) * returning to some sense of normalcy (767) |
| Schools reopening |  |
| Emotions felt around returning to school | * concerned about the health implications of all things (592-593) |
| Positive Feelings/ motivation |  |
| Nutrition |  |
| Structure/ routine | * it was not having a structure, being able to wake up in random times everyday (492-493) * I like structure, and I like things to be a specific way, we do things the same way everyday, not everyday, but you have a set structure for your week, and you know beforehand how things are going to work because I don't like change. (500-504) * I think that's… the change itself… of having to now… learning, not learning in a different way but how schooling was done in different way and how you had to adapt to it, I wasn't the biggest fan of that, and then also losing that structure, that I was used for the past four years, or even technically longer, because primary school, to a certain degree is similar. (504-510) * So, Yeah, not having that structure was the biggest problem. (510-511) * I don't think I ever put together a proper structure that I would like to. (515-516) * I quite enjoyed it because it kind of keeps my life on track and I allows me to focus on doing things right rather than focusing on actually getting the stuff done at all. Coz I was kind of forced into doing, doing stuff. (763-766) * not having that structure to a certain degree did worry me, so I would say I was a little bit more anxious, but because fortunately because the structure was taken away and put me into a situation where I was more comfortable, were I was at home. (772-776) * structure being taken away did make me anxious but cause of the conditions I found myself in I was able to cope (784-786) |
| Work/School- Home Balance | * So, when I'm in my room, I’m relaxing… well now so much cause I work in my room but before it was when I'm in my room relaxing… now all of a sudden I was in my room and going to school at the same time, so it's like well I don't really know how to feel about that. I'm supposed to be working and relaxing. (1115-1120) * Yeah, it was really weird to kind of try and adapt to it. It was almost like, like I said you're in a place where you expect to relax but you're doing work, so it was very strange. (1126-1129) * I kind of had to change, I was like okay maybe, maybe my room is not a place where I relax, maybe I have to do some work now. (1129-1131) |
| Schools Closing | * when the lockdowns were, when they started and when no one was allowed back in school (146-147) * a lot of schools didn't go back for six months. (148-149) |
| Effects of the pandemic on schools/ education | * our midyear exams were scrapped (221) * with covid I was never really concerned about the effect of covid in terms of health (396-397) * in terms of finishing the syllabus, we did a very good job of ensuring that we had everything done by prelims. (740-742) |
| Dropout rate |  |
| Support provided by school/ department during the pandemic | * They targeted it more to the people who really needed it, who were really impacted by the virus, not so many people like me who were able to cope (990-992) * a psychologist at the school (998) * club gatherings (1008) * if you ever need to talk about anything, you could always do that with your friends and peers (1011-1012) * I wouldn’t necessarily say they could have done anything better for me because I know I coped quiet well (1033-1034) |
| Negative Feelings |  |
| Online Learning/ teaching | * my school did handle that quite well with online lessons even throughout the lockdown when no one was in. (31-33) * having to do everything, over a screen, over the phone, on a computer is very different (87-88) * everything happened online, (147-148) * My school, we had online learning, I can’t remember exactly how long it was, if I had to guess probably about two months and then we were back (151-153) * While it was online it was, it was structured sort of well, it was structured like a normal class, where you know, everyone get… instead of going into to a classroom, everyone gets online to watch the teacher present in real time, so it was live, it wasn't recorded or pre-recorded and the teachers just had a normal lesson (153-157) * structure that the teachers went through, it was very similar, in different forms, they had to do it online and they could physically interactive with everyone. (159-162) * so you could ask questions, you could talk to other people in the class if you wanted to (164-166) * whether it worked for them or not, was dependent person (214) |
| Access to Online Learning/ teaching | * because almost, everyone has phones, the service that they used could be run on a computer or just on your phone (178-179) * data was more an issue than actual accessibility to devices. (180-181) * for the people who didn't have access to Wi-Fi they would just open up the hostels and you could just go there and use the Wi-Fi at the school (195-197) * But for me who it didn’t really affect me, I think everyone was given an opportunity to access those lessons (212-213) |
| Mental Health- feelings of stress/ anxiety | * matric is a little bit stressful because there are your final exams and the most important exams of your entire school career (323-325) * I probably was quite stressed out but it's just, I didn't think about it (331-332) * I generally, or at least I used to be very stressed out, I would get very anxious and nervous, especially in social interactions, I wasn't very socially… (347-349) * So, I was generally very stressed out person, but like I said, by the time I got to Garde 12, I was, I had felt that so much I’ve basically just taught myself to do not worry about it. (355-358) * I'm stressing… me stressing isn't going to change the fact that I still have to write a test, it’s not going to change what I do and don't know, it's not going to change how I perform so, well it will change how I preform it will make it worse, so, well I'm just going to try relaxing, and just get through it. (358-363) * But for me, everything just kinds happened so fast that I didn't really know to feel. (1088-1090) * this stuff was happening, I don't have time to focus on all of this I gotta, I gotta work. So, maybe it looked… maybe stress, because I did feel that a little bit more than usual, stress and anxiety, but… other than that it was just like… well I can’t really talk to my friends in the same way I usually do, I can’t interact with people how I usually do, I’m not playing sports and not in class, I'm just at home… and I think that actually also played a role in it, just always being at home. (1098-1104) |
| MH Services |  |
| Final Exams |  |
| Final Exams Protocols |  |
| Coping mechanisms/ support | * (Family) big part of support (791) * more of a gamer (785) * watch YouTube, that was one thing I did a lot on my phone (793-794) * if I ever did need any support like I could get hours at home I felt comfortable I was in my room is most comfortable place (778-780) |
| Well-being | * Managing the balance between getting stuff done which is very important and having time to just relax and recharge, I guess you would say. That balance was very important (1480-1482) * just being able to manage your time and divided into getting stuff done to you not worried about work and relaxing so you not worrying about working (1489-1491) |
