

Cornell University

HLOA Newsletter

September 2025

This edition:

Return in Spring 2026

Please read the information below for important updates

Return from HLOA Process

Step by step instructions and links to required forms are available [here](#). You can schedule a zoom meeting with the Health Leaves Coordinator using this [booking link](#).

Important Dates-Spring 2026

- **October 1:** If you want to participate in course enrollment in November, submit your request to return and documentation of fitness to return by this recommended deadline.
- **December 1:** This is the final deadline to submit documentation of fitness to return for Winter or Spring 2026.
- **January 20:** Classes begin. Returns from HLOA must be finalized prior to the start of classes.

No Enrollment/Registration Holds

No enrollment/registration holds must be resolved before your return from HLOA can be approved. Check the Holds box in Student Center and contact the Health Leaves Coordinator for information about resolving holds.

Spring 2026 Course Enrollment

If you complete the return from HLOA process prior to your enrollment window (see dates below), you can participate in Spring 2026 course enrollment. Otherwise, you will add classes during the add period in January.

Graduate/Professional/CU Tech	November 11-13
Seniors/Vet Med 4th year	November 12-14
Juniors/Vet Med 3rd year	November 17-19
Sophomores/Vet Med 2nd year	November 18-20
First years/Vet Med 1st year	November 19-21

Financial Aid for Spring 2026

The Office of Financial Aid and Student Employment (FASE) recommends that you finalize your return from HLOA at least six weeks before classes begin. You must complete the FAFSA and CSS profile and be active in your academic program before FASE can review your information. Find instructions [here](#). Check your To Do List in Student Center and your email regularly, and take care of open items promptly.

Housing in Ithaca

- Returning students who have not completed the 2-year residential requirement are guaranteed on-campus housing. Apply for housing through the [Housing Portal](#), which will open for Spring 2026 on October 1.
- Housing options are limited for spring returns. If you require disability-related housing accommodations, complete the [Student Disability Services and Housing Accommodations form](#), and the housing office can explore options with you.
- Submit questions for Cornell Housing via the general inquiry [here](#).
- If you are looking for housing off campus, the [Off-Campus Living](#) office has helpful resources, including rental listings.

International Student Visa

- If your F-1/J-1 student immigration record is still active and you left the USA during HLOA, follow the instructions [here](#) to prepare for re-entry.
- If your F-1/J-1 immigration record was closed while on HLOA, you cannot use your previously issued I-20 or DS-2019. You must follow the procedures for [Return from Leave of Absence](#). You will need a valid I-20/DS-2019, passport, and visa to enter the U.S. and participate in an academic program at Cornell. You will also need to pay a SEVIS fee for the new I-20/DS-2019.

Cornell Health Services

After you complete the return from HLOA process, you may be eligible to consult with Cornell Health. Call 607-255-5155 for more information.

Student Health Plan (SHP)

All degree-seeking students attending Cornell must either be enrolled in SHP or carry other insurance which meets university requirements. SHP coverage for Spring 2026 returning students may begin as early as January 1. You will be enrolled automatically in SHP unless you waive this coverage. If your HLOA started prior to Fall 2025 and you want to [waive SHP](#), please submit a waiver request. Contact Student Health Benefits at 607-255-6363 or studentbenefits@cornell.edu with questions.

Cornell University

HLOA Newsletter

August 2025

This edition:

On leave in Fall 2025

Please read the information below for important updates

****NEW Return from Leave Deadlines****

Please submit a request to return, Return from HLOA Personal Statement, and Provider Documentation of Fitness to Return no later than the dates below. You can find step by step instructions and links to required forms [here](#).

Return Term	Earlier Deadline for Course Enrollment	Final Deadline
Fall	March 15	July 15
Winter	October 1	December 1
Spring	October 1	December 1
Summer	March 15	May 15

Spring 2026 Course Enrollment

If you would like to participate in Spring 2026 course enrollment, you must complete the return from HLOA process prior to the dates below:

- Nov 11-13: Graduate/Professional/Cornell Tech
- Nov 12-14: Senior undergraduate/Vet Med 4th year
- Nov 17-18: Junior undergraduate/Vet Med 3rd year
- Nov 18-20 : Sophomore undergraduate/Vet Med 2nd year
- Nov 19-21: First year undergraduate/Vet Med 1st year

Finances

- **Outstanding Balances:** Check [CashNet](#). Resolve any outstanding balances to avoid having charges sent to collections.
- **Loans:** If you have student loans, check your email for loan exit counseling information. Complete this online process to be informed about the impact of taking a leave on your loans.
- **Access to Bursar and Financial Aid Info:** If you want a family member to consult with the Office of the Bursar or Financial Aid on your behalf, you must give them access to CashNet.
- **Student Employment:** Students on a leave of absence are not eligible for jobs that are classified as student employment at Cornell.

