

A dimly lit room with a window in the background covered by sheer white curtains. In the foreground, the silhouettes of two hands are visible, reaching towards each other. The hand on the left is extended from the left side, and the hand on the right is extended from the right side. The lighting is soft and diffused, coming from the window, creating a contemplative and intimate atmosphere.

# Students with Mental Health

by David Tello Benites

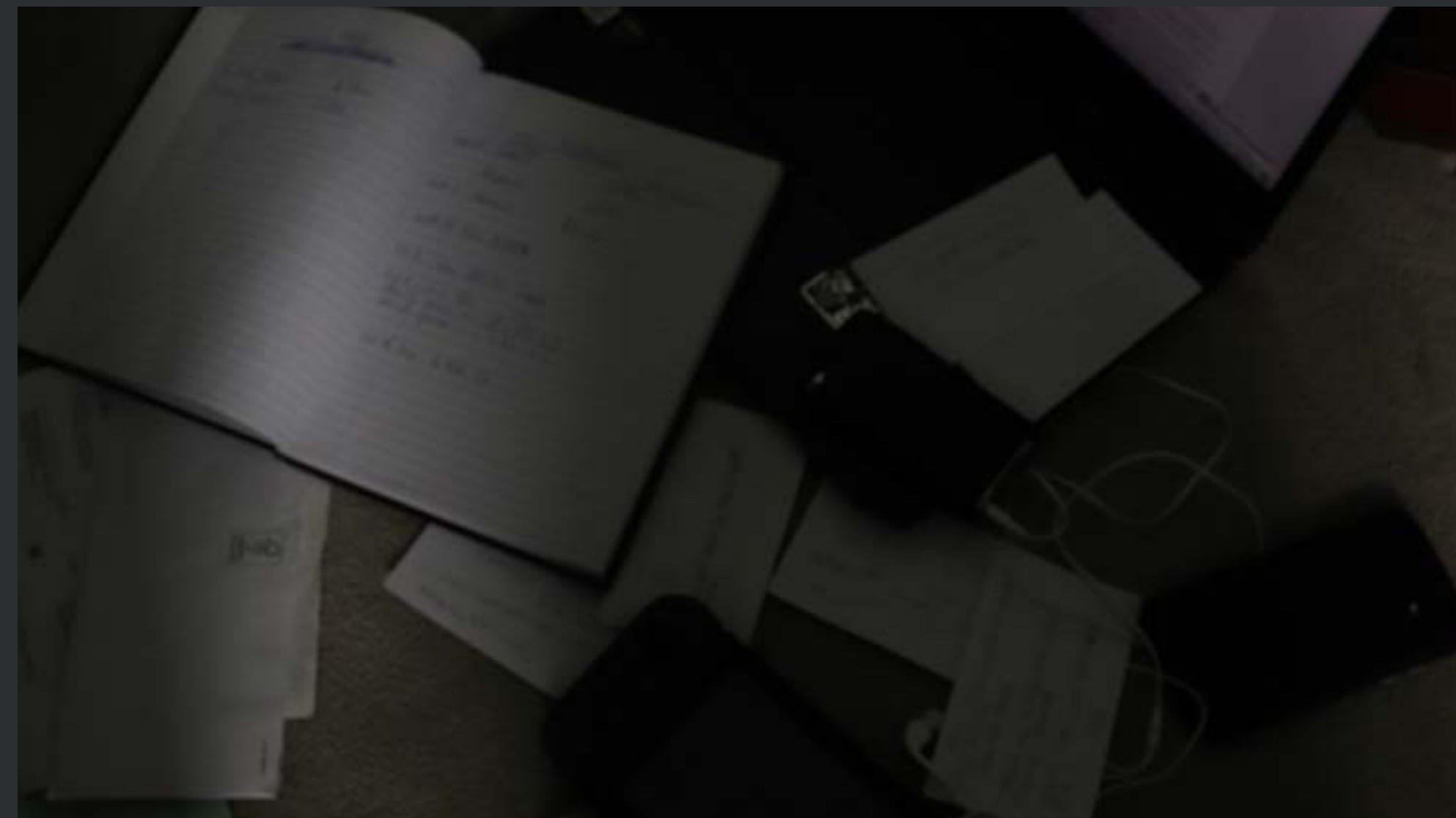
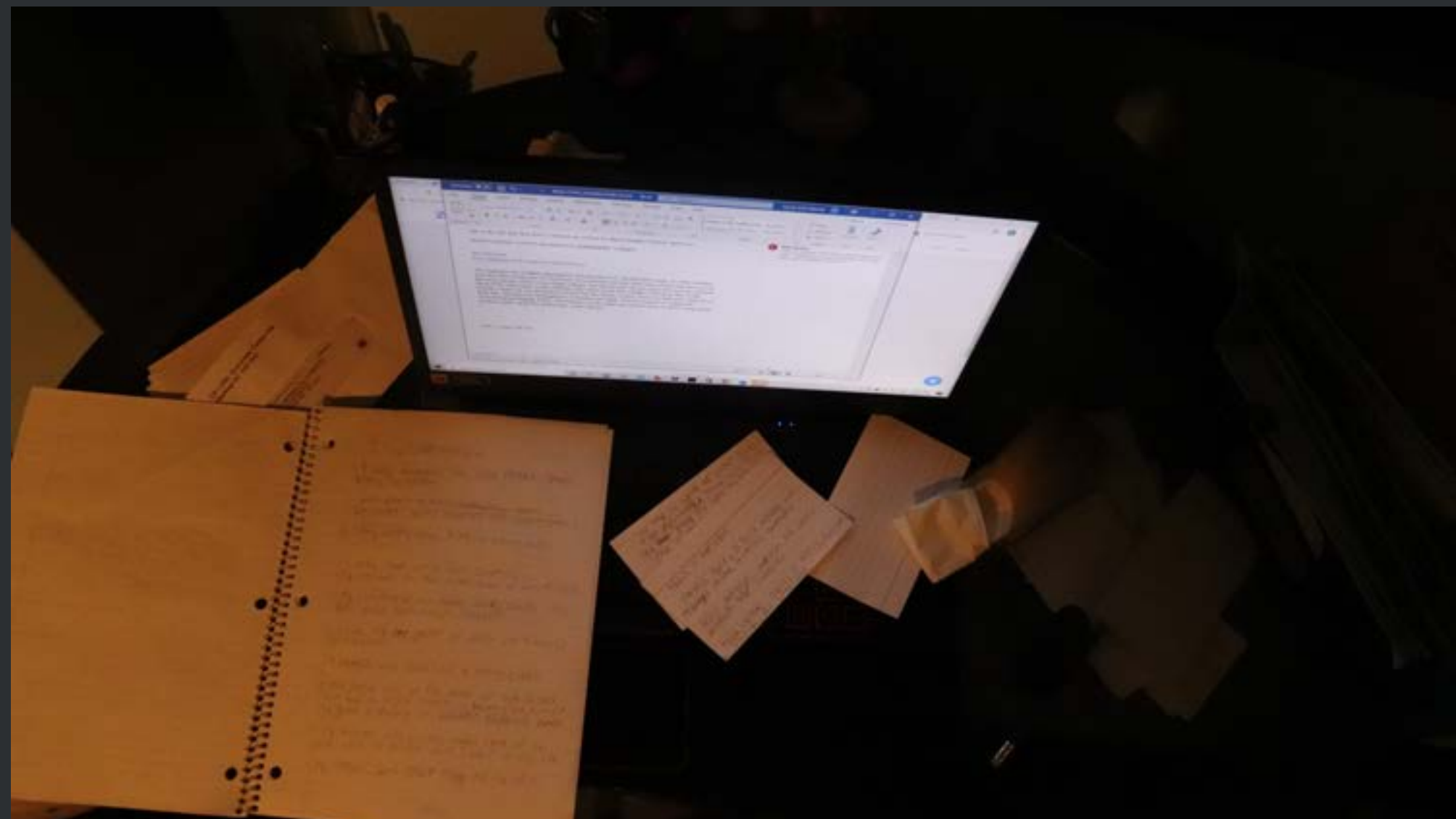
As covid cases rise in Montreal, a huge number of students suffer from depression. It has become a new reality for a lot of students, especially those in post secondary schools. Throughout early March, the Quebec government has ordered confinement indoors, and several colleges and other education services have been forced to shut down. This causes more students than ever before, to have Mental health issues, even when administration was able to find a proper solution to the students to finish and continue to study at Cegep, which also results in a rise of mental health issues for students.



