

Managing Your Health Situation: Important Advising Information!

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From: Office of Academic Advising

It is important that students learn to manage colds, flus and other illnesses that occur in college. Coping skills that are developed as an undergraduate will help students in graduate school and in the world of work. There are several offices on campus that have developed cold and flu information for students. Those links are below. The purpose of this hand-out is to discuss the advising issues students face when managing illness.

The Office of Academic Advising encourages students to communicate with instructors directly when illness prevents them from attending classes. Your instructors' emails are listed on your syllabi and on DuckWeb (see "View Your Text Schedule" in the Registration menu). (A sample e-mail to use when contacting your instructors is below. This email is a guideline; tailor your note to your situation.)

If you are incapacitated for more than a week, it is important that you assess the impact that a week's absence will have on your term. If this is your situation, you need to contact your instructors, let a family member know that you are ill, and speak with your academic advisor as soon as possible. If you are in the midst of a serious and lengthy absence and cannot act on your own behalf, please contact the Office of Academic Advising (346-3211). We can send a form letter to your instructors indicating that you have notified us that you are absent for health reasons and notify them of the date of your expected return to class.

Sample email to modify for use when contacting your instructors:

"Professor Smith,

I am a student in your REL 101 and I have had to miss class for the last two class periods because I have the flu. I have made arrangements for a friend in class to take notes on the lecture and discussion. I wanted to let you know why I had missed class. I would like to meet with you once I feel better to talk about the upcoming midterm/paper/next assignment.

Thank you!

Akeesha Jones"

Important information is available online for managing your health situation:

University of Oregon Health Center web site

<http://healthcenter.uoregon.edu/>

H1N1 Pandemic Influenza

<http://em.uoregon.edu/h1n1/>

Flu Season information from Housing

<http://housing.uoregon.edu/news.php?view=1434>

Lane County Public Health maintains a list of H1N1 vaccination locations at:

http://www.lanecounty.org/HHS_PubHlth/Documents/H1N1VaccineLocation1015092_.pdf.