Student Health Plan (SHP)

- If you were enrolled in the Student Health Plan (SHP) during Spring 2025 and the effective date of your leave is between 4/1/25 and 6/30/25, SHP coverage ended on 6/30/25. You have the option to purchase a one-time three-month continuation of coverage, which must be purchased within 60 days of coverage termination. Find more information [here](#) or contact studentbenefits@cornell.edu.
- If you are no longer eligible for SHP, consider consulting a [Health Insurance Navigator](#) for help finding alternative health insurance options.

On Campus Housing-Ithaca

- Returning undergraduate students can apply for on-campus housing for **Spring 2026** via the Housing Portal beginning in October.
- Rising juniors and seniors who want to participate in [Room Selection for 2026-27](#) must apply via the Housing Portal by **September 24**.
- Students who have not completed the 2-year residential requirement are guaranteed housing on campus upon return from HLOA.

Graduate School Students

The Graduate School approves health leaves in 12-month increments. Health Leaves are automatically renewed upon request for up to four years. To renew, email the Graduate School Registrar

(grad_registrar@cornell.edu) before the approved HLOA period ends. If you do not renew the HLOA or resume your studies at Cornell, you will be withdrawn from the university.

International Student Visa

- If you took a health leave during a prior semester and you want to maintain F-1 status while on leave in Fall 2025, you must provide updated documentation in English from a licensed MD, DO, psychiatrist, clinical psychologist, or psychologist. Please send updated documentation to the Health Leaves Coordinator by **August 20, 2025**.
- Students who have been approved for an HLOA or medical reduced course load by the International Services Office should always carry the appropriate documents required for [US entry](#).

Resource for Finding a Therapist

Cornell partners with [ThrivingCampus](#) to make it easier for you to connect with mental health care off campus in Ithaca and other locations in the U.S. You can use the Thriving Campus directory to:

- Find providers who are accepting new clients.
- Filter results based on location, insurance, and your needs/preferences.
- Browse provider profiles
- Contact providers directly by phone or email

For more information, visit the health leaves [website](#) or email the Health Leaves Coordinator at healthleaves@cornell.edu.

Cornell University

HLOA Newsletter

June/July 2025

This edition:

Return in Fall 2025

Please read the information below for important updates

Return from HLOA Process

Step by step instructions and links to required forms are available [here](#). You can schedule a zoom meeting with the Health Leaves Coordinator using this [booking link](#).

Important Dates-Fall 2025

July 15: Deadline to submit documentation of fitness to return

August 21: Return from HLOA orientation via Zoom (optional)

August 25: Fall semester classes begin

August 28: First weekly meeting of the Returning Students Group

No Enrollment/Registration Holds

No enrollment/registration holds must be resolved before your return from HLOA can be approved. Check the Holds box in Student Center and contact the Health Leaves Coordinator for information about resolving holds.

Fall 2025 Course Enrollment

If you did not enroll in classes in April, you will enroll during the add period, which begins at 9:00am on the following dates:

Graduate/Professional/CU Tech	August 18
Seniors	August 19
Juniors	August 20
Sophomores	August 21
First years	August 22

Financial Aid for Fall 2025

The Office of Financial Aid and Student Employment (FASE) recommends that you finalize your return from HLOA at least six weeks before classes begin. You must complete the FAFSA and CSS profile and be active in your academic program before

FASE can review your information. Find instructions [here](#). Check your To Do List in Student Center and your email regularly, and take care of open items promptly.

Cornell Health Services

After you complete the return from HLOA process, you may be eligible to schedule an appointment at Cornell Health after July 1. Call 607-255-5155 for more information.

Housing in Ithaca

- Due to increased enrollment, housing is at full capacity. Requests for room changes or accommodations will be limited. Housing assignments may include larger residential flex spaces.
- Students returning from HLOA who have not completed the 2-year residential requirement are guaranteed on-campus housing. Apply for housing ASAP through the [Housing Portal](#) and submit a [general inquiry](#). Housing and Residential Life (HRL) will contact you about a room assignment. There may be a delay in getting your assignment due to increased enrollment.
- Returning juniors and seniors who do not yet have a signed housing license will be on a wait list. On campus housing is not guaranteed.
- **Disability-related Housing Accommodations:** Some housing options may be unavailable. If you are approved for housing accommodations after room selection, complete the [Student Disability Services and Housing Accommodations form](#), and HRL can explore options with you.
- Submit questions for Cornell Housing via the general inquiry [here](#).
- If you are looking for housing off campus, the [Off-Campus Living](#) office has helpful resources, including rental listings.

International Student Visa

- If your F-1/J-1 student immigration record is still active and you left the USA during HLOA, follow the instructions [here](#) to prepare for re-entry.
- If your F-1/J-1 immigration record was closed while on HLOA, you cannot use your previously issued I-20 or DS-2019. You must follow the procedures for [Return from Leave of Absence](#). You will need a valid I-20/DS-2019, passport, and visa to enter the U.S. and participate in an academic program at Cornell. You will also need to pay a SEVIS fee for the new I-20/DS-2019.

