

Academic Interventions

Significant mental health problems can affect your ability to attend classes and impair your academic performance. If a psychological disorder significantly impairs your academic performance, you may request an accommodation. Possible academic interventions for mental health problems include:

- [Psychological/Medical withdrawal from the current semester](#) ^[1]
- [Application for a psychological/medical underload](#) ^[2]
- [Requests for final exam excuses](#) ^[3] (CAPS provides exam excuses for final exams only. CAPS does not issue exam excuses for exams during the semester.)

Additionally, Counseling and Psychological Services offers [Road to Resilience](#) ^[4], a program to support students on academic probation who are looking for support.

Source URL: <https://caps.unc.edu/services/academic-interventions>

Links

[1] <https://caps.unc.edu/services/academic-interventions/current-semester-psychologicalmedical-withdrawal>

[2] <https://caps.unc.edu/services/academic-interventions/application-underload-psychological-reasons>

[3] <https://caps.unc.edu/services/academic-interventions/requests-final-exam-excuses>

[4] <https://caps.unc.edu/services/academic-interventions/road-resilience>