

When Life Happens

Your health, relationships, and life responsibilities don't follow semesters or class deadlines.

Whatever you experience, SDSU has resources to help.

There are also options to protect your academic record while you manage your situation(s).

Situation Type	Suggestions and Resources for PSFA students
<p>Things aren't comfortable or don't feel right... <i>and that's all you know right now</i></p>	<p>1) Have a conversation with an SDSU professional to identify what's going on. Here are some suggestions:</p> <p>First-time students: Talk with your university seminar instructor during office hours.</p> <p>First- and second-year students: Talk with your residence hall or commuter life advisor; And/or talk with your Coordinated Care Advisor.</p> <p>Third-year and higher students: Talk with major advisor, identity center staff, or SDSU mentors.</p> <p>Come to the weekly PSFA HomeRoom for a home-like conversation with assistant dean. Tuesdays 11:45-12:45 in South PARC (AH 4231).</p> <p>2) Does it feel related to learning/classroom experience? Schedule with our very friendly learning coaches for a private conversation to figure things out. https://psfa.sdsu.edu/parc/learning-coaching</p> <p>3) Need a quiet, supportive place to go in between classes and recharge? Come to South PARC (PSFA 200) or North PARC (AH 4231). https://psfa.sdsu.edu/parc/study-recharge</p> <p>4) Feeling a little emotionally "off"? Call friendly folks at Counseling & Psychological Services for a 15-min consultation to figure out what's going on and what might do next. https://sacd.sdsu.edu/cps</p> <p>5) Car or computer break down and you can't afford to fix? Hungry and don't have enough money for food or personal supplies? We got you! Fill out brief ECRT form. https://sacd.sdsu.edu/ecrt</p>
<p>Something happens to cause you to miss a class meeting or two</p>	<p>Read the syllabus for each class to understand the instructor's absence policy. Follow any instructions listed.</p> <p>Notify your instructors. You'll find their contact info on the syllabus or Canvas class site. You can also email them through Navigate. They have a clickable email link in your Success Team.</p>
<p>Something more significant happens that will affect more than a couple class meetings</p>	<p>Contact the SDSU CARES Team. They are a one-stop support for all campus resources and will communicate your absence(s) to professors.</p> <p>https://sacd.sdsu.edu/cares-team</p>

<p>It's affecting you enough that you need to withdraw from one or more classes after the add-drop deadline</p>	<p>File a Late Schedule Adjustment petition (LSA) to withdraw from one or more classes.</p> <p>These are allowed for "serious, compelling reasons beyond your control." You will need to write a statement explaining the circumstances, provide documentation of the circumstances, and provide instructor response of notifying them (you don't need to provide reason to instructor). Petitions are confidential.</p> <p>These are best used <u>until</u> the last 3 weeks of semester.</p> <p>You are allowed a maximum of 18 units of these LSAs while at SDSU.</p> <p>READ MORE and find form on Registrar's site under "Student Resources."</p> <p>During last three weeks of semester, if something serious happens, talk with instructors about the possibility of receiving an Incomplete so you can take care of what you need and then finish the class later. These are allowed only by instructor permission.</p> <p>You may submit a withdrawal during the last three weeks but it must be for "catastrophic reasons" and when an incomplete isn't possible.</p>
<p>If you would like to take a semester off to attend to your personal situation</p>	<p>You can take up to four semesters off and keep your place at SDSU.</p> <p>(NOTE: You can NOT do this your first semester.)</p> <p>Complete the "Leave of Absence" form on the Registrar's website before the semester begins.</p> <p>Read more and find form on Registrar's site under "Student Resources" and then "Academic Status."</p>
<p>If you weren't able to withdraw during semester</p>	<p>If you experienced something "serious and compelling beyond your control" during a semester and you were not able to file the Late Schedule Adjustment at the time, you can:</p> <p>File a petition for "withdrawal after the end of term," sometimes called a "retroactive withdrawal."</p> <p>Like the Late Schedule Adjustment, you will need to write a personal statement and attach documentation of the issue affecting you that semester.</p> <p>See the Registrar's site under "Student Resources."</p>
<p>If your situation is related to, or results in, a seen or unseen disability</p> <p>Also: If you had an IEP/504 previously or suspect you have a disability</p>	<p>Apply to the Student Ability Success Center or talk to your counselor (if you're already registered) for accommodations. See the SASC website and select "Services & Accommodations." You are only guaranteed approved accommodations if (and once) you register with SASC.</p>

Need other help?

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