Campus Wellness and Crisis Intervention

Personal Reflective Essay Prompt

Please provide a thoughtful, reflective personal response to the following questions. There is no requirement as to the length of your response – please share the information you believe is necessary for us to gain a complete understanding of your wellness and readiness to return to USC.

Please address each of the following questions in your statement:

1. What were your reasons for taking a health leave from USC?
2. What did you do while on leave?
3. How did your leave allow you to address your health concerns?
4. What changes do you plan to implement that will allow for a successful and safe return to the USC community and your academic program?
5. What resources, at USC and otherwise, do you plan to connect with to facilitate your successful return?