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**Introduction**

Zoom is the most extensive video conference service globally and is approaching one of the largest social platforms in general (Kelly, 2020). The overnight success of zoom is from the downfall of the country, succumbing to the Coronavirus. According to Education Week, 55.1 million students in the United States were affected by their schools' shutdowns from March 6th till May 16th (Map 2020). So as the CoronaVirus swept across the United States, all social life and activities came to a standstill while in quarantine. However, amidst the social distancing and social isolation, Zoom represented itself as a platform for communication in school unprecedented before. Classmates once again had an opportunity to communicate across all subjects. New opportunities opened, but the social and straightforward integration from the actual school can never be replicated. For many new or older students, the high school dream is that making friends and having high school experiences is impossible under the current circumstances.

**Social Life**

No student is alone when talking about social life during zoom is stressful. It's not only Zoom, but a build-up of emails, phone, class, text messages, notifications, and hour-long exposures to your phone cause your mental health and focus to deteriorate. Despite staring at a screen for hours at your peers, no social interaction is achieved. Even break out rooms are designed for close interaction with your classmates, yet social tension and increasing

awkwardness are lingering in the digital world. A hug or handshake is replaced with a silent wave. The noises and the laughter in a real class cannot replicate with the blacked-out screens within a classroom. What is missing? The random social encounters and experiences that occur from being present in a classroom result in the forging of relationships. We miss the unbounded freedom to speak or act without being muted in an online class. The high school experience is gone.

**Mental Health**

School is a daunting subject to many children and teens who undergo rigorous courses seeking educational opportunities. However, motivation and inspiration is a significant reason for the cause of students willing to persevere through school. Allison Ryan is a Ph.D. professor at the University of Michigan's psychology department that experimented on 50 middle school classes on the correlation between motivation and social integration. Results from the professor's experiment inferred that students who had contact with students who had a mutually caring relationship succeeded in grades and felt more motivated in class than if they were not (Zoom 2020). On the opposite side, the lack of real connections is difficult to achieve on a computer. The University of Massachusetts psychology department underwent the description and finding of "zoom fatigue" within the school. Researchers discovered that the brain fails to accurately comprehend body language, tone, and facial expressions on-screen as quickly as in person (Pietrewicz 2020). These expressions are known as social cues, which make up more than 50% of the communication occurring between human beings. A lack of communication forces the brain to overdrive to compensate for the signals void in digital communication. Not only does being on-screen wear our minds, but it also requires a new set of skills. The term digital literacy to describe the fluency with which one interacts and moves within a computer. A certain

etiquette forms when one's face is placed directly in front of a camera with all to see (Pietrewicz 2020). A student sees on the screen is not themselves but represents a persona that the student wishes to see. A research student at Purdue's psychology department, this different perspective or cognition results in social anxiety and even manipulated self-thought . Additional upkeep of how one is perceived plays a lasting drain on the mental health of a student (Purdue 2020).

**Physical Health of staring screens.**

According to a Common Sense Media survey, teen students, on average, spend five hours a day of screen time already on their phones (Cleveland 2019. An additional five hours on a computer and staring at screens has many terrible health implications. Among all devices to stare at, computer devices are opposed to the most threatening due to hourly long exposure and the short distance between the screen and the eyes (Publishing 2020). One noticeable impact computers have is blinking; as Dr. Gardiner from Harvard stated, "The blink rate goes from 15 times a minute to five or seven times per minute". Blinking can help reduce strain on your eyes (Publishing 2020). A blink can reset the eyes and offer an instant rest. A lack of blinking can cause irritations and a sense of blurriness over a long exposure. Mixed with a lack of motivation and headaches, overuse of the eyes causes severe mental and bodily fatigue later in the day (Cleveland 2019). With fatigue, children develop an addiction to devices that can deter them from doing homework or necessary livelihood actions. Current spikes of chronic electronic addictions have developed into transient smartphone disease. TSP already has had a loss of vision and irregular sleep cycles in current patients with no prediction of future detriments (Hasan 2017). For the average student, too much computer screen time has caused spikes in unwanted depression and lack of motivation.

**Conclusion**

For centuries, education has developed in order for students to adapt to ever-expanding knowledge. As society has advanced, so have the students educated under it. Despite the problems that zoom offers in our social and mental health, the zoom has marked the new era of a digital period of communication and activities — a technology that encourages interaction despite time, location, and distance. However, now more than ever, it is critical to encourage students and developers for a better resolution in adapting to a sudden leap of change. Now is the time to educate a generation worth of individuals while avoiding lifelong problems. Zoom increases communication, but everything must be kept in proportion.

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