Student Health Plan (SHP)

All degree-seeking students attending Cornell must either be enrolled in SHP or carry other insurance which meets university requirements. SHP coverage for returning students may begin as early as July 1. You will be enrolled

automatically in SHP unless you waive this coverage. If your HLOA started prior to Spring 2025, and you want to [waive SHP](#), please submit a waiver request by July 31. Contact Student Health Benefits at 607-255-6363 or studentbenefits@cornell.edu with questions.

For more information, visit the health leaves website or email the Health Leaves Coordinator at healthleaves@cornell.edu.

Cornell University

HLOA Newsletter

May 2025

This edition:

On Leave in Fall 2025

Please read the information below for important updates

Tips for Your Time Away

1. Prioritize treatment, rest, and health promoting activities
2. Reflect on your prior experience at Cornell to prepare for your return
3. Maintain a consistent daily routine
4. Engage in productive activities outside home
5. Assess your readiness to return to challenges and opportunities at Cornell

****NEW Return from Leave Deadlines****

Starting in the 2025-26 academic year, students who are on a university health leave of absence (HLOA) and who wish to return to their studies, are required to submit a request to return as well as a Return from HLOA Personal Statement and Provider Documentation of Fitness to Return no later than the dates below. You can find step by step instructions and links to required forms [here](#).

Return Term	Earlier Deadline for Course Enrollment	Final Deadline
Fall	March 15	July 15
Winter	October 1	December 1
Spring	October 1	December 1
Summer	March 15	May 15

Finances

- **Outstanding Balances:** Check [CashNet](#). Resolve any outstanding balances to avoid having charges sent to Collections.
- **Access to Bursar and Financial Aid Info:** If you want a family member to consult with the Office of the Bursar on your behalf, you must give them access. Find more information [here](#).
- **Loans:** If you have student loans, check your email for loan exit counseling information. Complete this online process to be informed about the impact of taking a leave on your loans.
- **Student Employment:** Students on a leave of absence are not eligible for jobs that are classified as student employment at Cornell.

Student Health Plan (SHP)

- If you were enrolled in the Student Health Plan (SHP) during Spring 2025 and the effective date of your leave is between :
 - 1/31/25 and 3/31/25, SHP coverage will end on 6/30/25.
 - 4/1/25 and 6/30/25, SHP coverage will end on 6/30/25 and you have the option to purchase a one-time three-month continuation of coverage, which must be purchased within 60 days of coverage termination.
- Find more information [here](#) or contact studentbenefits@cornell.edu.
- If you are no longer eligible for SHP, consider consulting a [Health Insurance Navigator](#) for help finding alternative health insurance options.

Graduate School Students

As a reminder, the Graduate School approves health leaves in 12-month increments. Health Leaves are automatically renewed upon request for up to four years. To renew, email the Graduate School Registrar (grad_registrar@cornell.edu) before the expiration of the approved HLOA period. If you do not renew the HLOA or resume your studies at Cornell, you will be withdrawn from the university.

2025-2026 On Campus Housing-Ithaca

Returning undergraduate students who will be in their first or second year in 2025-26 can participate in the on-campus housing selection process for Spring 2026 beginning in October.

International Student Visa

- If you decide to remain on leave for the **Fall 2025** semester, you will need to provide updated documentation from a licensed medical doctor, Doctor of

Osteopathic Medicine, psychiatrist, clinical psychologist, or psychologist to maintain F-1 status and keep your SEVIS record active. Please send the Health Leaves Coordinator updated documentation indicating the need for a continuation of your leave. International Services will need confirmation that we have updated documentation on file by **August 20, 2025**.

- Students who have been approved for an HLOA and medical reduced course load by the International Services Office should always carry the appropriate documents required for [US entry](#).
- International students who remain in the U.S. during HLOA are advised to maintain health insurance coverage.

Resource for Finding a Therapist

Cornell partners with [ThrivingCampus](#) to make it easier for you to connect with mental health care off campus in Ithaca and other locations in the U.S. You can use the Thriving Campus directory to:

- Find providers who are accepting new clients.
- Filter results based on location, insurance, and your needs and preferences.
- Browse provider profiles
- Contact providers directly by phone or email

For more information, visit the health leaves website or email the Health Leaves Coordinator at healthleaves@cornell.edu

Cornell University

HLOA Newsletter

April 2025

This edition:

Return in Fall 2025

Please read the information below for important updates

Return from HLOA Process

- Complete request to return form
- Send documentation of fitness to return to Health Leaves Office

- Meet with an advisor for academic planning
- Make a holistic return plan with Health Leaves Office
- Resolve any holds that prevent Registered status
- Review return approval letter and commit to return

Find more information and links to forms [here](#)

Important Dates-Fall 2025 Returns

- **July 15:** Deadline to start HLOA return process
- **August 25:** Fall semester classes begin

No Enrollment/Registration Holds

No enrollment/registration holds must be resolved before your return from HLOA can be approved. Check the Holds box in Student Center to determine if you have any holds. Contact the Health Leaves Coordinator for information and assistance with resolving holds.

