

1. Before starting first semester: Visit “College office of student services” or “Disability services”:

Accommodations	Explain type of accommodations you will need for a successful school year. <i>Request a room assignment close to your classes, someone to assist with note taking during lectures, etc.</i>
Class Schedule	Schedule courses that fit into your day-to-day routine. <i>If mornings are often more challenging, choose a class that starts later, etc.</i>
Space time	Plan enough time for resting, eating and traveling between classes.

Letter for Accommodations: School supporting students with disabilities

Your medical team can help you obtain support to ensure a successful school year. This plan may include help with note taking, extra time to complete assignments, or assistance with carrying books.

2. Pace Yourself: College is full of new experiences and can feel overwhelming at times.

Start out easy and light	Do not take on too much at once. Start with a manageable routine and gradually build in more courses and activities as you feel up to it.
Maintain good sleep habits	You need 8 to 9 hours of sleep each night. Sleep is a crucial time for your body to recharge. Poor sleep leads to increased substance P production and more pain.

3. Build a routine: Routines are important with a chronic illness.

With the uncertainties of a chronic illness, such as chronic pain, having a routine is an essential element. The major difference between a schedule and routine is the *time* factor.

Schedule	Set of activities <i>done at a specific time</i> . Think of a schedule as a task you do at certain times such as an appointment.
Routine	Set of activities <i>done regularly with no specific time</i> . Think of a routine as something you habitually do in and out each day such as going to bed or brushing your teeth.

Your routine should consist of good sleep habits, healthy nutrition and not skipping meals, exercise, an enjoyable or relaxing activity, and community involvement such as time with friends or family, volunteer activities, sports, extracurricular clubs, etc. Some days are better than others and pain will fluctuate.

4. Find Support: Having access to a supportive group of people is important during times of transition.

Friends	Consider telling those closest to you, such your roommate, resident advisor, or professor about your condition.
Resources	Know local resources: Where to pick up prescriptions, where to go in case of an emergency, where your campus health center is located.

5. Manage Stressors: Stress can make pain worse and increases symptoms of depression and anxiety.

Mental health	Relaxation training can reduce the stress response, which often worsens pain and increases symptoms of depression and anxiety. Build into your routine time for biofeedback, meditation, or other enjoyable relaxing activities.
Counseling	Check with your student services center about counseling. Many colleges often have counseling available on campus to students at no cost.