

COVID-19: Disappointment & Expectations

Grades 9-12



LEARNING OBJECTIVES

By the end of this lesson, you will...

- learn to develop emotional acceptance.
- reflect on the connection between expectations and disappointment.
- explore strategies for coping with disappointment.

This lesson was published on June 29, 2020 and reflects what was known about the subject at that time.

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LET'S CONNECT



UNCERTAINTY AND DISAPPOINTMENT

COVID-19 and the measures put in place to combat it have given rise to uncertainty for virtually all those affected. Many are unsure whether the events they looked forward to will still happen. For some, there is certainty that some things *won't* happen, giving rise to disappointment.



92%

On the next slide you will read current headlines regarding Covid 19 and the school year. You will then have an opportunity to participate in a poll.

Slideshow



Districts to make decisions regarding in-person, online learning for 2021-2022 school year this summer

As of data updated March 17, the district recorded four positive COVID-19 cases in students and six positive ... to make a decision for the 2021-2022 school year. "With vaccines and with the infection ...

Chicago Tribune · 2d

High school seniors reflect on the reality of a much-anticipated year lost to coronavirus

Most years, senior year feels like a ritual. There is tradition in how the last few months of high school pan out, and those moments often become memories that last ...

 The Sun Chronicle · 13d

- 1
- 2

High Schools Considering Prom and Graduation Plans

Connecticut is receiving an additional 288,000 COVID-19 vaccines this week, according to Governor Ned Lamont. With people 16 ...

 NBC Connecticut on MSN.com · 2d

Poll

Did any of the headlines relate to things you are witnessing in your daily life or community?

- Yes, definitely
- Yes, somewhat
- No

Open Ended Question

Have you had any plans disrupted by COVID-19? Are there any plans that you think may be disrupted? You can focus on one specific example or mention your experience in general.



LET'S LEARN



EMOTIONAL ACCEPTANCE

COVID-19 and its effects, including on school, may be leading you to feel a variety of emotions. Many experts agree that a helpful first step when dealing with these emotions is to recognize whatever feelings you have. Asking yourself simple questions like “How am I feeling?” then “How are these feelings affecting me?” can help you accept what you are experiencing and better decide how to handle your circumstances.

Sometimes, we don’t take the time to accept our emotions about a situation because we think we should be able to “deal with it” or “look on the bright side.” While a positive attitude is helpful, allowing yourself to recognize how you feel is also important.



DISAPPOINTMENT & LOSS

Disappointment is an unpleasant feeling that arises when our expectations or hopes are not fulfilled. It is similar to loss in that some aspect of our life is now different from how we imagined it would be.



**LET'S DIG
DEEPER**

▶ DISAPPOINTMENT & EXPECTATIONS

Feelings of disappointment come from unmet expectations. One psychologist says "disappointment is a profound way in which sadness is experienced" (Mary C. Lamia, Ph.D., in *Psychology Today*).



MANAGING EXPECTATIONS

Dr. Lamia also says that one of the ways to avoid disappointment is to "avoid idealizing what could be." In other words, she suggests setting realistic expectations or avoid having too many expectations about the future.

Also think about the months and years ahead. Could revisiting your expectations help you to be happier?

Poll

Do you believe rethinking your expectations might help you feel less disappointed?

- Yes
- No
- I'm not sure.