Fall 2025 Course Enrollment

If you have not yet started the return from HLOA process, we cannot guarantee that your return will be finalized in time to participate in pre-enrollment in late April. If you miss pre-enrollment, you can complete the return process and enroll in classes during the add period in August.

Financial Aid for Fall 2025

The Office of Financial Aid and Student Employment (FASE) recommends that you complete the return from HLOA process at least six weeks before classes begin. You must complete the FAFSA and CSS profile and be active in your academic program before FASE can review your information and develop your official Cornell Aid Offer. Find information and instructions [here](#). Also, remember to check your To Do List in Student Center regularly and take care of any open items promptly. FASE may also contact you via email, so check your email regularly, read messages carefully, and follow the instructions.

International Student Visa

- If you decide to remain on leave for the **Fall 2025** semester, you will need to provide updated documentation from a licensed medical doctor, Doctor of Osteopathic Medicine, psychiatrist, clinical psychologist, or psychologist to maintain F-1 status and keep your SEVIS record active. Please send the Health Leaves Coordinator updated documentation indicating the need for a continuation of your leave. International Services will need confirmation that we have updated documentation on file by **August 20, 2025**.

- Students who have been approved for an HLOA and medical reduced course load by the International Services Office should always carry the appropriate documents required for [US entry](#).
- International students who remain in the U.S. during HLOA are advised to maintain health insurance coverage

Housing in Ithaca

- General Room Selection for 2025-26 is now complete.
- Students returning from HLOA who are subject to the residential requirement are guaranteed on-campus housing for 2025-2026. If you have not done so already, please apply for on campus housing through the [Housing Portal](#). Housing will contact you regarding a room assignment.
- Returning juniors and rising seniors interested in living on campus who did not select a space during the fall Housing Selection process will be placed on the Regular Wait List. A room assignment is not guaranteed.
- If you have questions for Housing, submit a general inquiry form [here](#).
- **Disability-related Housing Accommodations:** After room selection, certain housing options may be limited or unavailable. If you are approved for housing accommodations after room selection takes place, complete the [Student Disability Services and Housing Accommodations form](#), and Housing can explore options with you.
- If you are looking for housing off campus, [Off-Campus Living](#) has helpful resources, including rental listings.

Student Health Plan (SHP)

All degree-seeking students attending Cornell must either be enrolled in SHP or carry other insurance which meets university requirements. If your HLOA started prior to Spring 2025, and you want to [waive SHP coverage](#), please submit a waiver request between June 1 and July 31. Please contact our Student Health Benefits at 607-255-6363 or studentbenefits@cornell.edu.

Cornell University

HLOA Newsletter

March 2025

This edition:

On Leave in Spring 2025

Please read the information below for important updates

Tips for Your Time Away

1. Prioritize treatment, rest, and health promoting activities
2. Reflect on your prior experience at Cornell to prepare for your return
3. Maintain a consistent daily routine
4. Engage in productive activities outside home
5. Assess your readiness to return to challenges and opportunities at Cornell

Finances

- **Outstanding Balances:** Check [CashNet](#). Resolve any outstanding balances to avoid having charges sent to Collections.
- **Access to Bursar and Financial Aid Info:** If you want a family member to consult with the Office of the Bursar on your behalf, you must give them access. Find more information [here](#).
- **Loans:** If you have student loans, check your email for loan exit counseling information. Complete this online process to be informed about the impact of taking a leave on your loans.
- **Student Employment:** Students on a leave of absence are not eligible for jobs that are classified as student employment at Cornell.

Student Health Plan (SHP)

- If you were enrolled in the Student Health Plan (SHP) during the **Spring 2025 semester** and the effective date of your leave is between 1/31/25 and 3/31/25, SHP coverage will end on 6/30/25. You have the option of requesting early termination of coverage by 5/31/25 for a partial refund.
- Find more information [here](#) or contact studentbenefits@cornell.edu.

- If you are no longer eligible for SHP, consider consulting a [Health Insurance Navigator](#) for help finding alternative health insurance options.

Fall 2025 Pre-enrollment

If you plan to return from HLOA in Fall 2025 and you would like to participate in course pre-enrollment, you must complete the return from HLOA process prior to your pre-enrollment dates (see below). Please allow a minimum of three weeks to complete the return process.

