Let me start off this appeal by first mentioning that I knew this was going to happen eventually. I did not keep true to myself and did not change my destructive behavior. I will try my best to paint a picture of what I was dealing with these past couple years, and I will try to prove that these problems will no longer affect me. A lot of people were affected by the COVID-19 Pandemic, and I was in denial that I was affected. When I completed my first quarter at UCSD, I was surprised at how poor my performance was, so I told myself that I would do better next quarter. At the end of the second quarter, I was surprised yet again. I felt this time as though my self-esteem and self-worth was deteriorating. I was an above average student at my community college, and I my first notice about my performance. Subsequently, completing assignments for the most part was no longer enjoyable and fostered an unhealthy learning environment for me. I started fueling immense amount of anxiety about doing my best. These unhandled negative emotions and actions continued onto my second year, which at that time I had developed poor sleeping and eating habits. I woke up each day dreading what followed and ate way too much. I also developed a very draining emotion that is hard for me to describe; I had no desire to socialize with anyone and even avoided it, including the ones closest to you. This emotion was unknowingly controlling my life and during finals week of spring 2022, I had the following realization: I do not want to keep living this way, I am not happy, and I need help. The reason I believe why these problems occurred was because of multiple reasons. One was essentially the whole COVID-19 lockdown. The transition from online to in-person plummeted my attendance in classes and I eventually only went to class when there was a major exam. On top of that my father was and still is against the COVID-19 vaccine and insisted that I must not take it. As a result, that caused a tremendous amount of stress for me, and I ultimately made the decision to go against his word to stay enrolled. Another reason was that at the time my parents have gotten invested into a dangerous hobby: Gambling. Whenever they came to visit me in San Diego, most of the time we would spend our time at the Native American Casinos in Escondido and every time I kept wondering if my parents were going to become lost as gamblers. This summer I ultimately, have decided to not retake classes that I have failed because I want to repair the damage that I have done to myself. The second I came back home from San Diego I did a few things. I subscribed to a Platinum 24Hr Fitness Gym membership allowing me nationwide access to their gyms so I can go on a stress relieving regiment in San Diego and at Home. I have been going since June 20th and I plan to keep going as it is surprisingly effective at reducing stress. So far, I have been waking up every day motivated to improve myself and give it my all. To correct my sleep, I made an appointment to see a therapist ASAP and the latest appointment I could get was for July 5th. Once I have received this notice in my academic records, I will admit I did panic. So, I have been calling CAPS and Kaiser Permanente’s Behavior health hotline to try to a get some advice about what actions to take. On my free time, I am working on a self-project that encapsulated some of the material that I enjoyed this year. I am designing a MCU using a FPGA protoboard control servo motor on a robotic arm that I designed. Currently, I am writing carefully designed software using design patterns and techniques I learned in ECE 141A using C++. I will conclude by saying this ultimately all could have been prevented if I just sought help earlier, but I was in denial that I needed any at all. I take full ownership of my academic performance at UCSD, and I am certain that after this summer I will return in the Fall of 2023, and I will show UCSD that I am capable of obtaining success.