| Effects of pandemic | * There was a difference, there was defiantly a difference, but I would say it probably affects me more now and then last year (110-112) * Nothing that I specifically had a major problem, other than just maybe a little bit of extra worrying that someone would get sick in the family. (631-634) * I can’t say it really affected me (707) |
| adapting/ Adjusting | * I didn’t really do much to adapt (521) * And just that whole thing of I, I need to understand that people have it worse, so I can just be happy with the fact that I am coping, even if it's not ideal, yeah. And just that idea of I'm making it through. So, let’s not try change anything, let’s just get through it and if things changed we adapt again, (1141-1145) |
| Sport | * sports are probably more important than academics for a lot of people (23-24) * It didn't really affect me too much because I was never ready to into sports. (29-30) |
| Expectations | * I know for a lot of people the impact was more that they couldn't do, what they had wanted to do, come into the school in grade eight and something that they look forward to all the way up throughout the year. (23-26) * lockdown started or it was announced there was going to be a lockdown, I think a day after we had our matric dance. (46-47) * not getting what you expect from something (127) * The whole idea of not being able to do something that they look forward to doing for the past five years. I think that really affected some people and it did have an impact on how they did in school, in that last year. (611-614) |
| Adapt teaching/ learning strategies | * in terms of learning it didn't make too much difference, to me because I pretty much self-study everything anyway, when I was in school. (89-91) * Having to adapt to a new learning style, in the last year high school, that was probably the biggest problem. (485-486) |
| Describe school year | * Last year… it was quite interesting year (21) * Boring (713) * not that it was boring there was a lot of stuff that happened. It's just because of how much you expect, as opposed to what you did. Even if you're getting something out of it you still… you compared to what you should have had and you think well it wasn't as great as it could have been (713-718) * things weren’t as good as they could have been, (722-723) * academics was the most important thing to me and in that regard I did fine (718-719) * I did well and I was happy with my results. (731) |
| Feelings- Disconnected/ Isolated/ Lonely/ Social interactions | * social interaction diminish which, even as someone who prefers to be alone and, and a little more secluded, a little more secluded, I do still like talking to people and, as… since there was locked and can't really go out, you can’t really to do things and… yeah, that did… not having that social interaction (81-86) * not being able to go out in the year that you're supposed to go out and meet people is, is a bit of an impacted so just referencing this year to last year, I’d say this year was probably more difficult but it was also a challenge last year. (119-122) * I wouldn't say last year made… got those feelings of concern didn't get any worse... If anything, they probably went away because I didn't have to deal with this stuff that I normally would of (1356-1359) |
| Lessons learnt / positive outcome | * it's actually very similar because the way they structured the lessons in high school, when we had those two, three months of online lessons. It was actually very similar to how things work now. You don't have lessons the whole day you just like have a lecture now and one later and because… it's still a little bit different because at the university it's pre-recorded lectures (1397-1401) * I think it did help having those online classes in high school. (1413-1414) * just it helped me get used to it. So, I wasn't as anxious about having to do these online lessons (1440-1441) * you should learn how to adapt to change, cause change can come at any anytime and yeah (1449-1450) * plan for the worst-case scenario and if anything, better happens you always be happy, but worst case scenario you'll get what you expected and in that case we plan… you will be prepared for it. (1458-1462) |
| Home/Family during Lockdown | * my parents were there, my brother was staying at home as well at the time (776-777) |
| Stressful situation of 2020 | * the exams (1196) * Me not getting into university would defiantly affect my life for the next 10 years. (1207-1208) |

**Transcript Participant 3**

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| Codes | Extracts |
| Returning to school (Regulations/ changes) | * The worst part about returning back… I think it was the adjustment again. So, after going from normal classes to online classes and then we went from online classes to normal classes the adjustment, especially because the way they set up the classrooms and the way they were doing the normal classes was quite different. (479-484) * So, they set up a set up in the hall and we there would be a lot of space and one teacher at the front of the hall. So, I mean, hearing that and trying to collect all the information was a bit hard. And we would also be using our laptops in class. (484-488) * they would be working on Google classroom and will be working on Google classroom as well. So, it's like online school at actual school. (490-492) * But they had screening, so every morning we would go get screened and then we would be able to enter school. (559-560) * And then before and after every class there was hand sanitizer, sanitize the desks. (561-562) * if you do not comfortable coming back online… coming back to school just call the school every day and tell them listen I’m not coming in (571-572) * it is a lot of information to take in, but we eventually got used to it. It was a bit hot, it used to get uncomfortable. (562-564) * I wouldn’t say a few days, I’d say a week or two, coz it was quite a big adjustment. (586-587) * used to have separate assemblies, so they split the assemblies for grades and each grade had assemblies. (852-853) |
| Schools reopening |  |
| Emotions felt around returning to school | * I was a bit stressed. I was stressed because I wasn’t really sure, its fear of the unknown, nobody really knew what was going on. So, I think that stressed everyone out quite a bit, I know I was stress. (533-536) * I think there's a lot of mixed feelings about it, some people wanted return, some people didn't want to return. (556-557) * Think a lot of people were afraid of the virus, other people weren’t afraid. (557-558) * I think, everyone wanted to come back, mostly everyone wanted to come back, they were missing their friends, they were missing like face-to-face interactions in class. (564-566) * But I think some people didn't want to come back, I think online agreed with them and they were doing well online. (566-568) |
| Positive Feelings/ motivation |  |
| Nutrition |  |
| Structure/ routine |  |
