



# WHEN LIFE IMPACTS ACADEMICS: CAPS CAN HELP

*When life situations affect your thoughts, feelings, and behaviors, they may impact your academic performance. Counseling and Psychological Services (CAPS) provides strategies to help you get back to academic success.*

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## CHANGING RELATIONSHIPS

Feeling unsure about continuing relationships with friends and more-than-friends back at home or your previous school? If these relationships make you feel blue or like your life at Cal is constricted, it can impact your studies. CAPS can help.

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## FAMILY ISSUES

Financial crises, illness, divorce, loss, and death in your family impacting your academic performance? You may feel stressed or insecure, and CAPS can help minimize negative impacts in the classroom.

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## FRUSTRATING FRIENDSHIPS & ROOMMATES

Trying to make friends, but no one is following through on “let’s do lunch”? Experiencing big differences in expectations? CAPS sessions or CAPS’ group counseling can help you manage frustration, irritation, and disappointment.

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## NEGATIVE INSTRUCTOR FEEDBACK

Received criticism on your writing, presentations, or participation from professors, GSIs, or peers? Feeling misunderstood, defeated, and unmotivated can cause your grades to fall. CAPS can help you reframe the feedback.

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## AVOIDING ASSIGNMENTS

Using computer games, social media, or web surfing to avoid studying? You may feel bored, angry at yourself, or ashamed. CAPS can help you overcome distractions and get back to studying.