My proposed project will discuss living during uncertain times and unusual times of change. This APA formatted paper will be an autoethnography, meaning that we will review the perspectives of COVID through the lens of culture, research, and our own perspectives and experiences.

Everyone has experienced changes during the COVID-19 pandemic. Examples of change include changes in learning, working, thinking, teaching, and behaving. Using acquired nursing skills such as critical thinking, reflection, inquiry, and evidenced-based practice; my partner and I will dissect and discuss our personal narratives, challenges and changes, and how they have affected ourselves, others, and our culture. This will be done by incorporating personal narratives (associated themes and questions) with scholarly inquiries and systematically correlating personal narratives with research and evidence.