We're all in this together!

We are all in the same boat, learning to adapt as things change around us.

HOO KNEW?

Most UVA students show self-compassion, such as acknowledging best effort even when an outcome is imperfect.*

*From the February 2017 Health Survey with responses from 1,100 UVA students

Given your situation, try to evaluate what is best for you.

This is an uncomfortable and uncertain time for everyone, your health and wellbeing takes precedence.

There are a lot of decisions to make during this time based on your circumstances and needs.

Example: Taking courses for a grade or credit. If you need help making this decision, talk to your academic advisor, association dean, or RA.

Making these decisions can be difficult.

Give yourself some grace and remember you are doing the best you can!