

SAS Student Checklist for Dorm Life at College

Hey there! Here's a checklist that you might not find in your typical college prep guide, but will help you get set up for success if you're neurodiverse or have sensory sensitivities.

For a Comfortable Environment

- ☐ **Noise-canceling headphones or earplugs**
 - These are your best friends when it comes to drowning out distractions in loud spaces. Trust me, you'll want these for dorms, libraries, and any crowded area.
- ☐ **Soft lighting or clip-on lamps**
 - If fluorescent lights make you want to crawl into a hole, get yourself some softer lighting to chill under.
- ☐ **Fidget tools or stress-relief toys**
 - You know, those little gadgets that help you stay focused or manage anxiety. Grab a stress ball, a fidget spinner, or whatever helps you zone in.
- ☐ **A weighted blanket**
 - For those days when you need some comfort. A good weighted blanket can work wonders for sleep or when you're feeling a little off.
- ☐ **White noise machine or noise app**
 - If silence is too loud or the environment is overwhelming, a white noise machine can help mask unwanted sounds.
- ☐ **Sunglasses or blue light blocking glasses**
 - Sometimes, bright lights can mess with your head. These will give your eyes a break, especially in those long screen sessions.
- ☐ **A personal fan or portable air purifier**
 - If you're sensitive to temperature or air quality, one of these can really help you feel more comfortable.
- ☐ **A calming, familiar scent**
 - Essential oils, sprays, or diffusers for a calming sensory experience.
- ☐ **Comfort items from home**
 - Grab something that reminds you of home, like a favorite pillow or blanket. These little things can make a world of difference when you're feeling out of place.
- ☐ **Support animals (ESA)**
 - Did you know that if you have an emotional support or service animal, you can bring them to college with you? Remember to make sure you've got all the paperwork in place.

Stay Organized & On Track

☐ Visual schedules or planners

- You can't go wrong with a good planner. It'll keep you on top of things, and let's face it, college schedules are a maze.

☐ Color-coded supplies

- Get those color-coded notebooks, folders, and binders. It'll make your life way easier when you need to find stuff quickly.

☐ Labels and stickers

- Help yourself out by labeling everything. This makes it easier to stay organized, especially if you're juggling multiple things.

☐ Timers or reminder apps

- Set up alarms to remind yourself when to take breaks, eat, or do some work. Trust me, these little prompts help!

Tech Tools

☐ Speech-to-text software

- This can be a lifesaver when writing papers or notes. It helps if typing feels like a struggle sometimes.

☐ Recording devices

- If you need to go over lecture notes again, record your lectures! It can make things a lot easier to absorb later.

☐ Noise-canceling headphones with a microphone

- Perfect for those virtual classes or meetings. You get the noise-canceling perks plus crystal-clear audio for communication.

☐ Accessible tech

- Make sure your laptop, tablet, or phone has the accessibility features you need, like screen readers or text-to-speech apps.

Health & Personal Care

☐ Sensory-friendly clothing

- Look for comfy clothes that don't make you itch or feel too tight. You don't need extra discomfort in your life!

☐ Personal care items

- If you have sensitive skin, bring your preferred toiletries like lotions, shampoos, or body wash. Comfort is key!

☐ Medication & health supplies

- Pack extra meds, your prescriptions, and anything that keeps you feeling like yourself.

☐ Dietary snacks

- Stock up on your favorite comfort foods or any specialty items you might need to stay healthy and energized.

☐ Portable self-care kit

- Pack a small kit with things that help you feel calm—bath salts, art supplies, or even a journal.

For Socializing and Communicating

☐ Social scripts or guides

- If social situations make you anxious, having a guide can help. Write out some scenarios that you might face (e.g., small talk) so you feel prepared.

☐ Emergency contacts list

- Have a list of who to reach out to when stuff goes south. Always good to know who's there for you.

☐ Peer support groups

- Look for student groups that cater to neurodiverse folks. Being around people who understand you is huge.

☐ Quiet spaces

- Find out where the quiet zones on campus are. These will be your safe havens when everything gets too much.

Academic Support

- ☐ **Accommodations paperwork**
 - Make sure all your documentation for accommodations is ready. You want to be covered before classes start.
- ☐ **Class schedule**
 - Print out or add in your phone calendar your class schedule and make sure to include the building names and room numbers for easy access.
- ☐ **Schedule appointment with SAS**
 - Make sure you schedule your accommodations appointment with the SAS office ASAP so you will be sure to start out the semester with all the accommodations you are entitled to and learn about all the other resources available to you on campus.
- ☐ **Textbooks in alternate formats**
 - If you need textbooks in audio, digital, or large print, get those sorted early.
- ☐ **Assistive tech**
 - If you use things like screen readers, dictation apps, or any other assistive tools, make sure they're set up and ready to go.

Bonus Stuff

- ☐ **Important Contact Info of someone local**
 - You never know when you might need to contact someone who is close by in case of an emergency or just an urgent situation that comes up.
- ☐ **Set realistic expectations**
 - Always important to set yourself up for success with the appropriate expectations for your college experience.
- ☐ **Don't forget your positive and resilient attitude**
 - Things will not always go as planned and to support yourself and advocate for yourself when you are on this new adventure remember to remain flexible but know your boundaries.