PERSONAL Statement for Mental Health Withdraw

Remember, a typewritten 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 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 2016) 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 started (e.g. March 3, 2014 or between August 1st and October 20th, 2015). In addition, please include the specific date(s) for when your problems/concerns reached the highest level of severity.
   d. Please explain how your problem 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 problem impacted this particular course, but not the other courses.

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 stay healthy?
   a. Please specify how you will address your academic needs (e.g. take fewer classes, access tutoring services, etc.).
   b. Please specify how you will balance your academic needs with your mental health needs (e.g. medication management, continue individual therapy, attend group counseling, etc.).