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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 at noon: esp.advising@carleton.ca.

Already have a Health Plan? Opt out by October 2nd

All ESP students registered in 1.5 credits (3 courses) per term have been automatically enrolled in [Carleton's Health and Dental plan](#). If you're already covered by an equivalent health and/or dental plan, you can [opt out](#) during the [Change-of-Coverage Period](#), between **Sept. 9 - Oct 2, 2026**.

Low on Funds?

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-\$1000).
 - See the Awards office website for information about how to apply and for more info: carleton.ca/awards/awards/bursaries/returning/.

- Book a [Coaching appointment](#) for help completing an application.
- The deadline to apply is **October 31st**.
- 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.

The Coaches are Waiting for You!

Right now, you can apply for a bursary! Do you know what to do? See an academic coach, and they can help you apply in 45-60 minutes. Bursaries are money you don't have to repay! Do it now! The amounts range from \$500 plus! Got questions, email us at academic.coaching@carleton.ca.

Also, 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
- ***Bursary applications***

Book a Coaching appointment now at
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.
Appointments start the week of October 5th.

Upcoming ESP Social Events

Looking to meet people and enjoy playing games, trivia and movies? Sign up for the ESP Discord to learn more about our upcoming social events!



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](#)