According to an article by Cindy Sherwin from CTV News posted at 12:04 Am “It’s only been a scant six weeks or so since they were plunged headlong into a new online learning universe. Some young students said they are trying to manage a host of unusual kinds of stressors as they sit in their bedroom in front of a computer screen, often for up to 12 hours a day.” (CTV News).

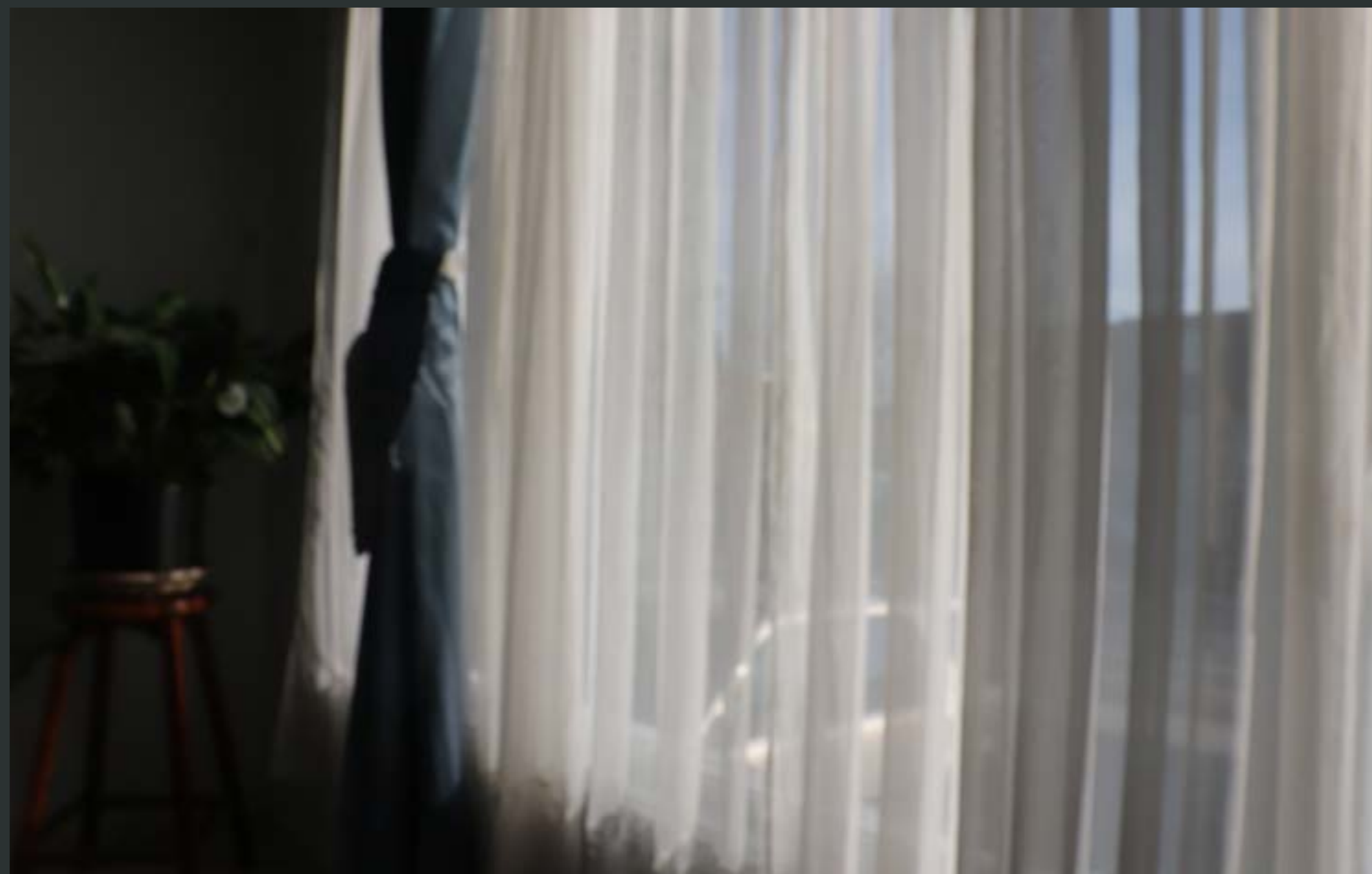
The strain of being pre adults causes some teens to struggle with mental health and stability. There is both eagerness and desperation when communicating virtually, which interferes with the interaction between students and their teachers as well, contributing to their struggle.





Virtual learning is mandatory as covid 19 is currently affecting most regions in Quebec. Most people must live in isolation to try and fight against this pandemic. As most Canadians thrive on being together, they are living in a completely different reality. It is extremely ruthless for most students entering a new world of education, which makes it hard to follow a crucial path to graduate. It is the greatest challenge for pre career students who face a tremendous amount of pressure online at home.





The effect will not just go around with huge numbers of students cladding the ladder on top to their education as plagiarism and sidestep becomes one of the most influential obstacles that most students will follow throughout the route. In an article by Cindy Sherwin from CTV News posted at 4:50 Am explained the tension could be responsible for an increased number of complaints about possible cases of plagiarism and cheating at John Abbott College.





“Teachers are reporting more cases,” Academic Dean Gordon Brown said, “because, in an online environment, it’s harder to control as much as could be done in an in-person situation.”

The new opportunities for cheating potentially exist at all online CEGEPS.” Its difficult to point out on students who’ve done plagiarism, since most students tries to elude plagiarism and cheating as exams plunges online as most teachers are unable to keep track whether a work or exam is considered plagiarism. This is one of the difficult steps for the majority students to continue to persuade an education online when it comes through a difficult step in achieving their education, students are going to have to live up a reality that will likely influence depression at home.