To whom it may concern;  
I am writing due to the fact that as of this past semester, spring 2013, I Katherine C Kowal, did not meet the credit attempted/passed ratio that makes me eligible for financial aide. I understand that my schooling is important which is why I am writing you today. I was raised to take responsibility for my actions, therefore I do not like making excuses, but this semester I faced some circumstances that caused me to have more difficulty this semester, than any other semester of schooling I have faced.   
The semester stated off as a difficult one, I struggle with depression and early in my college career was diagnosed with bipolar disorder. It has taken me a while to figure out the proper way to manage this, but after my recent stay at the Claxton Hepburn Mental Health Unit, I feel that I am capable of balancing it out better.   
  
I have always cared about school, but this semester my caring turned into something else. I would not sleep, and continue to write my notes so that they were perfect, if I made a mistake I would have to start over, and If I studied and went to class and felt like I did not know the information fully or was not as prepared as everyone else, I would have panic attacks, I missed many classes due to the fact that I felt I couldn’t get out of bed, or I would start feeling agitated and walk out to go to the bathroom and start hyperventilating.   
  
There are two big events that impacted my life drastically this semester, and one of them being my living situation. At the beginning of this semester, and last semester I was living in an apartment, with one of my friends. It was not the best relationship; she would constantly steal from me, take her frustrations out by picking fights with me, and get in physical fights with her boyfriend which I had to get in the middle of more than once. At one point in early march of this semester, she got angry about something and stormed into my room and started yelling at me, raised her hand to me, and threw objects from my desk onto the floor. I had friends over at the time and requested they stay the night because I was scared, this only escalated. I had a friend come over and help me change my door knob to one that locked and she would bang on my door and threaten me, and have her friends come over and they would sit outside my door and threaten to jump me, and tell me I need to “watch my back” for these 2 weeks, I neglected to go to class, or even leave my room. I contacted my landlord, university police, and the police, as well as my place of employment (she threatened to call there and have me fired). UP said it was a job for the police, and the police said they couldn’t do anything without evidence. A few days later I was sitting in my room and for 15 minutes she banged on my door screaming and threatening me, in this time I called my landlord and he finally found another place I could live. I moved out starting that day.   
  
Once living in my new apartment I became very depressed, I didn’t eat, I didn’t even get out of bed. Again I neglected class, at this point I reached out to a few people and was brought to Ogdensburg for a mental health evaluation ~~by my friends~~, I was committed that night. I was there for the length of a week, and although it is something I never want to experience again, it helped. It allowed me to get on medicine, to get a psychiatrist and therapist, and to get a new diagnosis. Here I learned that a reason I was so depressed after moving was due to the fact that I have PTSD from my childhood, and a panic disorder. This was an educational opportunity in itself because I learned a lot about myself, like my anxiety is a part of my PTSD, and a lot of ‘symptoms’ in my life I overlooked were really symptoms of PTSD.   
  
I’ve learned a lot about myself this semester and I know I will come out stronger. I have faced many struggles in my life, but I still find reasons to be proud of myself. Looking back, I wouldn’t have imagined I would have gotten this far in life, but I am going into my fourth year as an independent student, but seeing as that I am an independent student I cannot afford school without the entire financial aid that I currently have. My current financial aide allows me to go to school and not have to worry about working full time, and barely getting by. That is why I ask for you to allow me another chance to do better, and allow myself the opportunity to better myself through schooling. I acknowledge and recognize that without schooling I do not see myself going very far in life, so for me it is a necessity, but I cannot do so without the funds to do so.