# Transcript

00:00:15 Rahel (Host)

Welcome to my podcast I'm your host Rahel Dagnew. As we all know, junior year for the class of 2024 at Collegian has been anything but smooth sailing.

00:00:24 Rahel (Host)

Not only did we have to worry about the extremely rigorous workloads after school activities in our own personal lives, but we also had to deal with the trauma that came with being in a school shooting.

00:00:35 Rahel (Host)

I know that for me it's been a battle trying to figure out a new normal for myself.

00:00:39 Rahel (Host)

But luckily I've been able to use different outlets like listening to music or talking with loved ones of support.

00:00:46 Rahel (Host)

On today's discussion, we will be talking to some of these juniors about the emotions they have felt.

00:00:51 Rahel (Host)

We'll also be talking about the ways that they have coped with the incident.

00:00:54 Rahel (Host)

My first guest today is Junior Afton Reno.

00:00:58 Rahel (Host)

So the first question is where were you when the shooting happened and what were?

00:01:01 Rahel (Host)

You thinking about how did you feel?

00:01:04 Afton

So when you first up and I was in Mr.

00:01:07 Afton

Shanks class, we were doing coding and what we all thought was it was just a big joke.

00:01:13 Afton

We didn't think anything was actually happening.

00:01:18 Rahel (Host)

How did you feel after the shooting, and did you think that you had enough time away from the school to be comfortable being back?

00:01:25 Afton

Well, to be fair, the way my mind really works, I just push things and back.

00:01:29 Afton

Of my mind.

00:01:31 Afton

But I do feel like we should have more.

00:01:33 Afton

Time to be out of school.

00:01:35 Rahel (Host)

OK.

00:01:35 Rahel (Host)

And the last question is over the last six months.

00:01:37 Rahel (Host)

Where were some?

00:01:38 Rahel (Host)

Of the ways that you dealt with the trauma you felt and did you feel somewhat normal?

00:01:41 Rahel (Host)

OK.

00:01:44 Afton

I I guess I feel still feel normal, like I still get scared sometimes or whatever, but nothing really changed about me.

00:01:56 Rahel (Host)

For my next interview, I'll be talking with another junior named Jayla Parsons.

00:02:04 Rahel (Host)

The first question is where were you when the shooting happened and what were you thinking?

00:02:08 Rahel (Host)

About how did you feel I was.

00:02:10 Jayla

In Mr. Gilbert's classroom.

00:02:12 Jayla

I was in the corner where we were hiding and my only thought was like maybe this is a really like messed up sort of drill.

00:02:22 Jayla

And then I.

00:02:24 Jayla

It kind of came to me where I was like standing there and I'm thinking to myself.

00:02:29 Jayla

I'm like I might die and I immediately send like a text to my mom because I.

00:02:38 Jayla

Like I'm nervous and she was the first person who I wanted to like tell because I also text my dad afterwards.

00:02:48 Jayla

But I I remember standing there and as soon as that.

00:02:53 Jayla

Like tragic realization came to me, I kind of just broke down, like into tears.

00:02:58 Jayla

And I remember some of my classmates helped me is like I cried to try to like silence me because I was.

00:03:05 Jayla

I was extremely panicked when I realized that this may be my last.

00:03:09 Jayla

Day on earth.

00:03:15 Rahel (Host)

So how did you feel after the shooting?

00:03:17 Rahel (Host)

And do you think that you've had enough time away from the school?

00:03:19 Rahel (Host)

To be comfortable back, like with like, right after or.

00:03:28 Jayla

Like just in general, like how long?

00:03:30 Rahel (Host)

Like after like.

00:03:32 Rahel (Host)

You know how we had that break that period time.

00:03:34 Rahel (Host)

Do you think that was enough time for you to be comfortable being?

00:03:36 Rahel (Host)

Back in the building.

00:03:39 Jayla

I I feel like.

00:03:41 Jayla

When I came back in it, the atmosphere was off and it got better, but I I still feel.

00:03:49 Jayla

Uneasy at times to where I I like.

00:03:53 Jayla

I remember sometimes when my like I remember sometimes they'll pick up the like announcements and then they'll wait a couple of seconds.

00:04:04 Jayla

Whenever that happens it causes this like extreme.

00:04:10 Jayla

Inside of me and it makes me seriously like panic.

00:04:15 Jayla

Generally think I have.

00:04:18 Jayla

Like actual anxiety from that and I still have PTSD from that and it it comes into play whenever someone brings it up, especially whenever I remember I was at a speech and debate tournament and one of the people gave a this was like a.

00:04:38 Jayla

This was still when we we didn't have school because we were have we had like 5 week break and I remember I was in the.

00:04:45 Jayla

And this girl just started giving a speech about shootings and gun violence.

00:04:50 Jayla

And I remember she started making these loud noises to represent a like a gunshot in it.

00:04:57 Jayla

It I had to run out of the room I was in and go to a bathroom stall and I cried my eyes out because it it brought back all those terrible memories.

00:05:10 Jayla

Like when you walk away from a situation like that, you don't think, hey, this is going to stick with me for the rest of my life.

00:05:15 Jayla

This is going to change everything.

00:05:17 Jayla

Without me until something like that happens and you just you can't deal with.

00:05:24 Jayla

And it's happened to me multiple times to where my anxiety has spiked.