| Work/School- Home Balance | * I think my room was more the classroom. So, I never brought my work out of my room. (140-141) * I kept my laptop in my room whenever, I would work, I go into my room and when I need a break, I come out. So, I kind of split it physically. (143-145) * I think managing Everything during the day. So, like keeping the house clean, cooking and like actually doing your work, so it's balancing all of that. (440-442) * Then at home you have to you have to basically juggle everything. So, it was a bit of a transition but after a week or two you get used to it. (447-449) |
| Schools Closing | * They gave us week, just a week to adjust and get everything sorted and then after that week we went into it. (405-406) |
| Effects of the pandemic on schools/ education | * there a lot of speculations and rumours about how things are going, were they going to cancel finals and all of that. So, there was a lot of unrest as well. (42-44) |
| Dropout rate |  |
| Support provided by school/ department during the pandemic | * they had maths camps and everything to help prepare for the exams (659-660) |
| Negative Feelings |  |
| Online Learning/ teaching | * the school actually did quite well they introduce online schooling, and we did quite a lot of online classes because we were in the middle of term one (31-34) * they used Google Classroom (312) * They set up Google classrooms for us and we would have to separate classes for whatever our electives were like physics, maths, and all of that, and they gave us timetables so that would schedule Google meets. (312-316) * we would go on to Google meets and we have like our classes basically (316-317) * most of them were live (324) * they also did like a week before, they showed us how to use it, they told us how to use it and they made sure we knew. (337-339) * I wouldn’t say there was a change coz it was live lessons. You could still ask the questions and it was like being in class. (416-417) * I think the only adjustment was you couldn't like do example, physically examples in class. (417-419) * also if you needed help, you couldn’t get help from the friend next to you, or the person next to you, or ask them like please explain it, reexplained it, so you couldn’t really get different point of views. (424-427) |
| Access to Online Learning/ teaching | * The school made sure; the school did make sure that everyone has it. So, if you didn’t have access to it, just contact the school they gave out data and I think they were giving out Chromebooks to anyone. (392-395) |
| Mental Health- feelings of stress/ anxiety | * did stress me out, that stressed me out and it worries me a bit, but then I realise there's nothing I can do about it (55-57) * I can’t prevent that, so I just need to prepare for what's coming. (59-60) * I am only going to focus on the things that are in my control. (64-65) * I don’t think I get stressed out quite easily. (69) * everybody used to give their own stories and I kinda just said I would take a step back and say listen this is in my control, this out of my control, just concentrate on what you doing and keep going. So, I didn’t really worry about that too much. (177-181) * think stress was the main one (emotion felt) but I mean it's because of the exams (721-722) * I think there was a bit of anxiety, we didn’t know what was going to come out of the exams, we didn’t know how it is going to go (724-726) * I think slightly, I was slightly mainly distressed, and anxious and I think the worry about the health of my family. (804-805) * I think that was the biggest worry. And other than that, I tried to keep it as normal as possible. So, you didn't drift too far from normality, and you didn’t feel like you're in ultimate universe. (807-810) |
| MH Services | * there was a school, school counsellor (866) * the teachers did make themselves available they said listen if you are struggling or anything, come talk to us, they were very good at making themselves available. (868-872) * No, I didn’t (make use of counsellor). (888) |
| Final Exams |  |
| Final Exams Protocols |  |
| Coping mechanisms/ support | * I would watch TV, there wasn’t much to do, I would train, do some exercising… there wasn’t must we could do really. (151-152) * I think if anything, that (being on my phone) helped me, because it kept me up to date and it kept me knowledgeable on what was actually going on and what's happening. (160-162) * talk on WhatsApp groups (176) * I just take a step back, calm down and then just go back. (546) * just get everything in my mind in order. (549) * when you're feeling stressed, you feel, feel scrambled in your mind, so once you step back and just organise everything and you can go back and look. (549-552) * And I think having access, like the teachers making themselves available, like online even though we went back they made themselves available online, I think that helped a lot. (825-828) |
| Well-being | * … I think just being my family actually helped, so them being around helped. I used to study with my friends quite a bit (818-820) |
| Effects of pandemic | * I didn’t really feel the effects that badly, as much as other students but I think it went quite well (20-22) * I coped (73) * they had, had a steady flow of income before that, so they weren’t stressed like everyone else with the pandemic. (130-131) * my brother contracted it and my grandfather contracted it (271-272) * my grandfather contracted it that January, January/February, and he was hospitalised by it. So directly 2 were affected (275-277) |
| adapting/ Adjusting | * (Difficulties) adjusting from normal school to online school (76) * you wake up in the morning and you like have a choice do I do the work, or do I sleep? A normal school day you go to school, and you don't have a choice. (79-82) * so I think it's just that independence that you have to adjust to, (83-84) * And I think just not being surrounded by people, coz you used to… from 12 years of school, you are used to being surrounded by people while doing your schoolwork and then suddenly it's just you and a computer (85-89) * I think, maybe it was just getting your matric, the mindset of just, I need to get this, I don’t really have time to, to think about it, I just need to go do it. (525-527) |
| Sport | * I think the main thing was that I just couldn't play sports and stay active at school (17-19) * I was playing indoor soccer every week. (215) |
| Expectations | * We had our matric dance (755) * I can't really say there was anything that was disappointing like that stands out, coz we did experience everything. (775-777) |
| Adapt teaching/ learning strategies | * No, I didn’t. I stuck with the style of learning that I had. (594) * I stuck with that style of learning because I didn’t want to change anything too immensely and then I lose track, and I'm trying to play catch up because I changed the style of learning. (595-598) * I actually found myself going into YouTube a bit more. (607) |
| Describe school year | * Different (737) * Exciting (740) * Because it was different, but it was like a new challenge, something we had to adjust to and we adjusted well and actually got through it, so I think it was exciting just try and see how everything will go (742-746) |