- April 23-25: Graduate/Professional/Cornell Tech
- April 28-30: Senior undergraduate
- April 29-May 1: Junior undergraduate
- April 30-May 2: Sophomore/First year undergraduate

Graduate School Students

As a reminder, the Graduate School approves health leaves in 12-month increments. Health Leaves are automatically renewed upon request for up to four years. To renew, email the Graduate School Registrar (grad_registrar@cornell.edu) before the expiration of the approved HLOA period. If you do not renew the HLOA or resume your studies at Cornell, you will be withdrawn from the university.

2025-2026 On Campus Housing-Ithaca

Returning undergraduate students who will be in their **first or second year** in 2025-26 can participate in the on-campus housing selection process beginning in early April.

International Student Visa

- If you decide to remain on leave for the **Fall 2025** semester, you will need to provide updated documentation from a licensed medical doctor, Doctor of Osteopathic Medicine, psychiatrist, clinical psychologist, or psychologist to maintain F-1 status and keep your SEVIS record active. Please send the Health Leaves Coordinator updated documentation indicating the need for a continuation of your leave. International Services will need confirmation that we have updated documentation on file by **August 20, 2025**.
- Students who have been approved for an HLOA and medical reduced course load by the International Services Office should always carry the appropriate documents required for [US entry](#).

- International students who remain in the U.S. during HLOA are advised to maintain health insurance coverage.

Resource for Finding a Therapist

Cornell partners with [ThrivingCampus](#) to make it easier for you to connect with mental health care off campus in Ithaca and other locations in the U.S. You can use the Thriving Campus directory to:

- Find providers who are accepting new clients.
- Filter results based on location, insurance, and your needs and preferences.
- Browse provider profiles
- Contact providers directly by phone or email

For more information, visit the health leaves website or email the Health Leaves Coordinator at healthleaves@cornell.edu.

Cornell University

HLOA Newsletter

February 2025

This edition:

Returning in Spring 2025

Please read the information below for important updates

Return from HLOA Process

- Complete request to return form
- Send documentation of fitness to return to Health Leaves Office
- Meet with an advisor for academic planning
- Make a holistic return plan with Health Leaves Office
- Resolve any holds that prevent Registered status
- Review return approval letter and commit to return

Find more information and links to forms [here](#)

Important Dates-Fall 2025 Returns:

- March 1: Recommended date to start return process to participate in fall pre-enrollment
- July 15: Latest recommended date to start the return process
- August 4: Final deadline to submit documentation of fitness to return and personal statement (Your college/school/campus may have an earlier deadline. Check the HLOA approval letter for details)
- August 25: Fall semester classes begin

Fall 2025 Course Pre-Enrollment

If you would like to participate in pre-enrollment you must submit documentation of fitness to return **at least three weeks in advance** and your return must be finalized prior to your pre-enrollment dates (see below). As part of the return from HLOA process, you will engage in academic planning and complete college/school/campus-based rejoin requirements. In most cases, this requires a meeting with an advisor. This is a busy time for advisors, so be sure to schedule an advising appointment a few weeks in advance of your pre-enrollment dates.

- April 23-25: Graduate/Professional/Cornell Tech
- April 28-30: Senior undergraduate
- April 29-May 1: Junior undergraduate
- April 30-May 2: Sophomore and First-Year undergraduate

Financial Aid for Spring 2025

The Office of Financial Aid and Student Employment (FASE) recommends that you complete the return from HLOA process at least six weeks before classes begin. You must complete the FAFSA and CSS profile and be active in your academic program before FASE can review your information and develop your official Cornell Aid Offer. Find information and instructions [here](#). Also, remember to check your To Do List in Student Center regularly and take care of any open items promptly. FASE may also contact you via email, so check your email regularly, read messages carefully, and follow the instructions.

Housing in Ithaca

- Students who will be in their first or second year in 2025-2026 can participate in the on-campus housing selection process beginning in April. The housing application is now open in the [housing portal](#).
- The housing selection process for students who will be juniors and seniors in 2025-2026 took place in early October. Returning juniors and seniors can submit a housing application. However, you will most likely be placed on a waiting list, and available housing assignments will be made during the summer.
- If you have questions for Housing, submit a general inquiry form [here](#).
- Disability-related Housing Accommodations: You must first secure housing on campus in Ithaca. If your assigned room does not meet your access needs, follow the instructions to request [housing accommodations](#).
- If you are looking for housing off campus, [Off-Campus Living](#) has helpful resources, including rental listings.

International Student Visa

- F-1 or J-1 student immigration record is still active: follow the instructions [here](#) to prepare for re-entry if you left the USA during HLOA
- F-1 or J-1 immigration record was closed while on HLOA: you cannot use your previously issued I-20 or DS-2019 and you must follow the procedures for [Return from Leave of Absence](#). You will need a valid I-20/DS-2019, passport, and visa to enter the U.S. and participate in an academic program at Cornell. You will also need to pay a SEVIS fee for the new I-20/DS-2019.