00:05:28 Jayla

Like all these things come together and it breaks me down.

00:05:33 Jayla

And I don't know if any amount of time will fix that so.

00:05:39 Rahel (Host)

So over the last six months, what were some of the ways that you've like dealt?

00:05:42 Rahel (Host)

With the trauma that you felt.

00:05:45 Jayla

To be honest, I haven't, I.

00:05:49 Jayla

Like I know I need to go to a psychiatrist like I know I need to go to a.

00:05:53 Jayla

Therapist. But it's it's like.

00:05:57 Jayla

I this the time I felt at least like a little normal was like maybe a week after the shooting because all that kept replaying in my head was my school got shot up.

00:06:08 Jayla

I almost died it.

00:06:09 Jayla

It just kept replaying in my head until it stopped and then at that point I thought I'm fine.

00:06:18 Jayla

I I didn't really do anything that didn't think I needed it until I've gotten triggered like as I previously mentioned.

00:06:26 Jayla

With that one instance at the debate tournament, and like other times as well, but I didn't realize how much help I probably needed and how much I still do.

00:06:40 Jayla

I didn't really consider that and I guess one way I've been helping the coping is like.

00:06:49 Jayla

Is it ever?

00:06:49 Jayla

I feel like anxious.

00:06:50 Jayla

I would like pet my dog but I can't really do that.

00:06:53 Jayla

She died unfortunately, but I I've kind of learned how to.

00:07:00 Jayla

Try to accept that these feelings of mine aren't going to just magically go away and how even though they're there, that doesn't define me as a person that doesn't.

00:07:16 Jayla

And how I don't have to.

00:07:22 Jayla

Like under their control, like I don't have to succumb to any like thoughts.

00:07:28 Rahel (Host)

Like that, so yeah.

00:07:30 Rahel (Host)

Thank you so much for my final interview.

00:07:39 Rahel (Host)

I will be speaking with Ismail Botley, who is also a junior here at Collegian.

00:07:48 Rahel (Host)

So the first question is where were you when the shooting happened and what were you thinking about?

00:07:52 Rahel (Host)

How did you feel?

00:07:53 Ismail

I was in math class. I was in Mr. Kosterman's class and I was, I guess, just scared. I was just thinking about, like, what's gonna happen.

00:08:02 Rahel (Host)

OK.

00:08:02 Rahel (Host)

How have you felt after the shooting?

00:08:04 Rahel (Host)

Do you think that you've had enough time away from the school to be?

00:08:07 Rahel (Host)

Comfortable being back.

00:08:09 Ismail

I would say now I've had enough time to feel comfortable, but like when we first came back, I didn't feel comfortable.

00:08:16 Rahel (Host)

OK.

00:08:16 Rahel (Host)

And the last question is over the last six months, what were some of the ways that you've dealt with the trauma you felt?

00:08:21 Rahel (Host)

And do you feel somewhat normal again?

00:08:23 Ismail

I guess like talking about it, like writing poetry about it.

00:08:28 Ismail

Also, just like sleeping more and just like trying to find ways to relieve stress by like, I guess going outside or just like reading, I guess.

00:08:37 Rahel (Host)

So do you feel somewhat normal?

00:08:41 Rahel (Host)

OK.

00:08:45 Rahel (Host)

I would like to start off by thanking all of my guests for telling me about their experiences.

00:08:50 Rahel (Host)

I know that this topic was not an easy one to talk about, so I'm grateful that they were able to speak with me.

00:08:55 Rahel (Host)

With that being said, I think that I was able to learn a lot about how.

00:08:58 Rahel (Host)

People process trauma while speaking to my guests.

00:09:01 Rahel (Host)

I understood that the time it takes for one to truly heal.

00:09:04 Rahel (Host)

Is completely different depending on the individual and in some case scenarios they might never heal and that's OK.

00:09:12 Rahel (Host)

I think the best thing to do in situations like this is to find something that can help you cope.

00:09:17 Rahel (Host)

Whether it be music, art or simply just talking to someone.

00:09:21 Rahel (Host)

Being able to somewhat relieve that anxiety can create room for healing and growth.

00:09:26 Rahel (Host)

While going through the process of creating this episode, I've come to the realization that even though people might be in the same situation, that doesn't mean that their experiences and emotions will be the same as well.

00:09:37 Rahel (Host)

There are going to be times when we feel great and times when we feel awful, and that's OK.

00:09:43 Rahel (Host)

So try and let yourself feel those emotions because based on my own experiences, it feels much better than keeping your emotions.

00:09:52 Rahel (Host)

With that being said, we've come to the end of today's episode.

00:09:56 Rahel (Host)

I hope that whoever is listening is able to gain some new perspectives and hopefully feel better about the situation you're in.

00:10:02 Rahel (Host)

Help that you find that one thing that can bring you comfort when times are tough and most of all, I hope that you find that genuine happiness that you deserve.

00:10:11 Rahel (Host)

I'm your host, Rahel Dagnew.

00:10:12 Rahel (Host)

And thank you for listening to my podcast.

Question 1: Where were you when the shooting happened and what you were thinking about; how did you feel?

Question 2: How have you felt after the shooting, and do you think that you have had enough time away from the school to be comfortable being back?

Question 3: Over the last six months, what are some of the ways you dealt with the trauma you felt, and do you feel somewhat normal again?