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 current behavior. I will try my best to paint a picture of what I was dealing with these past couple years. 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. By the end of the second quarter, I was surprised yet again. However, that time, I felt as though my self-esteem and self-worth was deteriorating because I was an above average student at my community college, and I had just got a notice for “Subject to Academic Disqualification”. After receiving this notice every time, I tried to complete an assignment, I started fueling immense amount of anxiety about doing my best. I ultimately started to take longer to complete one assignment. These unhandled negative emotions continued onto my second year, which at that time I had developed poor sleeping and eating habits. I also developed a very draining emotion that is hard for me to describe; I had no desire to talk to anyone, including the ones closest to you. This emotion was unknowingly controlling my life and during finals week of spring 2022, I had this 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. I had no desire to leave home or seek social interaction. So much so that I neglected seeing and socializing with close friends. On top of that my father was and still is against the COVID-19 vaccine and insisted that I should 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 Indian Casinos in Escondido and every time I kept piling on stress. I kept wondering if my parents were going to become full-time gamblers. I have decided to not retake classes that I have failed because I want to repair the damage that I have done to myself and to the University. 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 continue my stress relieving regiment in San Diego. I have been going since June 20th and I plan to keep going as it is surprisingly effective at reducing the amount of stress and disgust I have in my life. So far, I have not been waking up every day to no dread and disgust. To correct my sleep, I made an appointment to see a therapist ASAP and the latest appointment I could get was for July 7th. To prove that I understood material that I learned, I am working on a self-project that encapsulated some of the material that I enjoyed this year. I am working on designing a MCU using a FPGA protoboard control servo motor on a robotic arm. Currently, I am writing carefully designed software using design patterns and techniques I learned in ECE 141A using C++. Once I have received this notice in my academic records, I will admit I did panic. FIX THIS:Unfortunately, they were closed so I called CAPS. I know that this is hard to prove without extensive paperwork. This ultimately all could have been prevented if I just sought help earlier, but I was in denial. 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 my new, reformed best.

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