**Feeling Stressed? Resist the W.**

As the semester progresses, many students begin to feel overwhelmed.

Maybe midterm exams didn’t go as well as they’d hoped. Or a big essay assignment or class project is on the horizon. Or the demands of work or family are conflicting with the time needed for school.

When students get stressed, often they look for a quick and easy solution to deal with that stress. And unfortunately that often leads them to drop a course or two and take the W. Or simply to stop showing up to avoid the stress. And that can have huge implications for their future goals.

**W and Transfer:**
Planning on transferring to complete an undergraduate degree? A transcript with Ws can be a problem. Cal State and UC admissions are more competitive every year. If you and a peer have the same GPA, but you have Ws and she doesn’t, you may find your chances for transfer admission much lower. And several Ws on a transcript may suggest to a university that you have a problem taking your studies seriously.

**W and Professional Certification:**
Is dropping a course even an option for you? Some professional degree programs don’t accept Ws at all; if you drop the class, you may be dropped from the program. Others are very competitive and may not even admit you with Ws on your transcript. And what do you imagine a string of Ws says to a future employer or graduate program about persistence and dedication?

**W and the California Budget Crisis:**
The deeper the budget crisis gets, the more courses must be cut. If you don’t complete that required math, English, or general ed. course, or that essential course in your major, you may not be able to enroll again next semester. Or the semester after. Or the next one. How long are you willing to put off achieving your academic and professional goals?

And you know that after two Ws in a course, you can’t take it again, right? Right?

**Before you go for the W:**

- **Link up with your instructor** about course options and your grade.
- **Check out tutoring resources** that might help you boost your class comprehension and performance.
- **Talk with an academic counselor** about your Educational Plan and how a W--or a lower grade--might affect your graduation plans.
- **Consider your weekly schedule.** Where can you cut back on work or family responsibilities to spend more time studying?

*Don’t take dropping a course lightly. Beat the W.*

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