| Feelings- Disconnected/ Isolated/ Lonely/ Social interactions | * (Difficulties) not being surrounded by people (77) * (not seeing people) Slightly, I’d say slightly because I don't… I'm not very extroverted person… so it did affect me but not as much as I think it affected other people. (209-211) * 2 cricket practises or hockey or whatever it was a term during the week, then one match a week. So probably about four days a week. (217-219) * so that was a big adjustments, not having it. ( 221-222) * I made the decision that I'm stopping at completely and I'm focusing on academics. (232-233) |
| Lessons learnt / positive outcome | * that’s what we were thankful for (lockdown forced us to spend time with grandfather before passing), that’s what we were really thankful for. (301-302) * I think it helped quite a bit actually because the way that they're doing varsity now, is very similar to the way we did matric last year. So it has helped the transition quite a bit. (623-625) * new experiences with the technology side of it. I think everyone became a bit more technologically savvy during that time period everyone figured out how to use a computer properly and actually their way around navigate, do it on the computer. (786-790) * the mental strength, everyone strengthened mentally and emotionally during that time. So, I think after that period, everyone was a bit stronger coming out of it, than going into it. (791-794) |
| Home/Family during Lockdown | * I was at home. I was with my grandfather, so we moved my grandfather up from Durban for lockdown. Then I was with my mother, my brother, and my father. (102-104) * that also took a bit of adjusting, coz I mean he was living on his own in Durban and we were living without him, but we got used to. He needed to be taken care of it quite a bit, so we were there for him, and we did everything for him. (109-112) * (parents work from home) they tried but because of the lockdown that they couldn't really get many cliental so they… they real estate agents. (114-117) * everyone pulled their, everyone pulled their weight at home, everyone cooked, everyone cleaned, everyone did what they need to do (188-190) |
| Stressful situation of 2020 | * I would say prelims (642) * we were just getting into everything, and I think studying for that and trying to make up for the work that we did in lockdown that we couldn't really graft because it was online (655-647) * I think going into class after, after school finished and having extra lessons on a Saturday and Sunday at school. So, I think coping… like preparing for prelim was the hardest part and the most stressful part. (649-652) * I think it's so stressful like studying and aiming to do well in the prelims because it did kind quite a large sum towards final, the final mark that we got. (697-699) * I think also the adjustment to the way we were writing exams… (704-705) |

**Transcript Participant 4**

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| Codes | Extracts |
| Returning to school (Regulations/ changes) | * they had to cram everything in three weeks for the kids who didn't and then then we started new work after because there was still more work to be done. (120-123) * we still had a week of revision (126) * The one thing they teach you throughout high school is done cram at the last minute. Only for us to have to cram at the last minute (337-339) * I think teachers were also on edge and then you know you can sense when your teachers are on edge coz now the whole classroom is on edge (346-348) * It was very different (747) * the mask thing... I was fine with the masks, I still am. The only issue is that I wear glasses (747-749) * Not everyone returned (776) * You sanitise as you enter the school, they screen you, you at school for like a normal amount (780-782) * You just wear your mask (783) * As the prefects will you check for social distancing, (785) * Then for registration when you get into your, your register class you get screened, like they take your temperature (787-789) * our school did fumigate every single day (806) it’s a lot of work to cram in the beginning (837) * When you sit on the field with them you have to sit socially distanced from each other (871-873) * they drew blocks on the field. (874) |
| Schools reopening |  |
| Emotions felt around returning to school |  |
| Positive Feelings/ motivation |  |
| Nutrition |  |
| Structure/ routine | * but that motivation was just depleting so much. I think, it was a struggle coz I went through like 11 years of routine, to go through to like... (31-33) * In May it was easier for me to keep the routine. I woke up everyday, had breakfast everyday, I like showered everyday, change clothes everyday you know... I was convinced that getting ready would be like the way to start the day. (43-46) * ...  Especially in winter. I would sleep and warm clothes so waking up and I must change out of warm clothes ....like I slept in  sweatpants, I'm gonna wake up with just wear my sweatpants anyway... So, it just became a little bit messy in terms of a routine... There was no routine. (53-57) * the routine thing, definitely harder to deal with because it's hard to like... When you're not being told ok the bell has rung, now I have to go to this class and do the work, you know it's harder, to tell yourself okay, let me do the work now (823-826) * (best thing about returning to school) I think the routine. I'd say seeing people and part of it was, but I think more the routine because I didn't have much. Like I had it then, I lost it and I had it, you know, so it was more consistent when we got to school. (949-952) |
| Work/School- Home Balance | * It’s now stressful (268) * that's one thing I’ve been complaining about is my room that was a nice place to relax you know... Like yes, I studied but that was more like I’d sit at my table which is a corner of my room.  The rest of my room was like you know, a nice place but now because I'm there the whole time I get bored of sitting on my table, so then I sit on my bed and in my bed I have  my laptop, so my bed is so stressful place too and then I sit on my couch and then my couch is also a stressful place... You know yeah... So I think if anything it just made me a lot more like anxious, just being in my room made me anxious (270-279) |
| Schools Closing |  |
| Effects of the pandemic on schools/ education | * . I think what also didn't help is, a lot of our teachers also... They weren't prepared for it, so a lot of them just took it as a Oh well we won't do anything with you for the first few months because you probably going to come back to school soon (57-61) * a lot of the teachers who didn't do much in the beginning started just like hitting us with like a lot of hard work... Yeah I think that's what made it a lot more stressful. (67-70) * Like I know the higher you get in high school the less teachers spoon feed you but this time they completely just hands off... Completely was up to you, but what they did do is when you went back to school, eventually went back to school they crammed everything in like 3 weeks (110-114) |
| Dropout rate |  |
| Support provided by school/ department during the pandemic | * I think they made it (extra lessons) compulsory for the kids who were failing. (897) |
