



Clearly we're into the heart of the semester, and if your life is starting to feel a little hectic and stressful, you're not alone.

Please be sure that you're taking care of yourself – strive for good eating and sleeping habits, take care of your health and well being (H1N1 is still in our midst), and have a good balance between academics and social life.

If things feel REALLY stressful, you might be tempted to avoid dealing with the things that are causing you stress.

However, I strongly urge you to take advantage of resources and seek support as soon as possible. Much of your current stress can be effectively managed if you deal with it NOW.

If you need guidance or support and are not sure where to start, please e-mail me, or come see me.

I have office hours every Tuesday from 2:00 pm – 5:00 pm.

REMINDER: Please check your campus mailbox regularly, as important information is shared with you via campus mail.

For example, the recent warning grades were sent to your campus mailbox. Parents/guardians received your warning grades this week through U.S. mail. I suspect you would prefer to be aware of any warning grades you might have, before your parents become aware.

Warning grades are only sent to first year students, students on academic probation, and transfer students.

If you're a sophomore, junior, or senior, not on academic probation, I encourage you to be in close communication with your faculty to ensure that you're performing well in class.

The last day to withdraw from a class and receive a "W" on your transcript is one week from today, Friday, October 30. A "W" does not impact your G.P.A

If you drop a class after October 30, you will receive a "WF", which, for purposes of G.P.A., is the same as receiving an "F".

If you're having significant difficulty in a class, please talk to the professor, and your advisor, to consult about whether or not it's a good idea to drop the class.

HAPPY FORESTER FRIDAY!
Have a good and safe weekend. J

Rob Flot