

LOOKING AT SCHOOLS GUIDE

It may be hard to believe, but soon you will be graduating from high school and heading off to college!

College is a new and exciting time in your life, but it also requires a lot of planning. You've probably started spending some of your free time checking out schools, talking to friends and family about college, and beginning to put together an idea of what you want for the next four years. It's okay if you don't know what you want yet—that's what looking is for!

Make sure you know what kinds of things you care about in a school—then you'll know what questions you want to ask. There is a lot to consider when choosing a college, including what majors they offer, the type of campus culture, residence life, and so much more! The key thing to remember is that diabetes shouldn't affect where you decide to go to school.

BEST OF LUCK IN YOUR SEARCH!

Visit our site throughout your college experience for more resources, tips, and support!

COLLEGEDIABETESNETWORK.ORG



LOOKING AT SCHOOLS GUIDE (Continued)

Scholarships

There are a number of scholarship opportunities for students living with diabetes—so start browsing. We strongly suggest checking our scholarships webpage ASAP so that you have enough time to apply. Many scholarships are due before you even commit to a college.

CDN Chapters

CDN consists of campus Chapters all across the country that are made up of students just like you. These Chapters are student-led groups that allow students to connect with others who get it. Find out if there is a Chapter at the schools you are interested in by checking out the map on our website. Don't worry if you've already fallen in love with a school that doesn't have a CDN Chapter. CDN can easily help you create one at your school or put you in touch with local students living with diabetes!

Disabilities/Auxiliary Services

Many students don't think of diabetes as a disability, but when it comes to being prepared, registering with your school's Disabilities/Auxiliary Services when you get to campus can be a good move. At this point in the game, just check to see if they've had previous experience with students with diabetes and how they have helped accommodate them in the past. Check out the "Registering for Accommodations" section of this guide for more info!

Health Services/Clinical Care

Make sure you are aware of where you would seek medical care for your diabetes and what the campus health center is capable of helping with.

Some questions to ask admissions/health center staff at the schools you tour:

- ▶ Does the health center have experience with students living with diabetes on campus?
- ▶ Can you help them to create a plan for how to work with students with T1D?
- ▶ What services does the health center provide?
- ▶ Can you get your prescriptions filled at an on campus pharmacy?

CONNECT WITH STUDENTS: chapters@collegediabetesnetwork.org

Get a firsthand account of what life is like on campuses you are interested in and ask students about your diabetes-related questions.

Residential Life

Dorms are an important part of campus life. Consider the following questions:

- ▶ How many roommates will you have?
- ▶ Will you have a resident director and/or hall advisor?
- ▶ Is there kitchen access in the dorm?
- ▶ Can you have a fridge and/or microwave in your room?
- ▶ What does first year housing generally look like? Where are the dorms?
- ▶ Is there any specialty housing you might want to apply for?

Dining Services

Eating on campus can be a challenge without proper planning. Make sure that you are aware of what each school provides in terms of dining services. Consider the following questions when you are looking at the dining options on campus:

- ▶ How does the meal plan work? Are there options that will suit your needs?
- ▶ Is there access to supplemental food (*i.e., cafés, restaurants, stores on campus, etc.*)?
- ▶ What are the hours of operation for the dining hall? What is open when the dining hall is closed?
- ▶ Where are dining halls located relative to resident halls and classes?
And how many are there?
- ▶ Are there gluten free options (*if you also have celiac disease*)?
- ▶ Does the dining hall provide nutrition information and/or measuring cups?
(*Note: you can advocate for yourself once on campus and request these—see the ‘Dining Hall Eating’ section of our site!*).

Access to Supplies

You’ll need to restock your diabetes supplies while at school. Consider how and where you’d get your supplies at each school you are considering.

- ▶ Where is the closest pharmacy? Is there an easy way to get there?
- ▶ How does the mail room handle packages that need to be refrigerated (*insulin*)?
- ▶ Does the health center help with supplies?

Distance from Home

There are schools all across the country and you might find yourself loving a school far from home. Make sure you consider what it would be like to be a one-hour car ride vs. a six-hour plane ride away from home. Distance from home is a very important consideration for all college students but especially for students living with diabetes. How far are you comfortable taking your diabetes from home? For some people, the distance might be too much; for others, it is exactly what they want.