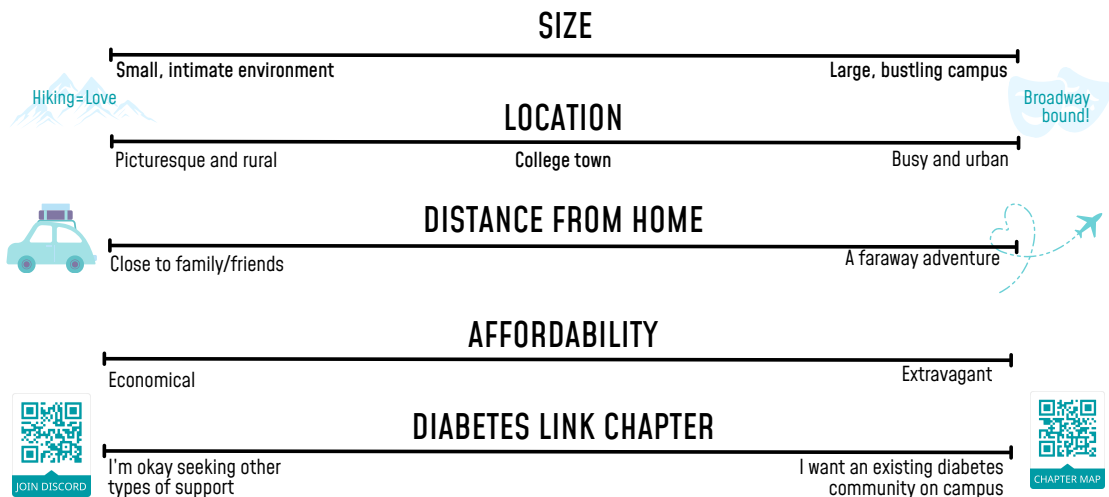


COLLEGE SEARCH: BIG OR SMALL? CITY OR RURAL? WHAT IS RIGHT FOR YOU?

Let's dig a little deeper. Keep your interests in mind while you decide which criteria are most important to you.



Additional tips & tricks.

Research scholarship and financial aid opportunities.

Look for colleges that offer strong programs in your intended field of study. Consider the faculty's expertise, research opportunities, and class sizes.

Consider on-campus and off-campus housing options, residence styles, amenities, and proximity to academic and medical facilities.

Investigate the availability of academic support services, counseling, health services, and career guidance.

Research the campus culture and social scene. Are there clubs, sports, and other extracurriculars that interest you?

Consider the demographics of the student body and whether you'll feel comfortable and included.

If possible, visit the campuses of the colleges you're considering. Get a feel for the environment and community and **trust your gut instincts.**

A blank, lined page from a notebook. The page has horizontal ruling lines. A large metal paperclip is attached to the left edge. The word "Notes" is written in the top right corner. The page is otherwise empty.

COLLEGE SEARCH: COLLEGE TOUR PREP

Now that you've narrowed down your list. Let's get ready to tour like a pro.

- 1 Stalk the college's website for info on classes, campus life, and all the cool stuff they offer.
- 2 Sign up for a guided tour with a campus guide! Scope out classrooms, dorms, and all the Insta-worthy spots.
- 3 Write down some questions about classes, parties, and whatever else pops into your head.
- 4 Time for some real talk. Find a student or two and get the tea on what goes down when the sun sets.
- 5 Time to go undercover as a college student. Ask about crashing a class, tickets to the big game, or hit up a campus event.

Want more info.....



