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Carleton University
Centre for Initiatives in Education



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Fall exam schedule & upcoming deadlines

The Fall exam schedule is now posted. The public schedule can be found here, or you can login to Carleton Central (See Student Records > My Exam Schedule) 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 Paul Menton Centre for Students with Disabilities.
- Nov 15: Fall course withdrawal deadline. See more details below.
- Nov 25: Deadline to pay winter fees without late charges, unless you're receiving provincial student loans such as OSAP.
- Dec 11: Last day of fall classes. Classes follow a Monday Schedule.
- Dec 12-23: Final exam period.
- Dec 24 at noon: University closed.
- Jan 4: University reopens.
- Jan 6: Winter term begins.

Academic withdrawal deadline: November 15th

If you are considering withdrawing from a half-credit course, contact an advisor by Friday November 13th, because we won't be in on Sunday, November 15th. We can help you with your decision. This is the deadline to drop any half-credit (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, **but** 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: **awards@carleton.ca**, 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, email or make an appointment with an advisor to see what's possible.

Struggling with procrastination? 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 carleton.ca/esp/appointments/ and select "Book a coaching appointment." Why wait? If you can't get an appointment, email us at academic.coaching@carleton.ca and we can help!

ESP Workshop Attendance: Why it matters

ESP Workshops embed evidence-based learning strategies 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
9. 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

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 public class schedule (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 here. Or book an advising appointment and complete it together with an advisor.

ESP Mural Competition: Calling all ESP students and alumni!

The Enriched Support Program (ESP) is turning 30, and we want YOU to help us celebrate!

We're inviting all ESP students and alumni to submit a creative mural design. Your design should capture the spirit of ESP and celebrate what ESP means to you. No artistic experience is necessary!

The winning artist will receive a $100 honorarium, a CCR listing, and the opportunity to paint their design in the Carleton tunnels outside Dunton Tower!

ESP staff will shortlist the submissions, and ESP students and student employees will vote for their favourite in January. With university approval, the mural design will be painted by March 8, 2027.

Deadline to submit your design(s): **Tuesday, December 15, 2026**

See our website for more details!

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 Wellness Resource Guide provides a wide variety of accessible resources and services that allow students to maximize and manage their mental health and wellness. This includes the Therapy Dogs' schedule of office hours!

ASIST Training Registration Now Open

Want to build the skills and confidence to support someone experiencing thoughts of suicide? The **Applied Suicide Intervention Skills Training (ASIST)** course is now open for registration.

ASIST is a comprehensive two-day, in-person workshop that teaches participants how to recognize signs of suicide, provide effective intervention, and develop a safety plan to help someone stay safe.

Available Dates:

- January 30-31, 2027
- March 13-14, 2027

Time: 9:00 a.m. to 5:00 p.m.
Location: Carleton University (room TBD)
Cost: $160 (tax included)

Space is limited. Please complete this form to register and secure your spot today. Participants are considered registered only once payment has been received. For questions, contact usc@cusaonline.ca.

Upcoming ESP Social Events

Drop in for games, snacks, chatting, studying and some chillhop music in the background 😊

- Tuesdays 2:30 pm to 4:00 pm TB 234
- Thursdays 11:30 am to 1:00 pm TB 234
- To stay up-to-date on these and other ESP social events and volunteer opportunities, join the ESP Discord!

ESP Open Mic - Help us pick a date

Every December, ESP hosts its annual ESP Open Mic, a chance for students to connect, celebrate the end of term, and share their talents.

We're currently planning this year's event and would appreciate your input on:

- Your preferred date in December
- Whether you would like to volunteer

👉 Complete the survey here: **ESP Open Mic Survey**

Thank you for helping us make this year's Open Mic a success! 🎤✨

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- Instagram @carleton.esp
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