| Negative Feelings |  |
| Online Learning/ teaching | * the work they were giving us was on Google classrooms we used like Google Classroom, zoom for lessons and stuff (72-74) * We didn’t at that stage (online learning) and we didn't in the beginning I think like two weeks in that's in math started, or like a month (560) * we started with Google Classroom, but math was on zoom (608) * Then towards I think may... June they started posting videos. Our teachers would like to make recorded lectures and posted it on google classroom (626-628) * upload links to like YouTube channels that taught the topic (630) |
| Access to Online Learning/ teaching | * but obviously you weren't getting data from school... It’s a public school (74-75) * Not every kid has... (75) access... Like they don't have like a laptop or like a phone that has enough storage for all of these things. (77-78) * Like everyone has a smartphone but like to download all the information, the storage(79-80) * The teachers try to tell us do the work it's... Like you have to do it but they also kind of made it clear like coz it's a public school we are aware that everyone doesn't have data and stuff you know...  (88-91) * I was lucky in terms of I had wi-fi, I have the laptop, I had my phone, I have a printer, i... You know, I was able to do things (118-120) |
| Mental Health- feelings of stress/ anxiety | * It amplified my anxiety a lot. I think even my depression just spiralled down, which really sucks because I worked really hard to get out of that space just for lockdown to happen and I started spiralling back down again (290-293) * I was seeing a psychologist until grade 10, grade 9 and grade 10.  I was in the hospital in grade 9. (296-297) * I did start seeing the school councillor, I think until the end of the matric until before prelims.  She did help me a lot I had really bad anxiety at school. (313-315) * Then there were times where it would mess with my sleeping schedule. I just can't sleep, like I have the worst insomnia, I couldn’t sleep. (364-366) * ... I kept losing motivation, like the whole of last year, so that wasn't just like motivation in school it was just like motivation to... Workout, it would be motivation to get out of bed, to like do, anything, sometimes I wouldn't even do my, my, bible plans (382-386) * every year you start off school with a lot of motivation and then you know it depletes as the year, but I think because of covid because of lockdown because of everything it depleted a lot faster, than it would of (712-715) * I must say I did suffer a lot with fatigue in matric. I had to take like baraka boost every day because our school is huge and some of my classrooms were on the other side. (957-959) * My anxiety was heighted a lot, that was mostly because of like the… the school you know, having to cram a lot, having to not do as much and then do a lot. Just not knowing when we were going back to school at all, especially since we were told the dates and then they postponed the dates and then you know… it was a lot. (1135-1139) * Even kids who didn't have anxiety, ended up getting anxiety. (1141) * my anxiety heightened, and I think my depression definitely just made me spiral because of like, the home situation, which was caused by lockdown (1142-1144) * I can't sleep. I constantly feel anxious, (1166) * In my chest. Like sometimes I get so anxious, I feel like throwing up so, then I’d feel it and I know. Like I didn’t eat anything weird (1169-1170) * Depression you feel it, you just you feel like you're just drowning you know… like there's something pushing you. (1174-1176) |
| MH Services | * the counsellors are there. You can book a session with, but we have two (1097-1098) * I think they did prioritise the matrics, but they never made it like super clear. Like they did, I think a few times like announce it on the… the communicator. (1102-1104) * Like if you guys need help, you can talk to the councillors and stuff, it was never addressed to the matrics, it was addressed to the whole school. (1104-1106) |
| Final Exams |  |
| Final Exams Protocols |  |
| Coping mechanisms/ support | * I try everything. I used to do breathing exercises...they don't always help (352-353) * Then id listen to sleep meditations (366) * so I can do like yoga in my room (378) * YouTube video like a ted talk and then I feel like, you... You need to get your life together (396-397) * venting to my boyfriend (399) * No one (Support). My mom is not the supportive type.  (544) * Shame bless his soul, he (boyfriend) is so supportive (560) * my friends I have I think they would definitely be there for me if I spoke to them about it (576-577) * I did try journaling (1232) * Like I enjoy yoga I still do yoga, so there. Sometimes it’s just talking about it, sometimes I like write poems (1237-1238) |
| Well-being |  |
| Effects of pandemic | * I think covid itself didn't impact like... I didn't feel as badly impacted by covid itself... I think the consequences of it (125-126) * Some of my teachers did get it (Covid) (173) * impacts more this year (254) * I think another reason I wasn't as impacted was a part of him (step-father) because he is on the wealthy side (508-509) |
| adapting/ Adjusting |  |
| Sport | * I didn’t do sports, I did public speaking (853) * they cancelled all extra murals... For our year (856) * You couldn't do like the extra stuff, you know, like let’s be real, school isn't the fun part, it's all the other stuff that makes it fun. (866-868) |
| Expectations | * We don't have a farewell which sucks (697) * No, we did (have matric dance). But we usually have a matric farewell where we go to Bella Bella for the day. (700-701) * we did have our matric dance before finals (706) * there's just like a curfew...you know... You had to leave, I think it ended at 9:30 and wear masks (707-708) * very disappointing (710) * I could have done so much better with like my marks, if that motivation (710-711) |
| Adapt teaching/ learning strategies | * Slightly, I'm a visual learner but I also... I make notes and my notes have to be colourful. I do calligraphy to make them look pretty, I don't draw pictures though, couldn't be bothered, that’s a lot of effort. I write out everything, like my notes are a lot and then I highlight everything, I colour coded it, it's a lot of colour and then I walk around while I read my notes to learn it. I feel like I learn faster when I'm walking and reading. (917-923) |
| Describe school year | * Being the beginning of matric I was overwhelmed in general coz you know everyone goes on about oh matric, last year high school (16-18) * disappointing, it wasn't the worst was pretty disappointing. I think we all excited for it we expected more like, we knew the stress, but we also need the parks, which we didn't get. (1258-1260) |
| Feelings- Disconnected/ Isolated/ Lonely/ Social interactions |  |
