

CCAS: Pass/Fail Option - Evening Advising Hours - Wellness Resources

Hello CCAS Students,

We hope you've navigated through your first week of online classes.

We continue to **think of you** and **want to help** however we can.

Do you have questions about the following topics? We're here to help!

#1. Pass/Fail Option:

- Due to COVID-19, campus has [adopted a special Pass/Fail \(P/F\) grading option](#) for students during the Spring 2020 semester.
- You will have the chance to view your grades and *then* decide. It's important now to **work hard**, utilize the [support resources available](#), and do the **best you can**. There's no need to make that decision right now.
- During the week of **May 15th – May 22nd** students can elect into the special P/F grading option.
- The P/F grading option [FAQ's](#) will likely answer most of your questions regarding this grading option.

#2. Evening Advising Hours:

- We now have **additional opportunities** to meet with a CCAS advisor (beyond 8 a.m.-4:30 p.m.).
 - If these times are preferable for you, please check your advisor's Starfish to see if they can offer these additional appointment times. If not, please email our main CCAS account to request an appointment (ccas@ccas.wisc.edu).
- Visit [Advising and Career Services FAQs](#) for additional info.

#3. Wellness Resources:

- Please continue to **take care of yourself and be kind to yourself**. This is uncharted territory, and with that comes a lot of anxiety, stress, and fatigue. Please reach out if you need help or support.
 - [University Health Services](#)
 - [UHS Mental Health Services](#) (608-265-5600)
 - [SilverCloud](#) is a self guided, interactive mental health resource
 - [University Recreation & Wellbeing](#) – sharing tips to stay active and live well
 - [Financial](#) and [Basic Needs Resources](#)

Important Reminders

- Remember to **check your Student Center** for your **fall enrollment day/time** *and* if you **have any active HOLDS**, and then use Starfish to [schedule an appointment with your advisors](#).

- The **drop deadline** without Dean's approval for courses is now **April 17**.
- Visit our **CCAS ADVISING HELP** page for additional resources, appointment info and instructions, past emails, etc.

We'll get through this together!

-The CCAS Team

Cross-College Advising Service
University of Wisconsin-Madison
ccas.wisc.edu
608-265-5460