

PERSONAL Statement for Mental Health Withdraw

A typed written personal explanation is required in order to process your Mental Health Withdrawal request. Failure to do so may result in a delay and/or no further action being taken towards your request. Please keep the following information in mind when completing your personal statement:

1. Your personal statement must be *typed* and should explain exactly why you are requesting a mental health withdrawal.
 - a. Please indicate the *semester* and *year* (e.g. Spring 2018) of your withdrawal request.
 - b. Please provide background information as to what experiences, events, problems, and/or concerns impacted the semester in question. That is, what happened or what was happening that disrupted your life? This may include any specific event(s) that occurred.
 - c. Be sure to include a timeline that provides the specific date(s) for when the problem began (e.g., March 3, 2018 or between August 1st and October 20th, 2017). In addition, please include the specific date(s) for when your concerns reached the highest level of severity.
 - d. Please explain how your concern affected your ability to complete the semester in question. Provide details as to the severity of your condition. Be as descriptive as possible (e.g. difficulty concentrating, sleeplessness, loss of motivation, etc.). *Please note that if you are requesting a Partial Mental Health Withdrawal (i.e. withdrawal from one course), then you will need to justify how the concern impacted this particular course, but not the other courses.*
 - e. Please indicate your current GPA and the extent to which it was impacted during the semester in question.
2. Your personal statement should also include your plans for the future; that is, if you plan to return to school in a future semester, how will you plan to address your mental health concerns?
 - a. Please specify how you will address your academic needs (e.g., enroll in fewer classes, access tutoring services, etc.).
 - b. Please specify how you will balance your academic responsibilities with your mental health concerns (e.g. medication management, continue individual therapy, attend group counseling, etc.).