For more information, visit the [health leaves website](#) or email the Health Leaves Coordinator at healthleaves@cornell.edu

Cornell University

HLOA Newsletter

January 2025

This edition:

On Leave in Spring 2025

Please read the information below for important updates

Tips for Your Time Away

1. Prioritize treatment, rest, and health promoting activities
2. Reflect on your prior experience at Cornell to prepare for your return
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Finances

- **Outstanding Balances:** Check [CashNet](#). Resolve any outstanding balances to avoid having charges sent to Collections.
- **Access to Bursar and Financial Aid Info:** If you want a family member to consult with the Office of the Bursar on your behalf, you must give them access. Find more information [here](#).
- **Loans:** If you have student loans, check your email for loan exit counseling information. Complete this online process to be informed about the impact of taking a leave on your loans.
- **Student Employment:** Students on a leave of absence are not eligible for jobs that are classified as student employment at Cornell.

Student Health Plan (SHP)

- If you were enrolled in the Student Health Plan (SHP) during the Fall 2024 semester and the effective date of your leave is between:
 - **9/5/24 and 9/30/24:** your coverage ended 12/31/24

- **10/1/24 and 12/31/24:** SHP coverage ended 12/31/24. You have the option to purchase a one-time three-month continuation of coverage, which must be purchased within 60 days of coverage termination.
- All coverage continuations must be paid by credit/debit card. Also, submit the continuation form and proof of payment to the email listed on the form.
- Find more information [here](#) or contact studentbenefits@cornell.edu.
- If you are no longer eligible for SHP, consider consulting a [Health Insurance Navigator](#) for help finding alternative health insurance options.

Fall 2025 Pre-enrollment

If you plan to return from HLOA in Fall 2025 and you would like to participate in course pre-enrollment, you must complete the return from HLOA process prior to your pre-enrollment dates (see below). Please allow a minimum of three weeks to complete the return process.

- April 23-25: Graduate/Professional/Cornell Tech
- April 28-30: Senior undergraduate
- April 29-May 1: Junior undergraduate
- April 30-May 2: Sophomore/First year undergraduate

2025-2026 On Campus Housing-Ithaca

Returning undergraduate students who will be in their first or second year in 2025-26 can participate in the on-campus housing selection process beginning in late February.

International Student Visa

- If you took a health leave in Fall 2024 and want to keep your SEVIS record and F-1 visa status active **Spring 2025**, please send the Health Leaves Coordinator updated documentation from a licensed medical doctor, Doctor of Osteopathic Medicine, psychiatrist, clinical psychologist, or psychologist indicating the need for a continuation of your leave. International Services will need confirmation that we have updated documentation on file by **January 17, 2025**.
- Students who have been approved for an HLOA and medical reduced course load by the International Services Office should always carry the appropriate documents required for [US entry](#).
- International students who remain in the U.S. during HLOA are advised to maintain health insurance coverage.

Graduate School Students

As a reminder, the Graduate School approves health leaves in 12-month increments. Health Leaves are automatically renewed upon request for up to four years. To renew, email the Graduate School Registrar (grad_registrar@cornell.edu) before the expiration of the approved HLOA period. If you do not renew the HLOA or resume your studies at Cornell, you will be withdrawn from the university.

Resource for Finding a Therapist

Cornell partners with [ThrivingCampus](#) to make it easier for you to connect with mental health care off campus in Ithaca and other locations in the U.S You can use the Thriving Campus directory to:

- Find providers who are accepting new clients.
- Filter results based on location, insurance, and your needs and preferences.
- Browse provider profiles
- Contact providers directly by phone or email

For more information, visit the health leaves website or email the Health Leaves Coordinator at healthleaves@cornell.edu.

Cornell University

HLOA Newsletter

November 2024

This edition:

Returning in Spring 2025

Please read the information below for important updates

Important Dates:

- Dec 1: Latest *recommended* date to start return process
- Jan 1: Last day to submit documentation of fitness to return and personal statement
- Jan 21: Spring 2025 classes begin

Return from HLOA Process

- Complete request to return form
- Send documentation of fitness to return to Health Leaves Office
- Meet with an advisor for academic planning
- Make a holistic return plan with Health Leaves Office
- Resolve any holds that prevent Registered status
- Review return approval letter and commit to return

Find more information and links to forms [here](#)

Spring 2025 Course Enrollment

The pre-enrollment window for Spring 2025 is now closed. If you did not complete the return process prior to pre-enrollment, you will enroll in classes during the add period in January. You can refer to the [2024-2025 Key Academic Dates](#) for the add period dates. Please note that your return must be finalized prior to enrolling in classes. As part of the return from HLOA process, you will engage in academic planning and complete college/school/campus-based rejoin procedures. In most cases, this requires a meeting for advising and course planning. Schedule an advising appointment in advance to avoid delays.

