



WellCat Health Center

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Excuse Notes Policy

Effective 01-01-2020

CSU Chico WellCat Health and Counseling Center will no longer provide “excuse notes” for absences from class or missed deadlines, effective January 1, 2020. In instances where the WellCat Health Center or Counseling Center has recommended more than 3 days away from class or referred the student for hospitalization; documentation will be provided. Our policy is consistent with the policies of our peer institutions as well as the American College Health Association.

The vast majority of legitimate excuses for missing class, exams or deadlines (such as colds, flu, headaches, nausea, vomiting, diarrhea, abdominal pain, dizziness, mental health issues, etc.) do not lend themselves to objective confirmation, especially after symptoms have subsided. Missed class/absences are best worked out between the student and the professor, who has had an opportunity to observe the student's academic performance and knows what is required for success in the course. Students are encouraged to contact their professor(s) promptly if a class or assignment is missed to discuss potential solutions.

Excuse Note Policy:

- “Excuse notes” will not be provided by the WellCat Health Center or Counseling Center
- Appointments for “Excuse Notes” are not considered appropriate
- The WellCat Health and Counseling Center does not provide authentication of outside provider certificates

This policy also reflects our commitment to maintaining patient confidentiality, teaching students how to use healthcare resources appropriately, and supporting meaningful dialogue between students and faculty. Faculty assistance in working with students who have missed class and practicing self-care is greatly appreciated.

Students who wish to request a medical withdrawal from a class or from the University will need to follow the policy set forth by the University. Information about withdrawals can be obtained from the Registrar’s Office. <https://www.csuchico.edu/sro/registration/withdrawal-procedures.shtml>