



Student Health Center

Dear Faculty Member,

The CSUSB Student Health Center provides two types of notes following an appointment:

1. **Verification of appointment** with the time and date a student was seen.
2. **Medical documentation** for significant medical illness or injury requiring substantial time off from school.

Most illnesses that lead to absences do not require a medical appointment and get better on their own with nothing more than self-care, such as fluids and rest. Furthermore, these conditions are difficult to confirm objectively, especially after the fact.

In cases of self-limited illness, students need rest and should not be expected to seek medical attention for the purposes of obtaining a note. Instead, they should be encouraged to communicate directly, by phone or email, with professors about their inability to participate in class.

To facilitate this communication, the CSUSB Student Health Center offers an Absence Form allowing students to self-verify illness, in-keeping with the current American College Health Association position and best-practices at universities across the nation.

By encouraging honest dialogue with instructors, the CSUSB Student Health Center reaffirms our commitment to fostering student ethics, responsibility and integrity.

For more information or questions about this, visit our website, <https://www.csusb.edu/shc> or contact the Student Health Center directly.

Sincerely,

A handwritten signature in black ink, appearing to read "Grace Castillo Johnson".

Grace Castillo Johnson, Ed.D.
Director, Student Health Center

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