

# COMMON CHALLENGES TO EXPECT WHEN YOU GET TO CAMPUS

---

While everyone has different experiences at school, it's important to keep in mind that some challenges are common and regularly mentioned by students. We want to share some of these challenges before you leave so you can be better prepared to tackle them once you are on campus.

## CHALLENGES



### Having a sporadic schedule and no routine

College students are known for having crazy schedules. Your classes take place at various times on different days; homework, studying and social events dictate your free time, and your eating and sleeping schedules are a slave to the above factors each day. This can be a tough environment in which to manage diabetes because it can make seeing patterns difficult.

---



### Stress

With exams and ten-page papers that you've procrastinated on until the last minute, it's inevitable that you're going to experience a great deal of stress at various times throughout college. The problem with stress is that in some people it can raise blood sugars to epic proportions.

---



### Dining hall

The dining hall can present a challenge to students with diabetes. It can be tough to access nutritional information and serving sizes, making carbohydrate counting and bolusing feel more like picking lottery numbers.

## QUICK TIPS

- ✓ Keep some sort of routine each day—whether it’s the time you wake up, when or what you eat, and/or when you go to the gym.
- ✓ Be prepared. Keep necessary diabetes supplies on you at all times (*i.e.*, meter, insulin, a syringe and low treatment) so that you’re ready to go if you and your friends do something spontaneous.
- ✓ Stay away from carb- and sugar-heavy items at the dining hall. Instead, opt for the foods that you can easily look up the nutritional info for (*i.e.*, brown rice, baked potatoes, chicken, burgers, etc.).

## SOLUTIONS

It may be impossible to keep the same exact schedule each day, but that doesn’t mean you can’t have some consistency. Pick a couple elements of your day—*i.e.*, breakfast, lunch, or going to the gym—and try to do them at the same time every day. This will help to structure your day a bit more, and give you a starting point for determining what adjustments might need to be made in your diabetes management.

The more consistent you are with your day the easier it will be to spot patterns.

---

Figure out what helps to relieve your stress—and make time for it. If your blood sugar won’t come down in the morning, do some yoga, play intramural kickball, or lie down and watch a movie. Of course, just in case this doesn’t work, make sure that you’ve registered for accommodations with your campus Disabilities/Auxiliary Services office. That way, if your blood sugar won’t come down on the morning you’re supposed to take your final, you have the option to reschedule.

---

When possible, try to limit eating foods with high carb counts (like pasta and desserts). Instead, opt for vegetables, fruits, protein (like chicken or tofu), and other foods that you know or can look up the carb count for. Lastly, know your staples. Choose a few foods that are usually available and try to find out the exact carbohydrate counts.

If the dining hall is not meeting your needs, remember that you can stock your dorm with packaged and microwaveable food options (*i.e.*, yogurt, oatmeal, protein bars, etc.).