

Professor [Last Name],

I hope this message finds you well. I am writing to express my sincere regret for my lack of participation in your class this semester. I understand the importance of engaging in discussions and contributing to the learning environment, and I feel that I have not met those expectations.

Unfortunately, [brief explanation of circumstances, e.g., personal issues, health problems, etc.]. I take full responsibility for not reaching out sooner or finding ways to engage despite these challenges.

Please know that I value your course and the knowledge I can gain from it. I am committed to improving my participation and making the most of the remainder of the semester. I would greatly appreciate any suggestions you may have on how I can catch up and contribute more effectively.

Thank you for your understanding.

Sincerely,
[Your Name]
[Your Student ID (if applicable)]
[Your Contact Information]