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0390-997

May 27, 2008

College Transfer

[REDACTED]

SamID: 0390997

S. Trevor Thorn
Undergraduate Admissions Standards and Applications Committee
Sam Houston State University
Box 2418
Huntsville, TX 77341

Dear Mr. Thorn:

I recently applied to Sam Houston State University for admission into the Fall 2008 semester. However, I received the unfortunate news that I was not accepted to your University based on my prior grade point average (GPA) from Texas State University (TSU). Although I can understand why I was denied admittance, I would like to take the time and put forth the effort to appeal and explain the circumstances of my GPA. I think that after reading this explanation, you might understand why I had an unacceptable GPA and that it was due to a health disorder that started affecting me to the extreme while I attended TSU.

I began my college career in the fall of 2001, but unfortunately, my life started getting difficult in the fall of 2004 and got progressively worse through the spring of 2005. I am a Type 1 Diabetic and have been for 20 years now, always with excellent control. However, for some reason in June 2004, my blood sugars became extremely difficult to control. They stayed extremely difficult to control all the way through the spring of 2005. I was having trouble understanding why my blood sugars were out of control since I had previously had no issues. My Endocrinologist (Diabetes Doctor) could not figure out what was causing these fluctuations in my blood sugar either. Understanding the importance of my education, I was trying to attend college with my blood sugar fluctuating from the highest high of around 450 and then having it bottom out to as low as a 30 in the middle of class or during an exam, and then bounce back up. This would happen nonstop for that entire year. I would have to try and focus in class

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with my blood sugar bouncing back and fourth. This made it impossible to pay attention in class.

Since I was having difficulty paying attention in class due to my health, I also had difficulty in studying and completing homework. I felt like my mind was always racing or thinking about something else. I would drift off into thoughts about other things and could never just stay focused on one task at a time. Staying focused was impossible and studying became literally a daydream. I was not only daydreaming all the time, but I found myself upset and sad all the time as well.

I would get home from class or just be at home and end up being sad and depressed for no reason. I was also crying for no reason at all for those last two semesters. In the fall of 2004, I told myself I could make it better on my own and nothing was wrong. By the spring of 2005, I had fallen too far off the edge and did not understand why. During this time, I would sleep for literally seven days on end, without getting up other than to try and take my insulin. I would stay awake for seven to ten days and try to study and catch up. The cycle went on all semester but of course I failed miserably. The depression continued throughout the spring, along without being able to pay attention to anything. I did not understand what was going on with my life, and I knew when it was getting near the end of the semester that I needed help. I could not understand what was going on in my head, why nothing made sense or why nothing made me happy anymore. I had to find a solution to my problem. There had to be an explanation to why a good student was having all of these strange things happen to his Mental Health and control over his Diabetes.

The smartest thing I think I have ever done is move home in the summer of 2005. When I moved home, I explained to my parents what was going on and told them about my situation. I immediately saw my family Doctor who referred me to a Psychiatrist. I was then diagnosed as being Bi-Polar, suffering as well from Attention Deficit Disorder, and Depression. My Psychiatrist thinks this all stemmed from Type 1 Diabetes and the fluctuations in the blood sugar. She also thinks that I have had it all of my life. But, Bipolar, A.D.D., and Depression often do not show themselves, until people turn 21 or are in college and their lives become less structured and more hectic. It was not easy to gain control back when I had fallen that deep into Bi-Polar and Depression, but I was able to get my life back.

The first thing that my Psychiatrist and I worked out was a structured schedule for me. By doing this, it helped get my body's natural biomechanical clocks back in rhythm. My body started knowing when it was night time and time to sleep, and when it was supposed to be awake during the day. This was a huge step in the right direction. It took many baby steps like this to get me to where I am now today, a full functioning member of society. Besides bringing the structure to my life, we had to figure out which groups of medication worked correctly with me, to get my brain back in balance and working correctly again. This was the most difficult and it took well over two years to do this. Getting Bi-Polar Disorder under control is not just one single action, but you must take many different actions in your life to help control and regulate the disorder. I was luckily able to do this.



In the mean time I have held full time jobs and been able to take control of my life again. I can once again pay attention, and I also have control over my emotions. I no longer sleep for seven days on end, just seven-eight hours a night. My diabetes is once again under great control with no fluctuations, I hardly even notice the insulin pump that I wear. All of these steps that I have taken to better myself, do me little good when I do not have a degree.

After working full time jobs earning good money and working jobs in environments with individuals without college degrees, I have learned the value of one. I realize how valuable a degree is and how many doors it truly does open for you. I can not deny the fact that yes, I have had an opportunity to earn one before and I let it slip through my fingers. What I am asking you to understand and please reconsider, is that the reason that I can not transfer in and the reason that I messed up the first time around, was due to circumstances that I could not control. I did however deal with them by moving home, getting professional help, working full time jobs, living with structure, and making sure I would succeed. Now I want to go back and pick up where I left off and finish what I started. I can think better now than I have ever been able to before. I am more motivated now because I truly know the value of a college degree, and I know that it is my last chance to earn one and make something out of my life.

All I can do is ask that you please understand the battle with Bi-Polar Disorder, Diabetes, Depression, and Attention Deficit Disorder that I have gone through. It has not been an easy one by any means. I do not even

know the person that I was that last year I spent at Texas State University. I am glad that I have gotten my life under control. I hope that you can understand my personal battle, and extreme circumstances that I had to deal with that last year of college. I had no control over what caused my downfall that last year of college and what caused the onset of Bi-Polar Disorder which was caused by the Diabetes. Unfortunately, it took me dropping out and moving home to understand and cope with this problem. Please understand how much I have grown and how I have over come these obstacles in my life to become a functioning member of society and how I now want to continue to better my self with a college degree. I hope that by doing so, you are able to grant me admission to transfer to Sam Houston State University for the Fall 2008 semester.

Sincerely,

APPEALS COMMITTEE REVIEW

SEMESTER: Fall 2008 DATE: 06/26/08

(Return this form to Christine Gann after the committee review.)

Student Name & ID#	Time	Comments/Scores/Rank	Decision
✓ [Redacted] F08	2:00 pm 2:15		AP
→ [Redacted] 0390997 F08	2:30 pm		AP
✓ [Redacted] F08	3:00 pm	—?	D
✓ [Redacted] F08	3:30 pm		D
✓ [Redacted] J com. base	4:00 pm		D
✓ [Redacted] J	4:30 pm		AP
✓ [Redacted] S08	2:40 pm		AP
✓ [Redacted] F08			AP
[Redacted] F08			D

Totals:

Denied: 4 Accepted Probation: 5