



## In this Bulletin:

- Upcoming ESP Social Events
- Pick up your Ravens Student Life Kit
- Financial Withdrawal Deadline - September 30th
- Deadline to Opt into Health Plan - October 3rd
- Register for Accommodations with PMC
- Coaching Appointments
- Advising Appointments
- Follow us on Social Media

# Upcoming ESP Social Events

All events are in the ESP lounge (room 1521 Dunton Tower – 15th floor) and start at 5:30pm

- Friday, September 26: Movie Night
- Friday, October 3: Game Night
- Friday, October 10: Game Night
- Friday, October 17: Game Night

Participate in our Fall Scavenger Hunt for a chance to win a \$50 campus gift card!! Pop by our office, 1516 Dunton Tower, to pick up your game card or email [esp@carleton.ca](mailto:esp@carleton.ca) for a digital copy.

## Pick up your Ravens Student Life Kit: Free swag!!

ESP students are eligible to receive a **Ravens Student Life Transition Kit**. This includes one limited edition 2025 Spirit Day sweater and a \$10 'Hey Chef' voucher at no cost to you. Below are the instructions to collect your kit:

1. You should have received an email on September 19th titled "Ravens Student Life Transitions Kit". Present this email and your Campus Card to the front desk at 430 Tory Building to collect your Ravens Students' Life Transition Kit voucher
2. The Student Experience Office (430 Tory Building) is open from 8:30am-4:30pm Monday

to Friday

3. The last day to collect your voucher at the Student Experience Office is Friday October 17th, 2025
4. The voucher can then be used to redeem your kit at the Campus Store (173 Nideyinàn)
5. The last day to redeem your voucher at the Campus Store is Friday October 31st, 2025

## Financial Withdrawal Deadline

**September 30th** is the deadline to drop a class for this term and still be eligible for a refund of fees (i.e. the financial withdrawal deadline). It is still possible to drop a class after this deadline, but the fall term fees would no longer be refundable.

The final withdrawal deadline for fall term classes (i.e. academic withdrawal deadline) is **November 15th**.

Withdrawals affect a few things:

- Your admissions requirements for a degree
- OSAP entitlements (i.e. student loans)
- Your eligibility for a UPASS

To withdraw from a class, you need to email an ESP advisor by September 30th: [esp.advising@carleton.ca](mailto:esp.advising@carleton.ca).

Deadline to Opt in to the Health Plan: October 3rd

If you are not covered by another health or dental plan, you may want to opt-in to the student health plan that provides some dental and/or prescription coverage (and more).

- As students who are not charged full-time fees, **you were not automatically enrolled in the plan.**
- Visit [this site](#) for more information and to opt-in (choose “Enrol yourself now” from the left menu).
- The plan costs \$245.34 for a single coverage for dental and health (but you don’t have to opt-in to both).
- You can opt-in as an individual, or if you have a spouse and/or kids, you can opt-in to the family plan.
- The **October 3rd** deadline isn’t flexible.

## Financial Supports

Look into these financial supports if you’re low on funds:

- Apply for a bursary. Bursaries are awards made based on financial need rather than grades or other criteria. Unlike loans, you don’t have to pay them back. If you can demonstrate financial need, you may be eligible for an award (often between \$500-\$1500).
  - See the Awards office website for information about how to apply and for more

info: [carleton.ca/awards/awards/bursaries/returning/](https://carleton.ca/awards/awards/bursaries/returning/)

- Book a [Coaching appointment](#) for help completing an application.
- The deadline to apply is **October 31<sup>st</sup>**.
- Order a [food hamper](#) through the [Unified Support Centre](#)
- Make an [advising appointment](#) – we have a small number of bookstore or grocery gift cards for those in need.

## Register with PMC

If you have a physical, learning, attention, or mental health related disability, register with the [Paul Menton Centre](#) to receive accommodations and support. Need a note taker? Coping with anxiety? Have a test coming up and you'd do a better job with more time? Or a quiet space? PMC can help. To make sure you're set up, submit requests for accommodation to PMC three weeks before the first in-class scheduled test, midterm, or exam.

## How to make a Coaching appointment

Did you know, one of the benefits of being an ESP student is free Academic Coaching, offering one-on-one academic help for a one-hour appointment. You can have **ONE HOUR A WEEK!**

Coaches can help you:

- Get a handle on your deadlines
- Create a study plan for the term
- Get a head start on upcoming assignments
- Work on study habits and time management
- ***Apply for a bursary***

Book a Coaching appointment now at  
[carleton.ca/esp/appointments/](https://carleton.ca/esp/appointments/)

## Book an Advising Appointment

Meet with an ESP Advisor to:

- plan your degree program
- look at course and admissions requirements for different programs
- make sure you know what average you need to qualify for your program
- apply to your degree program (winter term)
- and ask questions about any aspect of being a university student

Make sure to meet with an advisor at least once per term.

Click [here](#) to book an advising appointment.

## Follow us on social media

Follow our social media accounts for student stories and other updates:

- X [@carleton\\_esp](#)
- Instagram [@carleton.esp](#)

- [Youtube](#)
- [Facebook](#)
- [Discord](#)



[Preferences](#) | [Unsubscribe](#)