**LET'S LEARN
SOME MORE
STRATEGIES**



BUILDING A CIRCLE OF SUPPORT

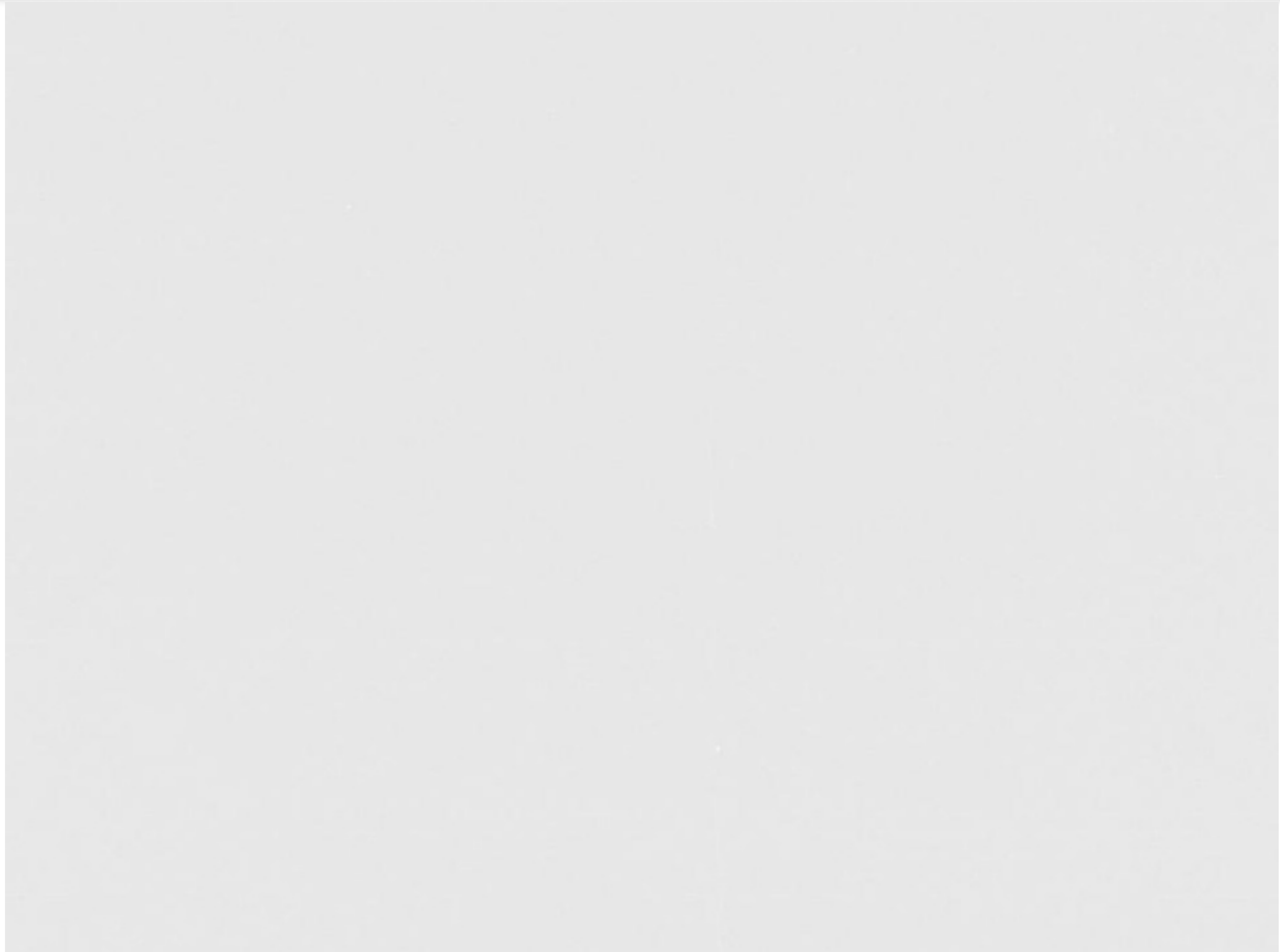
Making sure to maintain a social life and a circle of support around yourself, even if it's virtual, can help you feel more positive and give you a source of strength when you're feeling down. It can even spur ideas to make the best of this unprecedented experience:

"I'm in a group chat with other seniors, including the class president, and we're thinking of doing a big mural in front of our school as a gift to the class of 2020."

—Cyle Mendoza-Ramirez, 17, high school senior in California, as quoted on Vox

Draw It

Who is in your support circle? Draw, write, or paste images of people you can count on to support you during this time.





FOCUSING ON OTHERS

Many psychologists agree that focusing on others is a great way to feel less worried or sad. It also has benefits for those around you.

Focusing on Others



Are you helping others during this time? Do you have ideas for how to help? Please share.

Collaborate!

