



Returning from a Leave of Absence

Want to meet other Cornell students who have also just come back from a leave?

Return From Leave of Absence Orientation

Wednesday, August 30, 4:30 - 5:30pm, Music Room, Willard Straight Hall

Meet other students returning to Cornell, have dinner together and to start the semester off right.

What other students say about the group:

“Being in the ‘Returning From Leave’ group helped me put everything in perspective! I was much more anxious about returning to school than I even had been about getting accepted in the first place. Returning to school itself was a really good experience. I felt like I was returning to who I was and I also returned to Cornell with new eyes; I felt like most people around me just took being here for granted, but to me it was something really precious.”

If you are interested in attending the group, drop-in on Wednesdays, at 4:30pm, 211 WSH. Please contact Janet Shortall at: js58@cornell.edu

(Over)

“I re-entered Cornell with an enriched perspective on my life and had the best semester that I had in college. Taking a leave may seem like it was wasting your time, but it is likely to be buying you time in the future, free of the problem you worked through on leave. Being in the group helped me figure out things like, ‘What do I tell people about why I was away?’ and ‘What will it be like graduating in January?’”

“The BEST THING about this group was finally being able to be open and honest about being on leave. Although everyone’s story was different, we totally benefitted from meeting together, learning from each other and supporting each other.”

“I learned not to compare my life to others’. It doesn’t matter what your peers do in life. Focus on finding out more about yourself and how to reach your potential given what you have. It’s your life that you’re living. You have to live it in the way that works for you.”

“What was hard about returning was adapting to being in the Cornell environment and finding balance. It was hard to find the right balance of self-care and work. I had to constantly remind myself that if I tried to do everything, I would probably end up crashing. It took a while for me to stop feeling guilty for taking the time I needed for myself to stay healthy both physically and emotionally, especially during my first weeks back at Cornell. I got great ideas and support from being in the group.”

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