

**Wabash Carnegie Public Library**

**Self-History Journaling Prompts in response to the COVID-19 Pandemic 2020**

**This is for all ages—we want to hear from everyone!**

(Please feel encouraged to repeat the self-history interview throughout the event. Be as specific and thorough about documenting your thoughts as possible. There are no right or wrong answers. Tangents are wonderful. Print this paper and use it or use your own journal or the notes app on your phone! Do what feels easiest to you. If you feel comfortable sharing, WCPL would love to have a copy of all or part of your journal.)

**It's important for future historians to know a bit about you. Here are some things to include:**

Whose experience is being recorded?

Who is doing the recording?

When/Where is this experience being recorded?

**Here are some questions to get you writing. You can answer all or part of these, or write anything else that comes to mind! If you'd like, include photos or artwork made during this time.**

What's on your mind? How do you feel about the pandemic?

What have you noticed about what's happening in society (such as: job loss, items that are sold out at stores, video games that have become popular, people buying up all the toilet paper, hand sanitizer, bleach, etc.)?

What does your daily life usually look like? What does it look like right now?

How has your life changed? Have you had to change your daily routine? (This can include something as simple as living in leggings or sweat pants instead of getting dressed every day.)

Are you living somewhere different, or are family members living with you who are usually on their own?

What new ways are you socializing? Be specific about the kinds of apps or tech you're using.

How are you handling the situation? Are you doing e-learning at home? Are you working on certain projects or playing a game? How are you passing your time?

How are you helping others? Are you staying isolated for your safety or the safety of those close to you? Are you making crafts or baked goods to share?

How are kids coping with being home instead of at school? (Or, how are parents handling being home with kids?)

How are pets handling having the whole family home all the time?

How do you feel about official responses?

Does this pandemic remind you of anything else?

What are you afraid of about the pandemic? Broadly? Specifically?

How are you coping with emotions and feelings of isolation?

What is your plan moving forward?

What are your hopes for the future?

If you or someone gets sick (we hope not!), write about symptoms you or they have if you are able to.

# Help Capture History

Please consider donating a copy of your responses to the Wabash Carnegie Library, Wabash, IN.

You can drop off a copy of your interview or mail it to:

**Wabash Carnegie Public Library**  
**188 W Hill St.**  
**Wabash, IN 46992**

Or email a copy of your self-history interview to [laura@wabash.lib.in.us](mailto:laura@wabash.lib.in.us).

**The legal release below is incredibly important should this self-history interview ever be used in a future study, archive, book, exhibit, documentary, etc. whether 50 years from now or 150 years.**

I, \_\_\_\_\_, do hereby irrevocably release, assign, give and convey to the Wabash Carnegie Public Library, any and all right, title, and interest, including any copyright or intellectual property interest, in the self-history interviews attached. I understand that the Interviews will be deposited in the Wabash Carnegie Public Library and Wabash County Historical Museum Archive for the use of future scholars and may be used for any lawful purpose in all forms and media including but not limited to public presentations, audio or video documentaries, CD-ROMs, internet publications, slide-tape presentations, exhibits, and advertising and related promotion through the world in perpetuity. I expressly authorize disclosure of the Interviews to meet these purposes to the extent that the Interviews would be considered an education record under federal law.

Date: \_\_\_\_\_