COLLEGE TOUR GUIDE

**For more, check out
the “Looking At
Schools Guide” on our
Resource Hub**



Schools I'm Visiting

COLLEGE TOUR QUESTIONNAIRE

NAME OF COLLEGE: _____

Final Score (1-10): _____

How far is the school from home? What are the travel options to get there and back? How often will you be taking these trips back and forth? Can you easily get to town for pharmacy, grocery store etc? Is the weather your ideal match? Do you vibe with the campus culture and scenery? Do students seem to hang out in groups or were there a lot of loners walking around? Do the course offerings make you excited to attend class?	Did you see any classes in session? Were they huge auditoriums or cozy classrooms? Describe the dorm conditions and room size. Could you see yourself living there? What's the bathroom situation? Can you choose your own roommate and dorm? Did the dining hall feel good spot to eat and hang out? How many stars do you give the food? Did you notice other cool dining spots near by? Did you learn about any clubs you might join?	Are there any cool on or off-campus job opportunities? How were the school amenities? (Sports Complex, theater etc). What are you excited to do for fun on campus? Are there fraternities and sororities, and do you think you would like to be a part of Greek life? Do they have a Diabetes Link Chapter on campus? Did anything surprise you or catch you off guard? Did anything disappoint you?
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APPLICATION: 7 ADMISSIONS ESSAY TIPS

Your college essay is the opportunity to show the admissions teams who you truly are, beyond grades and test scores. This task might seem daunting- we get it. But think of it as your chance to showcase the awesome and badass aspects of who you are! This is your time to shine and showcase the extraordinary and authentic parts of yourself.

Understand the Prompt

Carefully read and understand the essay prompt. Make sure you address all aspects of the question.

Be Genuine and Authentic

Write about something that genuinely matters to you. Admissions officers can often detect sincerity, so be true to yourself.

Tell a Compelling Story

Personal stories can be powerful and memorable. Instead of simply stating facts, use descriptive language and specific examples to bring your experiences to life.

Focus on Your Voice

Use your own voice and style of writing. Avoid trying to sound overly sophisticated or using vocabulary that feels unnatural to you.

Highlight Your Strengths

Showcase your strengths, talents, and achievements. However, be humble and avoid sounding boastful.

Address Obstacles and Growth

If you've faced challenges or setbacks, discuss how you've overcome them and what you've learned in the process.

Connect to the College

Explain why you are a good fit for the college. Show that you've done research on the institution and its community.



Diabetes & the Essay

Your parents and guidance counselors may encourage you to write about your diabetes in your essay. Sure! Diabetes truly does shine a spotlight on your strengths like resilience, perseverance and a whole lot more. But, it is up to YOU. This is YOUR story - you are the only one who can write it.

BUT, it is hard to deny that diabetes has taught you a lot that is worth sharing. If you don't want to write about it, think about what strengths it has brought out in you and ways these strengths have showed it up other areas of your life and write about that!

Not sure what your strengths are? That's ok! We've got some suggestions on how to figure those out:)



APPLICATION PROCESS:

STEP BY STEP APPLICATION GUIDE

Applying to college can be a challenging and competitive process, but with careful planning and preparation, you can handle it! You can calculate carbs in your head while studying for a chem final. You can work your way through a checklist.

- ☐ Make a list of colleges that align with your goals and preferences, especially location, size, academic programs, campus culture, and extracurriculars.
- ☐ Research the admission requirements of each college on your list, including GPA, standardized test scores (SAT or ACT), recommendation letters, and application essays.
- ☐ Build a well-rounded resume by developing leadership skills and participating in extracurricular activities, volunteer work, internships, or part-time jobs. Maintain a strong GPA by striving for academic excellence during high school.
- ☐ Prepare for standardized tests (SAT and/or ACT). Retake them as needed to improve your test scores.
- ☐ Write a strong, authentic personal essay. Showcase your unique experiences and aspirations. Tell your dream school what makes you stand out!
- ☐ Request strong letters of recommendations from teachers, counselors, and mentors.
- ☐ Carefully proofread each application for typos and grammatical mistakes. Just to be safe, ask a friend or family member to proofread it too.
- ☐ Mark application deadlines on your calendar so you don't forget. Consider applying early action or early decision to demonstrate strong interest for a top-choice school.
- ☐ Research and apply for financial aid and scholarship opportunities, whether they're need-based, merit-based, or diabetes scholarships.
- ☐ If necessary, prepare for in-person interviews as part of the application process. Research common interview questions and practice your answers.



Be sure to check the boxes as you complete each step. We love a completed checklist.

hot tip

You can request Accommodations for the SAT/ACT - check out our guide on the Hub



TEST ACCOMMODATIONS