| Lessons learnt / positive outcome | * Yes, definitely (varsity is easier). I think some kids are really struggling. I speak to my friends who say that they struggle because a lot of them… I told you, a lot of them didn't do the online work, they took it as a six month holiday. (1042-1044) * I think all the anxiety of doing things last minute and cramming definitely helped in uni because you don't get a month before for anything, you get like two days and then suddenly something is due. So, it’s like, I'm fine with that now, I'm dealing with the pressure now, it's so much easier to deal with the pressure of like deadlines being two days. (1050-1055) * that I can depend on my relationship a lot (1273-1274) * he was just there, and I think, I definitely relearned what love is supposed to be. (1278-1279) |
| Home/Family during Lockdown | * lockdown meant that my parents have to stay at home also which... Yeah means we had to stay at home, deal with my step dad it was just it was a lot like that, but it wasn't exactly that covid itself hit me. (154-157) * my mom works from home from the time covid started as she has diabetes, hypertension, cholesterol issues, she's asthmatic so her workplace obviously gave her the option to work from home (193-196) * she got the vaccine obviously her immune system dropped and just didn't work out, she was hospitalised in ICU on a ventilator. (213-215) * My step dad was also put in hospital at the same time my mom was in hospital (221-223) * last year my biggest issue was like oh I don't wanna stay at home now because now we have to deal with my stepdad (254-256) * You are all stuck in the same environment, you can get irritated easily (259-260) * My helper lives on the property, so she was also there. My uncle also lives on the property but we don't see him. (420-421) * we had a dog but we have to give him back to SPCA cause of my step dad (427-428) * My step dad that’s the reason I stayed in my room the whole time. I didn’t wanna deal with him at all it's stressful in general. Him and my mom fought a lot, and we were scared that again he was gonna get abusive. (475-479) * I think the environment (difficulty during lockdown) at home you know it's like I was the only one at home. So even if I did try to work, my mom works from home she's on the phone a lot, she's really loud. My sister had to do school work, you know, if she screamed we all heard it, she didn't like it if she cried, our house echoes a lot. (827-832) |
| Stressful situation of 2020 | * Prelims (992) * I think in general, I'm the type of person who… I tend to blank out and little bit when it comes to writing a test. If you look at all of my workbooks, I will have everything correct and then I write a test and I forget how to do things. (994-997) * he lack of sleep, the extra studying, I think just the year in general was stressful, so you just under more stress, like a lot more stress. Like prelims are stressful we know that, but now had prelim stress, the year stress, you had cramming stress (1005-1009) |

**Transcript Participant 5**

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| Codes | Extracts |
| Returning to school (Regulations/ changes) | * But as soon as we got to… back to school and we were in person, the classes were really manageable. They tried to like to make sure we covered all the work again. So, you basically did it all in lockdown and them just reexplained it briefly when we got back to school to make sure we understood. And I would say that was helpful. (210-215) * be in a mask all the time (264) * At school we had these little blocks that we had to sit in, and we couldn’t like to go outside of those blocks during break times. (265-2677) * (Best part) Definitely seeing my friends and the teachers really helps um…because I sort of learn the best way, for me, is to like listen to what other people have to say about the content, I’m a very like auditory learner, so when they explaining I understand the work a lot better than if I was just on my own, so that was definitely the best part. (353-358) |
| Schools reopening |  |
| Emotions felt around returning to school | * It was scary (260) * strange and unconfutable (264) * I was (scared), because my mom has an auto immune condition, so it was well... Freighting for me to think, o if I get covid and bring it home, you know… what is going to happen to my mom (277-279) |
| Positive Feelings/ motivation |  |
| Nutrition |  |
| Structure/ routine | * I think September came around when Prelims started coming up, that wasn’t too bad I started getting back into a routine and getting used to the new sort of teaching style that was given to us. (61-64) * I found it quite difficult coz at first (123) * there is no routine that I need to follow. And I think that was the most difficult part, not having a routine for me. (126-127) * Yeah, coz I would work 12 hours one day and then an hour the next day and that’s not really the best, well not the best for me. I find that I thrive and work better in a situation where there are strict routines that I can follow (128-131) * And by the time I got to school and had sort of adapted to a new routine at home and having to adapted at school. I think I never really like proceed the work in between, it was sort of just like; new routine, new rules, and guidelines that we have to, follow so let me just make sure I am following those as they are the most important ones at the moment, and I will think about academic work a bit later. (293-300) |
| Work/School- Home Balance | * But now for me, I was in my room, where I would usually relax and destress, I’m now stressing and trying to get work done in the same sort of setting and that was quite difficult for me to separate the two, coz you are like aaah, I can just work whenever I want to and then you just start working too much and overworking yourself, which isn’t very, great as well. (48-54) * I am like really grateful that I was able to have a home that I was comfortable, and I could at least work and there was a good Wi-Fi connection and all of that. (103-105) * we sort of had an agreement that we were going to eat dinner together every night and which was really helpful in creating that break. (151-153) * But the challenge was trying to fit all these different schedules into one sort of like family plan, I guess. (343-346) |
| Schools Closing | * I was a bit shocked, I think also a bit of denial, just I couldn’t believe like that was actually happening. I was like… okay maybe its just an extra holiday that we can have, and you can sort of relax. I didn’t really think much of it, I thought it was just going to be 2 weeks and then we would be back to normal, but obviously that wasn’t the case. (78-83) |
| Effects of the pandemic on schools/ education |  |
| Dropout rate |  |
| Support provided by school/ department during the pandemic |  |
| Negative Feelings |  |
| Online Learning/ teaching | * And I found it quite difficult as, I was on the computer every single day for like 2 months. (44-45) * in the beginning we were all still trying to find out ways to make online work for us. We used like Google classroom to sort of get going. (189-200) * This was bran new for us. (220) * It was basically just you go on Google classroom, and they give you the work you need to do and you basically just work through it yourself using the textbook. (224-226) |