Financial Aid for Spring 2025

The Office of Financial Aid and Student Employment (FASE) recommends that you complete the return from HLOA process at least six weeks before classes begin. You must complete the FAFSA and CSS profile and be active in your academic program before FASE can review your information and develop your official Cornell Aid Offer. Find information and instructions [here](#). Also, remember to check your To Do List in Student Center regularly and take care of any open items promptly. FASE may also contact you via email, so check your email regularly, read messages carefully, and follow the instructions.

On Campus Housing- ITHACA

Spring 2025

- Applications for Spring 2025 housing opened on October 1. On-campus housing is guaranteed for students who have not yet fulfilled the two-year residential requirement. If you have not yet satisfied the residential requirement and you are planning to return from leave in Spring 2025, please submit your housing application through the Housing portal as soon as possible.
- Availability of housing for juniors and seniors will depend on room vacancies. If you are interested in living on campus, you may apply through the Housing portal. You will be placed on a waiting list. Housing will offer available rooms in December.
- If you want to explore off-campus housing options, the [Office of Off-Campus Living](#) has helpful resources, including rental listings.

2025-2026 Housing Selection

- The housing selection process for students who will be juniors and seniors in 2025-2026 took place in early October.
- Students who will be in their second year in 2025-2026 can participate in the on-campus housing selection process beginning in late February.
- If you have questions for Housing, submit a general inquiry form [here](#).

Disability-related Housing Accommodations

You must first secure housing on campus in Ithaca. If your assigned room does not meet your access needs, follow the instructions to [request housing accommodations](#)

International Student Visa

- F-1 or J-1 student immigration record is still active: follow the instructions [here](#) to prepare for re-entry if you left the USA during HLOA
- F-1 or J-1 immigration record was closed while on HLOA: you cannot use your previously issued I-20 or DS-2019 and you must follow the procedures for [Return from Leave of Absence](#). You will need a valid I-20/DS-2019, passport, and visa to enter the U.S. and participate in an academic program at Cornell. You will also need to pay a SEVIS fee for the new I-20/DS-2019.

For more information, visit the [health leaves website](#) or email the Health Leaves Coordinator at healthleaves@cornell.edu

Cornell University

HLOA Newsletter

October 2024

This edition:

On Leave in Spring 2025

Please read the information below for important updates

Tips for Your Time Away

1. Prioritize treatment, rest, and health promoting activities
2. Reflect on your prior experience at Cornell to prepare for your return
3. Maintain a consistent daily routine
4. Engage in productive activities outside home
5. Assess your readiness to return to challenges and opportunities at Cornell

Keep in Touch with Cornell

- Read the [Cornell Daily Sun](#) or check out Cornell posts on social media
- Check your Cornell email periodically
- Maintain contact with friends and advisors
- Contact the Health Leaves Coordinator with questions

Finances

- **Refunds:** Tuition refunds are usually processed 21 business days after the leave is finalized. Prorated refunds for housing and dining may take longer. To confirm your preferred refund method, click [here](#).
- **Financial Aid:** Taking a health leave may cause your financial aid for the term to decrease and sometimes students owe a balance.
- **Outstanding Balances:** Check [CashNet](#). Resolve any outstanding balances to avoid having charges sent to Collections.
- **Access to Bursar and Financial Aid Info:** If you want a family member to consult with the Office of the Bursar on your behalf, you must give them access. Find more information [here](#).
- **Loans:** If you have student loans, check your email for loan exit counseling information. Complete this online process to be informed about the impact of taking a leave on your loans.
- **Student Employment:** Students on a leave of absence are not eligible for jobs that are classified as student employment at Cornell.

Student Health Plan (SHP)

- If you were enrolled in the Student Health Plan (SHP) during the Fall 2024 semester and the effective date of your leave is between:
 - 9/5/24 and 9/30/24: you can keep SHP coverage through 12/31/24 (default) or request early termination by 11/30/24 for a prorated refund.

- 10/1/24 and 12/31/24: you can keep SHP coverage until 12/31/24 (default). You have the option to purchase a one-time three-month continuation of coverage, which must be purchased within 60 days of coverage termination. Request early termination by 11/30/24 for a prorated refund.
- All coverage continuations must be paid by credit/debit card. Also, submit the continuation form and proof of payment to the email listed on the form.
- You are eligible to cancel your coverage by submitting a termination request through [Gallagher Student Health](#). Prorated refunds for unused months of coverage will be based on the effective date of your termination request.
- Find more information [here](#) or contact studentbenefits@cornell.edu.
- If you are no longer eligible for SHP, consider consulting a [Health Insurance Navigator](#) for help finding alternative health insurance options.

