

MANAGING CHRONIC CONDITIONS AT FURMAN UNIVERSITY



Managing a chronic condition can be overwhelming, but we don't want it to interfere with your success at Furman. Chronic conditions refer to a wide range of medical conditions such as autoimmune diseases, migraines, epilepsy, and more. Psychological disorders impact students on a daily basis, and we are here to help you access the resources you need!

- Contact the **Student Office for Accessibility Resources (SOAR)** at soar@furman.edu or 864.294.2320 to schedule a meeting to determine if you would benefit from academic accommodations. SOAR is located in the lower level of Hipp Hall Suite 011. Accommodations might include notetaking support, course policy accommodations/attendance accommodations, and/or test taking accommodations.
- Contact the **Center for Academic Success (CAS)** at 864.294.2835 to schedule a meeting to discuss the many services CAS has to offer. The Center is located in Room 002 on the lower level of the James B. Duke Library. The Center for Academic Success offers tutoring, assistance with writing, and help with time management and organization. Visit furman.edu/cas for more information.
- If you take medication, take it as prescribed! We recommend visiting the **Earle Student Health Center** to discuss how you will fill your prescription(s) while you are on campus.
- **Develop a regular schedule** that includes adequate times for sleeping, eating, studying, exercising, and having fun!
- **Create a circle of support.** You might be uncomfortable discussing your condition with many people, but at least consider telling those closest to you, such as your roommate, advisors, professors, and resident assistant (RA). Keep in mind the Furman Counseling Center can be a helpful resource. To schedule an appointment call 864.294.3031 or visit them in the lower level of the Earle Student Health Center.
- **Don't change your treatment plan/routine!** Now is not the time to see how you do without medication or with a different medication. Stick to what has worked in the past.
- **Work ahead** when possible, so if your condition is exacerbated, you are still on track.
- **Make time for yourself. Do something you love.** This gives you a mental and physical break from the stress of college and managing your chronic condition.
- **Consider taking fewer classes, and only take classes that work with your schedule.** If you take medication in the morning and it doesn't take effect until 10 a.m., try to avoid scheduling early morning classes.



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