[Name of the Writer]

[Name of Instructor]

[Subject]

[Date]

**Readmission Essay**

Dear Admissions Counselor,

In 2017, I had been suspended from my school, in the light of this suspension I want to explain the circumstances which make my poor academic performance and now I am ready to rejoin my school Last y.ear during my semester, I was dealing with mental health issues that are now getting better. My family took me to the psychiatrists that resulted in the diversion of my attention towards my life and School. My mental health conditions create a negative impact on my studies and specifically affect my school attendance, academic performance, extracurricular involvement, and teacher relationship. My grades were poor during my semester due to my lack of attention towards my studies.

My mental illness was due to the death of my grandmother. The psychiatrists diagnosed my mental illness with a panic disorder which makes me difficult to step out from my comfort zone. As a person, I had felt so challenged and daily I was battling against my destructive thoughts. My mental illness and my grandmother death took part in disturbing me to achieve success in my class. I have realized that my study discontinuity was due to my poor study habits, use of resources and time management. During that study break, I have learned a lot from my experiences and difficulties which will make my better future life. I have found after months of my stubbornness that I have to work for my issues of anxiety and make myself safe from these issues by taking proper guideline from my therapist.

 In the semester of September 2019, I want to take my classes again and score A grade in my courses of First Aid, medical and terminology, physiology, Anatomy, and CPR. I will also try to build a good relationship with my professors. Since I was at the age of 18 years it was my dream to Physical therapist and now I wanted to continue my career with the same goal. My keen interest in physiology and anatomy of the human body and I have served a lot of my time in teaching and researching myself about the medicine and the body. Every day I like to learn new things and I want to make research on those things which still need attention. The time in which I have taken a break to realize my shortcomings, which should be addressed and they give me a lesson that it is wrong to take great opportunities for granted. In my opinion, returning to my School will be the most important step in my future. My passion is to learn the mechanics of the body and my field Sports and Exercise Science will make me a more dedicated student because I have a keen interest in this field. I will try to spend more time in my studies and give special attention to my courses. I will learn from the resources which are provided by the school, during my School timing. In this semester I will take fifteen credit hours which will help me to get my graduate degree in the spring semester of 2020.

In the future, I will regularly take appointment from my psychiatrists and try to overcome my problems which I had faces previously in my academic performance. Now I am ready to put my whole effort into my studies and make my better future. My psychiatrists have approved my reports that I am fine enough to continue my studies. I feel that my concentration upon studies will be more helpful in curing my mental health. I need your favor to accept my application of readmission. I will be very thankful to you for this act of kindness.