| Access to Online Learning/ teaching | * I did have like resources such as Wi-Fi and you know a room where I could work, and I had my own laptop (136-138) * There were a few that just didn’t, just didn’t have the time or the Wi-Fi to actually access the work. (238-239) * them went back to their grandparents’ houses in KZN or the Eastern cape or Western cape and there they were on farms (240-241) |
| Mental Health- feelings of stress/ anxiety | * I also got the sense of being trapped, I guess everyone felt that was of being confined to the space (176-177) * I would say, when it was lockdown, level 5 I think it was June… May… that time, that was really difficult for me mentally just because I was just, I didn’t know what to do, and how to experience and how process all of this, so I kind of just went into this episode of like, nothing is going to get better and its gana, you know… be like this forever. (307-312) * But, then when we went to school it was kind of like okay, this is a new sort of thing that’s, its showing its going to get better. And that’s like sort of how my mental health improved but also through like making routines and keeping contact with my friends and family, that defiantly helped. (312-317) * I am generally an anxious person (493) * I definitely do think that there was an increase of anxiety (499-500) * It was mainly the pressure because since Grade 11 everyone is telling me final exams are… you need to make sure you ace those final exams in order to get into university and in order to get into the degree you want. (503-506) * I do think it (my mental health) was affected but in the negative way, yes, but also in a huge positive way coz I have all these tools to help me through the negative times now. (528-530) * I think at that time I felt at my lowest and now I have all these tools and ways to help me get out of that and know that I have gone through that now, and if there is a point where, I do feel at my lowest point again, I know that I can get through it because I have had this experience. (532-537) * (emotions felt most the time) stress and excitement. It was difficult to differentiate the two. You are excited that you are going back to school, but you are also stressed that you know, there is this pandemic that is still happening while you are going back to school. And excited that you are finishing matric but stressed that you have to write all these exams, so it was kind of hand in hand. (553-559) |
| MH Services |  |
| Final Exams |  |
| Final Exams Protocols |  |
| Coping mechanisms/ support | * my parents were my main support (136) * I spoke to a lot of my friends. I tried to read a lot of books to get used to the idea of being in this room all the time. (139-140) * I was like, ok let me plant some vegetables and get active in the garden coz I am going to be spending a lot of time here so I might as well just make it ideal and a place that I want to be. So that was also what I used to cope. (184-187) * like definitely a routine and getting outside and getting exercise, definitely having conversations with my friends over the phone and video calling family members. (323-326) * And just speaking to people about their experiences as well and how they felt over that period, I think it definitely made me feel less alone, in like to hear this isn’t going to get better (327-330) * And looking for little millstones, like oh, if I finish this chapter, you know, then that work is less and then I’ll have more time to do things that I really enjoy. (330-332) * I mainly just made sure that I studies and took a lot of breaks in between, to just keep focused (514-515) |
| Well-being | * those were the kind of happy moments, when you got to spend time with the family and sort of like decompress and relax with them. (156-158) * I would defiantly say nutrition, exercise, keeping those in a healthy range was also very helpful. (576-577) * defiantly focusing on friends and family and making sure that I maintained those relationships (577-579) * focusing on what I could control which was how I felt and what I was doing every day, that defiantly helped (579-581) * just being very careful and cautious about how much media and social media I ingested coz, yeah… if you are always just sitting on your phone you know, reading all these doomsday news articles, it can be quite daunting. (581-584) |
| Effects of pandemic | * initially I thought oh what a nice long holiday it’s ganna be to relax and watch Netflix and all of that, but then as you get into it you start realising like, I have to be in charge of my own learning and my own schoolwork and that was very scary for me. (38-41) * I know a lot of people did lose their jobs during Covid (102-103) * we all didn’t have covid, yeah, we didn’t get covid and luckily all my parents still kept their jobs. (144-145) |
| adapting/ Adjusting | * there was not really… like time, well for me, there wasn’t really time to sort of… respond to, well not respond, I’d rather say actually process, all the information that was, you know happening all the time, well with covid everything was always constantly changing. (289-293) |
| Sport | * I played a lot of hockey (161) * . I did cultural actives as well as sporting activities (162) * it was also that transition of going, doing something every afternoon to doing like nothing and just academics. That was also a quite a difficult transition. (163-165) |
| Expectations | * Um... So, in the beginning it was very exciting (26) * I am glad that I got to experience those things before lockdown happened. (32-33) * we didn’t have a matric farewell and a matric dance (360-361) * disappointing in a way that it didn’t meet my expectation (562-563) * overall I would say that I enjoyed my matric year. (566-567) |
| Adapt teaching/ learning strategies | * I am a very like auditory learner so when people explain things to me, I understand it a lot better, if I read it. (420-422) * I had to adapt that to sort of watching a lot of YouTube videos in the content. (422-423) * a lot of YouTube videos, a lot of meetings, like zoom meetings with my friends where they would explain stuff to me (425-426) * but I am defiantly grateful for YouTube because it defiantly helped me (438-439) |
| Describe school year | * Challenging and growth (403) * Well challenging because there is this big obstacle in the middle of your matric year, when you are facing a pandemic and you still have to get this, get through this obstacle in order to get your matric certificate (406-409) * And growth, because through all these challenges you become a better person, you grow through these challenges. (409-411) |
| Feelings- Disconnected/ Isolated/ Lonely/ Social interactions | * If you compare that to Grade 11 or even the beginning of matric where… there was a lot of social interaction involved with learning and it was a very specific, setting where you learnt. (45-48) * very difficult because I couldn’t interact with my friends in the way that I used to, yeah, it was a very novel thing for I think, all of us,(55-57) |
