SUCCESS IN THE HERD

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For All Students

October 13, 2024

## Fall Break and Class Withdrawal Deadline

Hello students,

As hard as it may be to believe, this week marks the halfway point of the semester. We understand that you may feel stressed about midterms or how your courses are going, and we want to share some insight that might be helpful.

First, Oct. 21 and 22 is fall break! There will be no classes that Monday and Tuesday. We ask that you use the time away from the classroom to accomplish two goals:

- 1. Relax, rejuvenate, and de-stress. Spend some time doing things that are healthy and productive for your body, mind, and soul.
- 2. Take a moment to pause. Reflect on how the past weeks have gone, and set some goals on how you want to tackle the rest of the semester.

Second, we want to let you know that the deadline to withdraw from a 16-week class is Nov. 1 at 11:59 p.m. You may consider withdrawing from a course if you are overwhelmed with your academic load, struggling with content, or dealing with medical/health concerns.

As always, we highly encourage you to speak with your academic advisor if you are considering changing your academic schedule or plan. They are the best people to help you understand how your academic progress might be affected. We also recommend you contact the Office of Financial Aid to review possible financial consequences of your withdrawal request.

If you decide withdrawing from a course is the best option for you, please find the "Withdraw Form" found within your registration card in goPFW. The course will be recorded with a grade of "W" on your student record.

Withdrawal requests must be submitted before the Nov. 1 deadline. After that, requests must meet a high standard of nonacademic, extenuating circumstances that are beyond your control and that must have prevented you from withdrawing before the deadline. If you have additional questions, click here for more information, or you can contact your academic advisor.

Have a wonderful week!

## **Positive Practices**

**Create a time management strategy.** Find a system that helps you organize your day, whether it's a digital calendar, a paper planner, or a time management app. Keep track of key dates and deadlines. Use your breaks between classes wisely, and ensure your schedule has enough time for sleep and other important self-care activities.



Knistina Surface

Dr. Krissy Surface Vice Chancellor for Enrollment Management and the Student Experience vcsa@pfw.edu

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