

REGISTERING FOR ACCOMMODATIONS FOR STANDARDIZED TESTS

Standardized tests, while stressful, can be essential for your higher education. Because of their importance, the rules can be strict on what you are allowed to bring into the room during exam time. Many students with T1D apply for accommodations in case they run into any diabetes-related issues, such as needing extra breaks to check your blood sugar or having a low snack. While you may already be registered for accommodations with your school, you will have to apply for separate accommodations for these tests.

We recommend talking with your parents and your diabetes care team to determine what sorts of accommodations you will need during a test.

Helpful Hints

- ▶ Make copies of all accommodation application materials and bring them to your test.
- ▶ Stay organized and on top of filing your paperwork before the deadlines (a calendar with important dates and reminders will be a huge help).
- ▶ Start as early as possible.



SOME COMMON TESTING ACCOMMODATIONS FOR T1D INCLUDE:



Extended testing time



Extra breaks

(for glucose checks, bathroom, etc.)



**Bringing food, water,
glucose, meter, CGM and
pump/shots into the room**



SAT®/ACT® GUIDELINES FOR ACCOMMODATIONS

FIRST STEP LETTER FROM A PROFESSIONAL

If you are applying for accommodations for either the SAT® or the ACT®, you will need an official letter from your doctor to provide proof that you have diabetes.

Make sure this letter includes:

- ✓ Age of diagnosis ✓ Course of medical treatment
- ✓ Limitations diabetes puts on your testing experience
- ✓ How accommodations can help you

** both SAT® and ACT® have a supplemental form for a teacher to fill out to strengthen your application for accommodations.*

GOOD TO KNOW

- ▶ For both tests, if you are under 18 your parent or guardian will need to sign a medical information release form when applying for accommodations.
- ▶ Start as early as possible. You only have to apply for accommodations once for each test, so giving yourself ample time increases the likelihood you will get the accommodations you need, and allow you to focus on studying for the exam rather than stressing about your accommodations.
- ▶ Stay on top of your school administrator/disability officer. It is up to you to hold them accountable for submitting your request. Regularly check-in with them to make sure they have submitted your request, or you may not be approved in time. Be persistent but polite.
- ▶ Only request accommodations that you absolutely need. Requesting excess accommodations can weaken your application and potentially hurt your ability to get the accommodations you truly require.
- ▶ Keep records of the accommodations you receive. If you end up taking tests for graduate school (*GRE®*, *MCAT®*, etc.), a record of the accommodations you received on past exams will make your application process much easier.

SAT®

The SAT® is run through the College Board and uses Services for Students with Disabilities (SSD) to register students for accommodations.

- ▶ You will have to register through your high school's disability officer, because they are the only people who have access to submit the request through SSD. If you are registered for accommodations at your high school, they will already be familiar with your needs as a T1D.
- ▶ The whole process takes about seven weeks to be approved, so start as early as possible.
- ▶ The College Board website has a list of accommodation deadlines for tests, so keep an eye on those and mark them in your calendar!

After Approval

- ▶ Once you are approved for accommodations, you will receive an SSD number via email and an Eligibility Letter. You will use these when registering for the SAT®.
- ▶ Once you apply for the accommodations through the College Board and are approved, you will be approved until one year after your high school graduation date. Your accommodations are also approved for all other College Board tests, including SAT® Subject tests, PSAT®, and AP exams.
- ▶ On test day, make sure to bring your SSD Eligibility Letter and double check that your accommodations are in place.

ACT®

The ACT® uses a similar process, but a different platform than the College Board for accommodations. It is called the Test Accessibility and Accommodations Center (TAA).

- ▶ Like the SSD system, only your high school's disability officer can access the TAA, so the same approach applies with the ACT® test.
- ▶ With the SAT®, you apply for accommodations before you register for the test, but with the ACT® you request accommodations when you register for the test itself. From there, ACT® will email you instructions on how to proceed with the process. It will take approximately two to four weeks for approval.

After Approval

- ▶ You will receive an email from ACT® with your approval, TAA PIN, and a list of your approved accommodations.