# Understanding the Withdrawal Process Tip Sheet

o are here on a study permit

# Where can I go for support?

Here are a few resources that can support you through these tough decisions.

### Student Success Centre

- Help review or draft emails to your instructor to request extensions
- Help with time management/getting back on track
- Provide writing support for assignments
- o Advise on managing stress and maintaining motivation

#### Student Accessibility Services

- o Provide short-term and long-term accommodations to support your health
- Meet with an Access Advisor to discuss your situation and how you can best be supported

accommodated exams in the Exam Centre (extra time, writing in isolation assistive technology (voice to text)

classroom accommodations (recording lectures)

#### Faculty Advising

 Advise on course planning, course selection, registration, program requirements and progression

## Student Wellness Services

- Provide free and confidential counselling to address concerns, such as stress and anxiety, depression, loneliness and isolation, and relationship issues
- Offer medical care, education, and consultation on a variety of health concerns to students and their dependents
- Offer a drop-in peer support program where student volunteers are available to engage in conversations and share information about on-