2025-2026 On Campus Housing in Ithaca

- The 2025-26 on-campus housing selection process for **rising juniors and seniors** has already taken place. Cornell is unable to guarantee housing to juniors and seniors. If you are planning to return to Cornell in Fall 2025, you may submit a housing application through the Housing Portal in the spring. Housing assignments for returning students will be released on a rolling basis. You must be approved to return from leave by your college to receive a housing assignment.
- Students who will be in their **second year** in 2025-26 can participate in the on-campus housing selection process beginning in late February.

International Student Visa

- If you took a health leave in Fall 2024 and want to keep your SEVIS record and F-1 visa status active **Spring 2025**, please send the Health Leaves Coordinator updated documentation from a licensed medical doctor, Doctor of Osteopathic Medicine, psychiatrist, clinical psychologist, or psychologist indicating the need for a continuation of your leave. International Services will need confirmation that we have updated documentation on file by **January 17, 2025**.
- Students who have been approved for an HLOA and medical reduced course load by the International Services Office should always carry the appropriate documents required for US entry.
- International students who remain in the U.S. during HLOA are advised to maintain health insurance coverage.

Graduate School Students

As a reminder, the Graduate School approves health leaves in 12-month increments. Health Leaves are automatically renewed upon request for up to four years. To renew, email the Graduate School Registrar (grad_registrar@cornell.edu) before the expiration of the approved HLOA period. If you do not renew the HLOA or resume your studies at Cornell, you will be withdrawn from the university.

For more information, visit the health leaves website or email the Health Leaves Coordinator at healthleaves@cornell.edu.

Cornell University

HLOA Newsletter

September 2024

This edition:

Returning in Spring 2025

Please read the information below for important updates

Important Dates:

- To participate in pre-enrollment, start return by **October 1**
- We recommend starting the return process by **December 1**
- Documentation of fitness to return must be submitted **at least 3 weeks prior to the first day of classes (Jan 1)**

Return from HLOA Process

- Complete request to return form
- Submit documentation of fitness to return to Health Leaves Coordinator
- Meet with an advisor for academic planning
- Meet with Health Leaves Office for holistic return plan
- Resolve any holds that prevent Registered status
- Review return approval letter and commit to return

Find more information and links to forms [here](#)

Spring 2025 Course Pre-enrollment

If you would like to participate in pre-enrollment, you must submit documentation of fitness to return at least three weeks in advance and your return must be finalized prior to your pre-enrollment dates (see below). As part of the return from HLOA process, you will engage in academic planning and complete college/school/campus-based rejoin requirements. In most cases, this requires a meeting with an advisor. Schedule an advising appointment a few weeks in advance of your pre-enrollment dates.

Oct 29-31: Graduate/Professional/Cornell Tech

Oct 30-Nov 1: Senior undergraduate and Vet Med 4th year

Nov 4-6: Junior undergraduate and Vet Med 3rd year

Nov 5-7: Sophomore undergraduate and Vet Med 2nd year

Nov 6-8: First-Year undergraduate and Vet Med 1st year

Financial Aid for Spring 2025

The Office of Financial Aid and Student Employment (FASE) recommends that you complete the return from HLOA process **at least six weeks before classes begin**. You must complete the

FAFSA and CSS profile and be active in your academic program before FASE can review your information and develop your official Cornell Aid Offer. Find information and instructions [here](#). Also, remember to check your To Do List in Student Center regularly and take care of any open items promptly. FASE may also contact you via email, so it is important that you check your email regularly, read messages carefully, and follow the instructions.

On Campus Housing in Ithaca

Spring 2025 Housing

Applications for Spring 2025 housing open October 1. On-campus housing is guaranteed for students who have not yet fulfilled the two-year residential requirement. Housing for juniors and seniors will depend on availability of open rooms.

2025-2026 Academic Year Housing Selection Process

- Students who will be juniors and seniors in 2025-26 may participate in the fall housing selection process in **early October 2024**. While Cornell is unable to guarantee housing to juniors and seniors, Housing and Residential Life is committed to accommodating as many students as possible given available spaces on campus. Here are some helpful information resources for the housing selection process: [instructions for the process](#), and [FAQ](#).
- Students who will be in their second year in 2025-26 can participate in the on-campus housing selection process beginning in late February
- If you have questions for Housing, submit a general inquiry form [here](#).

International Student Visa

- If F-1 or J-1 student immigration record is still active: follow the instructions [here](#) to prepare for re-entry if you left the U.S. during your health leave.
- If F-1 or J-1 immigration record was closed while on HLOA: you cannot use your issued I-20 or DS-2019 and must follow the procedures for [Return from Leave of Absence](#). You will need a valid I-20/DS-2019, passport, and visa to enter the U.S. to participate in an academic program at Cornell. You will also need to pay a SEVIS fee for the new I-20/DS-2019. Complete the Return from Leave of Absence Request form located under General Services to obtain a new I-20/DS2019.

For more information, visit the [health leaves website](#) or email the Health Leaves Coordinator at healthleaves@cornell.edu.