

## Recommendations for a Healthy Residential Experience

Living away from home may be a stressful event and we would like to assist you in better preparing yourself for your experience. It is important to note that studying away from home can be risky for those with medical or psychological health conditions that are not managed properly before departure. Therefore, students should take into consideration any special medical, physical, or psychological needs that may impact their participation in the program prior to departure. Please keep in mind that the program may not be able to accommodate all reported individual needs or circumstances.

All students have different medical needs and health care services vary from one location to another. If you have a medical condition, bring along a health record that includes your health care provider's name, address and telephone number and a summary of your medical history. Bring an adequate supply of any medications and a list of the medications' generic names in case you need to have a prescription filled.

Please read carefully the bellow recommendations:

- **Physical Examinations**

It is recommended to have general checkups before your departure - medical, dental, and optical. Inform your doctors that you will be participating in a residential program away from home, as well as the duration of the program.

- **Prescription Medications**

The matter of prescription medication has many caveats. If you regularly take a prescription medication you will need to bring enough medication with you for the entire time you will be in the program.

Note for international students: You may NOT be able to refill your prescriptions abroad, so you must ensure that you have enough medication supply.

Talk with your doctor/health insurance company to see if you can take the necessary supply of the prescription with you. If not, contact your doctor/health insurance to talk about how to access your prescription while in the US. You should ask your doctor for the generic name of your prescription, so, in case of an emergency, you can try to refill it.

If you are carrying medication while flying, bring a letter from your doctor to present to airport officials. You should always transport prescriptions in your carry-on luggage, in their original containers. Include your glasses or contact lens prescription. If you have it, bring an extra pair of glasses.

Prescription medication for legitimate health conditions may be scrutinized by foreign officials when going through Customs. Drugs that are legal and readily available in one country might be considered illegal, or require a prescription in another. Do your research before departure.

If you are being treated for a psychological health condition, work closely with your physician or mental health professional to understand possible triggers and how to reach out for help. It is in your best interest, if you are

taking psychotropic medications, to be stable in your medication before starting your residential experience. Discuss proper medication management with your doctor or mental health professional prior to your departure.

### **DO NOT EXPECT TO RECEIVE PRESCRIPTION MEDICATION BY MAIL.**

If you must receive medication by mail, be informed about the legality of receiving your medication through mail.

- **Students with Different Abilities**

Passage of legislation such as the Individuals with Disabilities Education Act and the American with Disabilities Act has spurred schools in the U.S. to accommodate students with varying abilities. If you are currently receiving disability-related accommodations at your institution or anticipate needing them during the program, please contact the DSP office to discuss appropriate responses to your needs.

- **First-Aid Kit**

Consider taking a well-stocked first-aid kit. Some items to consider (depending on where you are going) are: sunscreen, bandages, flashlight, cough/cold medicine, insect repellent, sterile pads, sterile wipes, adhesive tape, aspirin or other pain relief medication, antacid, anti-diarrhea tablets, anti-malarial medication, feminine protection, and rubber/latex gloves. Always carry plenty of clean drinking water or a sealed beverage.

Students are expected to consider their physical and mental health and any special needs when deciding whether or not to study away from home and when choosing a program. Studying away from home involves challenges related to differences in facilities and physical conditions, cultural norms and expectations, and types of stress. Students studying away from home are also separated by distance from their familiar support networks and healthcare providers. All students--especially those with different physical or learning abilities, those with medical conditions, and those with psychological challenges--are strongly encouraged to consider all potential challenges and consider whether studying away from home at the selected location is appropriate for them. Students may then take necessary steps to have a healthy experience.

## **STUDENT RESPONSIBILITIES**

Participants should:

- Get a thorough medical exam and explain to the physician the location and nature of the program.
- Get any immunizations or take any medications necessary or suggested for the study location.
- Bring a sufficient supply of needed medications, including asthma inhalers, along with prescriptions. Don't respond to the stresses of adjusting to a new environment/culture by taking more than the prescribed doses of your medication, discontinue medication without advice from a doctor, or take medication prescribed to another student.
- In the case of a history of any psychological issues, consult with a physician or mental health professional and explain to the practitioner the location and nature of the program.
- In the case of disabilities (e.g. learning disabilities, physical disabilities), consult with the DSP office.

- Consider their health and other personal circumstances when applying for or accepting a place in the program.
- Assume responsibility for all the elements necessary for their personal preparation for the program and participate fully in orientations.
- Inform parents/guardians/families and any others who may need to know about their participation in the program. Provide them with emergency contact information, and keep them informed on an ongoing basis.
- Understand and comply with the terms of participation, codes of conduct, and emergency procedures of the program. Obey local laws.
- Be aware of local conditions and customs that may present health or safety risks when making daily choices and decisions. Promptly express any health or safety concerns to the program staff or other appropriate individuals.
- Behave in a manner that is respectful of the rights and well-being of others, and encourage others to behave in a similar manner.
- Accept responsibility for their own decisions and actions.
- Be familiar with the procedures for obtaining emergency, health and law enforcement services.
- Follow the program policies for keeping program staff informed of their whereabouts and well-being.
- Look out for your fellow students. If you notice that their health is being endangered, please bring that to the attention of the appropriate program representative, or others, as you deem necessary.
- Fill up and submit the optional attached Medical Information Form if needed.

## **PARENT RESPONSIBILITIES**

- Make sure that the student is prepared to take care of their health and safety while studying away from home.
- Ensure that the student fulfills all of the above responsibilities.
- Keep in touch with the student. But keep in mind that local conditions may prevent the student from immediately responding to you.
- Be aware that the student rather than the program may most appropriately provide some information.
- Be mindful if there are any time differences when phoning your student.

# UC Berkeley Pre-College Scholars Residential Program

## Medical Information Form 2025

While providing information about your medical conditions is voluntary, students are encouraged to disclose any accommodations (physical, mental, academic, etc.) they may need during the program. UC Berkley Pre-College Scholars will work with the student through this interactive process to provide reasonable accommodations to the extent possible given the time at which the accommodation request is made. The deadline to submit this form is **May 1<sup>st</sup>**.

- **Please list any medical conditions, allergies or restrictions:**

- **Please list any dietary restrictions: (UC Berkeley Pre-College Scholars cannot guarantee that all dietary needs will be accommodated.)**

- **Do you have any conditions (including physical impairments or learning disabilities) that might restrict your mobility or require special facilities or accommodations while attending the Pre-College Scholars Program? If yes, please explain the type(s) of services that you might require:**

- **Please note any other medical concerns you have:**

*Under the Federal Family Education Rights and Privacy Act of 1974 and provisions of state law relating to public records disclosure, the University of California Policies Applying to the Disclosure of Information from Student Records and the Berkeley Campus implementation of that policy assure that student information is protected.*

*In case of an emergency, it may be necessary to access and release your information protected by the aforementioned law and policies. By signing below, you are giving the written consent to access and release relevant information to appropriate parties connected with the emergency.*

Signature of Custodial Parent / Legal Guardian	First Name	Family Name	Date
<div></div>			
Signature of Student	First Name	Family Name	Date
<div></div>			