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### Fall exam schedule & upcoming deadlines

The Fall exam schedule is now posted. The public schedule can be found <a href="here">here</a>, or you can login to <a href="Carleton Central">Carleton Central</a> (See Student Records > My <a href="Exam Schedule">Exam Schedule</a>) for your personalized schedule. Wondering what to expect on exam day? Check out this site for info.

#### Other upcoming fall term deadlines:

- Nov 15: Deadline to request Fall exam accommodations with the <u>Paul Menton</u> Centre for Students with Disabilities.
- Nov 15: Fall course withdrawal deadline. See more details below.
- Nov 25: Deadline to <u>pay</u> winter fees without late charges, unless you're receiving provincial student loans such as <u>OSAP</u>.
- Dec 5: Last day of fall classes. Classes follow a Monday Schedule.
- Dec 8-20: Final exam period.
- Dec 24 Jan 2: University closed.
- Jan 5: University reopens. Winter term begins.

## Academic withdrawal deadline: November 15th

If you are considering withdrawing from a halfcredit course, contact an advisor by November 14th, because we won't be in on Saturday, November 15th. We can help you with your decision. This is the deadline to drop any halfcredit (fall term) courses. Full-credit courses have a withdrawal deadline of the end of January for a refund of winter fees.

### What do I need to know about dropping a class?

- You can not drop a course yourself; you need to ask an ESP advisor. Email, call 613-520-2804, or drop by 1516 DT.
- For certain courses (CHEM, COMP, PSYC or SOCI), you cannot stay enrolled in the second term portion of the course if you withdraw from the fall course. Advisors can review your options.
- A withdrawal will not affect your overall average, <u>but</u> it will affect your admissions requirements because you will have completed fewer credits.
- If you are receiving OSAP, you should consult the Awards office first: <u>awards@carleton.ca</u>, in person at 202 Pigiarvik or call 613-520-3600.

If you have questions or wish to make any adjustments to your class schedule, please drop by 1516 Dunton Tower, <a href="mailto:emailt

Struggling with motivation? Meet with an ESP Coach

The ESP Academic Coaches are here to help. Our coaches can help you develop a study plan, get caught up, and get ahead in your courses and exam preparation with friendly, non-judgmental support. Go to <u>carleton.ca/esp/appointments/</u> and select "Book a coaching appointment." Why wait?

# ESP Workshop Attendance: Why it matters

ESP Workshops embed <u>evidence-based learning</u> <u>strategies</u> to help you excel in your courses and develop skills to learn independently once you move on from ESP.

This is a perfect time to commit to excellent workshop attendance. Don't be shy about making a re-appearance if it's been a while. Your facils will be happy to see you!

Here are our top 10 reasons to go to workshops:

- 1. Practice tests
- 2. Improve your academic skills and habits
- 3. Organize and review class notes
- 4. Because friends don't let friends study alone
- 5. Stay eligible to apply to return to ESP (if needed)
- 6. Structure your study time
- 7. Because you paid for them and you should get your money's worth
- 8. Friendly facils who care about helping you learn

- Money! Strong attendance is required for ESP Scholarships and Bursaries (up to \$3,000)
- 10. Because you are twice as likely to qualify for a degree.
  - 80-90% of students with good workshop attendance qualify for a degree after ESP
  - Only 45-50% of students with poor workshop attendance qualify for a degree after ESP

#### Wellness Supports

If stress is affecting your health or wellbeing, please don't hesitate to seek support from Carleton's free, confidential counselling services or other resources:

- Health and Counselling offers counselling appointments for support with managing stress, substance abuse, and more. They also run a medical clinic where you can access services online. This page has info about how to make an appointment with a counsellor.
- Indigenous students can connect with resources here.
- Carleton's <u>Wellness Resource Guide</u> provides a wide variety of accessible resources and services that allow students to maximize and manage their mental health and wellness. This includes the <u>Therapy Dogs'</u> schedule of office hours!

# Influenza and COVID-19 Vaccination Clinic

Carleton Health Services is offering influenza and COVID-19 vaccinations on Tuesday, November 18, 2025 from 9:00 a.m. to noon

Appointments are available to book using the <u>Collaborative Health Record (CHR) Connect app</u> or the <u>CHR Connect website</u>.

#### Apply to add a half credit in January

Doing well in your courses? Consider adding another in the winter term. The criteria for adding a half-credit course in January is:

- Minimum of B- (70%) average in current courses
- Strong (70+%) workshop and FYSM attendance

The deadline to apply is December 15th – but applying earlier is better since courses do fill up. Select any course from the <u>public class schedule</u> (provided you meet the registration/prerequisite requirements, there are still seats available, and it works with your current winter term courses).

Complete the application form <a href="here">here</a>. Or book an <a href="advising appointment">advising appointment</a> and complete it together with an advisor.

#### **Upcoming ESP Social Events**

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

• Friday, November 14: Game Night

• Friday, November 21: Trivia Night

• Friday, November 28: Movie Night

Hope to see you there!!

#### 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

