

## Documenting Student Illness

The University Health Center does not routinely provide excuses for students who miss class due to illness or injury. Students who need to miss class due to illness/injury are encouraged by Academic Advising and by the University Health Center to notify their faculty that they are ill or injured and unable to attend (and follow the directions provided by the faculty member on the course syllabus). It is the purview of the faculty to determine when or if a student will be excused from class.

This policy is consistent with our commitment to maintain confidentiality, encourage more appropriate use of health care resources, and support meaningful dialogue between teacher and student. Students are responsible for promptly notifying instructors about absences caused by illness or injury, preferably prior to the class time rather than after the class time.

We encourage faculty members to have the appropriate conversation with the student that allows the student to represent the situation to the faculty member. These are conversations that students will need to have with their bosses or supervisors in the future. The University encourages these conversations between faculty and students as a step toward adult independence in such matters -- the conversation that identifies how the student can fulfill their academic responsibilities and continue their academic efforts and achievements, while working around their illness.

Students with serious illness or significant disability can request that medical staff place a letter detailing the condition in their medical record for access by Academic Advising. Students who wish to request a withdrawal from a class or from the University need to follow the rules set forth by the University. For those who are in the midst of a serious or lengthy absence and cannot act on their own behalf, please contact the Office of Academic Advising (541-346-3211).

It is important for students to learn self-management of colds, flus, other minor illnesses and minor injuries. Most of these simple illnesses or injuries do not require medical attention. Legitimate reasons to stay home with viral illness include decreasing viral exposures to others in the university community and recuperation. Coping skills that are developed as an undergraduate will help students in graduate school and in the world of work. Health Center staff have no special knowledge, equipment or intuition which tells us how long the student needs to be out or what impact the illness makes on the student. Illness varies greatly among individuals. Conversations between students and faculty should identify how the student can work around the illness to best continue their academic efforts and achievements.