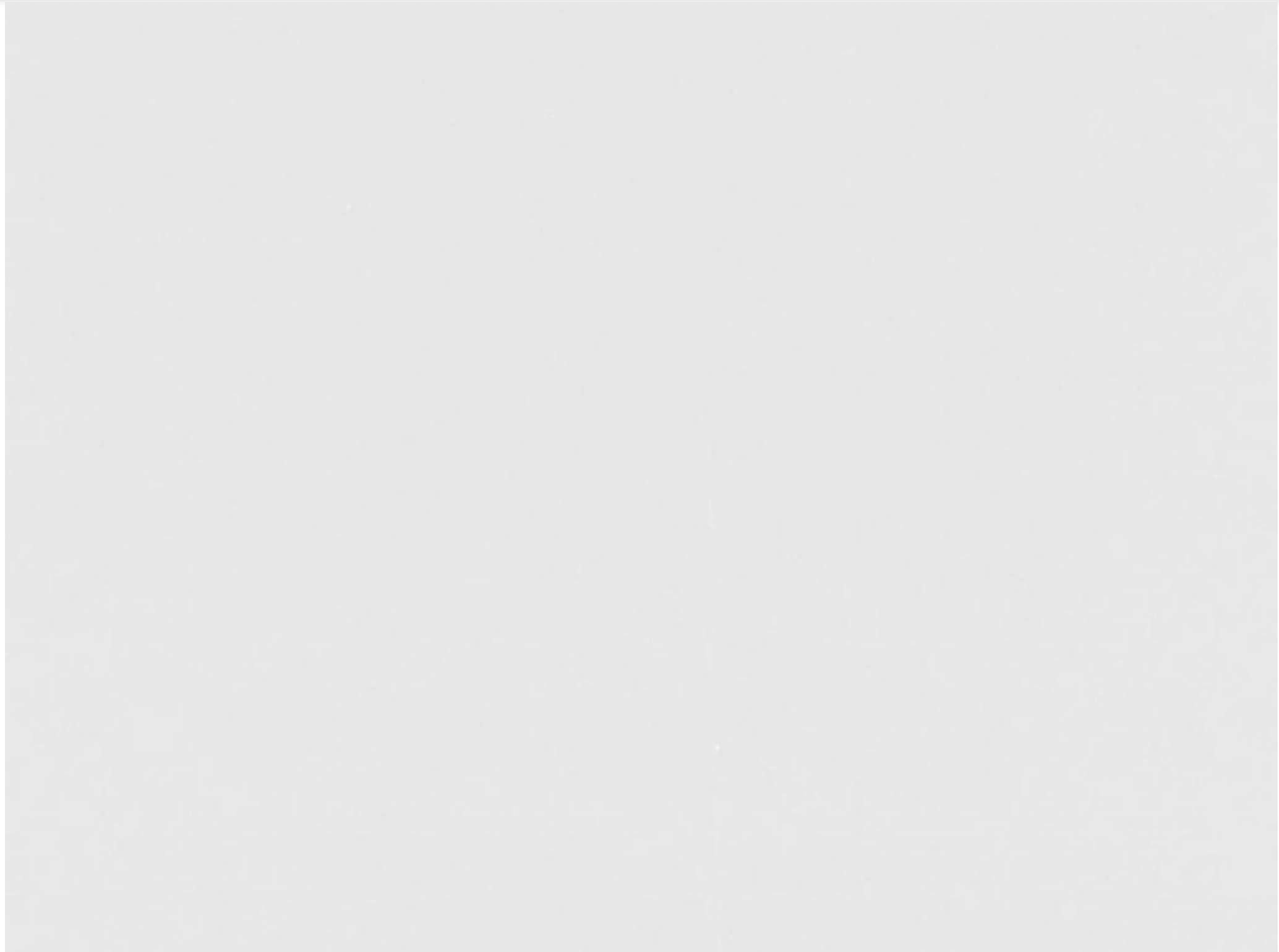
Focusing on Others



LET'S REFLECT

Draw It

Prompt option 1: Write, draw, or paste an image to share anything you have read or learned today that you found helpful. // Prompt option 2: Write, draw, or paste an image to share how you feel. Be sure to indicate which prompt you chose.



THANK YOU





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