| Lessons learnt / positive outcome | * looking back, I really did grow in like discipline, and adaptability, and also growth in terms of my relationships, with my parents, with my friends, with my family. (411-413) * (online learning benefits you this year?) Well considering that this year is completely online, and I have to do the same thing that I had to do in lockdown, level 5. It definitely helped me do that a lot better, so researching a topic that I don’t understand and um... Yeah it has defiantly helped me for that. But I also think it has just helped me in general, if I do find something that I am curious about to just research the topic and you know, there are a whole lot of resources on the internet that can answer that questions you just have to find it and sort through all the information. (455-463) * the generation that “we can get through anything”, we got through the covid pandemic, in our matric year… we are good! (540-542) * it made us a lot stronger (549) * Just be grateful for all the experiences that you had and will have I guess, you know, a lot of gratitude, a lot of being mindful and present of your situation, and about, yeah, being present with your friends and families because there was time when none of this, none of the family gatherings, or none of the friendship gatherings were even allowed so, just appreciate those moment with other people. (598-604) |
| Home/Family during Lockdown | * so I was with my dad and stepmom, which was different because during like the semester and school times I usually stayed with my mom and step dad. (87-89) * I stayed with my dad and stepmom this time during lockdown. And that was also a different dynamic because I was so used to being home with my mom and stepdad in that sort of environment. (91-94) * Earlier we were all locked down in the home together and my stepmom, so she is an optometrist and she found it also difficult to just be at home because like she didn’t know if like her business is going to be okay and all of that and my dad was also working from home. (94-98) * And we didn’t really spend much time together as I thought we would, we were just kind of like in our own corners of the house (98-100) * it was defiantly different just being with my dad and stepmom verses being at home with my mom and stepdad. (105-107) * I think we also did like a lot of outdoor activities together. So, We would like exercise in the garden and take walks, walk our dogs. Yeah, those were the kind of happy moments, when you got to spend time with the family and sort of like decompress and relax with them. (154-158) * Definitely, the moments when I got to spend time with my family, those were sort of my highlights. Also being outdoors and I think speaking to my friends about, like their days and what they were getting up to. (335-338) |
| Stressful situation of 2020 | * Final exams were really stressful (468) * There was also, the part of covid where, if you had covid you couldn’t write that exam and you had to have a delayed exam I think, by 2 weeks, I’m not sure what the date was. So that was scary coz if I had covid during that time, I wouldn’t get my matric certificate because of something that’s out of my control and that is very difficult. (468-474) * It was very stressful as well coz you were sort of extra cautious when it came to everything or any social gathering, you just made sure you were so… very, very careful. (474-476) * it was also difficult coz my stepmother was in her third trimester of pregnancy. (476-478) |

Annexures:

**No table of contents entries found.**

This theme describes any effects on the school system found in the newspaper clippings and interview transcripts. This theme provides an understanding of the 2020 school year from the learners' descriptions and expectations, their experience of schools closing, having to learn during the lockdown, having to return to school in the middle of the pandemic and the support that was provided to them during this time.

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| 1. The start of the 2020 school year | All data relating to learners describing their 2020 academic year, the expectations they had for the school year, the announcement of schools closing and how this unfolded including the banning of extramural activities. | All data relating to the events or experiences after schools had closed due to the covid-19 pandemic. |
| 1. Learning through the Covid-19 pandemic | All data relating to the matric’s experiences of learning during the covid-19 pandemic. | All data relating to the learners expectations at the start of the 2020 school year, the general effects on the school system, learners returning to school and the support provided. |
| 1. Effects on the education system | All data relating to the general impacts on the education system, including final matric exams. | All data relating to the learners expectations at the start of the 2020 school year, matric’s experience of learning, learners returning to school and the support provided. |
| 1. Returning to school during the Covid-19 pandemic | All data relating the learners returning to school during the covid-19 pandemic, the new regulations made and the emotions they felt. | All data relating to the learners expectations at the start of the 2020 school year, matric’s experience of learning, the general effects on the school system, and the support provided. |
| 1. Support | All data relating to any support that was provided to the matrics by the school or educational department during the covid-19 pandemic. | All data relating to the learners expectations at the start of the 2020 school year, matric’s experience of learning, the general effects on the school system, and learners returning to school. |

This theme describes the home system, including the learners experiences of staying home during lockdown, finding a balance between work and home and the impacts of the covid-19 pandemic which they encountered.

This theme is concerned with the individual and the possible mental health impacts, the change of their routine and daily structure and how they coped and adapted to the demands of the covid-19 pandemic.

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| 1. Mental Health | All data relating to learners' feelings of stress, anxiety, worry, depression or isolation (mental health issues) or the absence thereof and, the access to mental health services. | All data relating to change in routine, ways of coping or adapting and the general effects mentioned by the learners. |
| 1. The change of routine | All data relating to learners change in routine and daily structure due to the covid-19 pandemic. | All data relating to mental health, ways of coping or adapting and the general effects mentioned by the learners. |
| 1. Coping and adapting during the covid-19 pandemic | All data relating to the ways learners coped and adapted to the demands of the covid-19 pandemic, ensuring their well-being. | All data relating to mental health, change in routine and the general effects mentioned by the learners. |
| 1. Effects reported | All data relating to the general effects experienced due to the covid-19 pandemic including, loss of jobs, death and contracting the virus. | All data relating to mental health, change in routine and ways of coping or adapting. |

This theme includes the positive experiences and lessons which learners encountered during the covid-19 pandemic.