

Tips on how to ask faculty or staff for help with academic challenges:

- How do you start a conversation with your faculty?
 - Attend Office Hours
 - Write out your questions or make a checklist before you meet with your faculty. This is so you don't leave anything out or leave the conversation without remembering what you talked about.
 - If you don't feel comfortable talking face to face with your faculty, send an email or make a phone call.
 - Don't feel like you need to tell all the details and trauma share to your faculty or staff. You are allowed to protect your story and your privacy.
 - Take notes while you study so you can ask your professor during office hours or during class
 - Question Check-list template (insert here)
 - If you need tips or advice on drafting an email, contact Pitzer's case manager, academic adviser, or mentor for support.
- Who are other people that can help you catch up with your academics and/or find balance?
 - Academic Coach
 - Academic Adviser
 - Writing Center
 - Tutoring
 - Study Pods
 - Case Manager
 - Mentor
- If you are experiencing a physical or mental health emergency, family crises, natural disaster or other emergency that is impacting your academics and well-being you can request:
 - Letter of Consideration (LOC) – [Request one here](#)
 - A Letter of Consideration is an email sent to faculty on behalf of the student by Pitzer Academic Support Services (PASS). This letter requests consideration and support in the student's classes and asks for flexibility with attendance, exams, deadlines, and coursework. This is not formal academic accommodations (see below).
 - Academic Accommodations – [Get more information here](#)
- It's never too late to establish a self-care routine and develop work/life balance.
 - Follow [@pzstrive2thrive](#) for well-being tips
 - Check out PZ Self-Care Kit on Sakai
 - [Local and National Resources](#)
 - Meet with academic coach and/or case manager
 - Connect with 7C Resources, such as QRC, OBSA, CLSA
 - Connect with Pitzer Resources, such as BSU, LSU, CAPAS