

Subject:
CCAS: End of the Semester HELP!

Hi CCAS students,

Congrats on making it through the semester --

We recognize it's been a challenging and tricky time. We continue to send our positive thoughts your way as you prepare for finals.

Need help with something? We're here for **YOU!**

- **Questions about Enrollment?**

- It's **OPEN!**
- You can **still enroll and make changes** to your schedule.
- **Contact your CCAS advisor** with any questions.

- **Satisfactory Disruption (SD) and Unsatisfactory Disruption (UD) Options?**

- What does this mean and should I do it?
- **Contact CCAS** – we can help you think through ideas.
- **FAQ's from the Office of the Registrar**

- **Virtual Study Tips with GUTS (Greater University Tutoring Services):**

- **Drop-in Tutoring w/ GUTS**
- **Study Skills appointment w/ GUTS**

- **Wellness Resources:**

- Continue to **take care of yourself and be kind to yourself**. 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
- **Financial** and **Basic Needs Resources**

None of this has been easy -- please reach out if you would like some help, support, someone to bounce ideas off. We're here to talk. Keep taking things one at a time!

Be well – Good luck – We believe in you!

-The CCAS Team

Cross-College Advising Service
University of Wisconsin-Madison
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