

Subject: Appeal Against Academic Dismissal

Dear Academic Appeals Committee,

I hope this message finds you well. I am writing to formally appeal my academic dismissal. I understand the seriousness of my academic record and wish to provide context and request reconsideration.

Over the past semester, I encountered significant mental health challenges, including anxiety and depression, which substantially impacted my ability to focus and perform academically. Despite my best efforts, it became difficult to keep up with my coursework.

I have since taken steps to address these issues by seeking counseling and utilizing campus mental health resources. I am committed to improving my academic performance and am developing better coping strategies and time management skills.

I sincerely believe that, with the right support, I can turn my academic journey around. I kindly request a second chance to prove my capability. Thank you for considering my appeal.

Sincerely,

[Your Name]