

Applying to University

Thinking about going to university is a huge decision for anyone to make, and more so if you have added factors that need to be taken into consideration.

Applying to university with NF may lead you to have hundreds of thoughts and scenarios running through your mind. However, while the university application process can be challenging and stressful, it's also a unique opportunity to shape your future; there is nothing to be afraid of.

With the right mindset and preparation, you can make the journey smoother and more rewarding. Here are some effective strategies to help you navigate this important step:

Start planning

Begin your research and planning as soon as possible; early preparation allows you to manage deadlines and reduce last-minute stress. Key things to consider early include:

Research available university courses

Look into universities and programs that align with your interests and goals. Make sure you explore and research a variety of different institutions. Your current educational institution should be able to advise you on what steps to take in your best interests.

- What are the course requirements?
- What results do you need?

Go to Open Days

Attending open days gives you a chance to explore the campus, speak to students who attend the university, speak to tutors who work in the establishment, and partake in the many fun activities the university has set out for potential students.

- **Campus accessibility** - Visit the campuses you are considering (in person or virtually) to identify accessible routes, parking, and buildings.
- **Transportation** - Explore accessible transport options to and from campus and the surrounding amenities.
- **Accommodation** - If you need on-campus housing, ensure it meets your needs (e.g. wheelchair-accessible rooms or nearby facilities).

Always call ahead to discuss your requirements before you make the trip to campus!

Prepare your documents early

To access university support, permit applications, or Disabled Students Allowance (DSA), you may need:

- A letter of diagnosis from your consultant or GP
- A summary of how your condition affects your daily life
- Any previous exam arrangements or support evidence

Try to organise these early, so everything is in place before you enrol.

Manage your stress

Balance hard work with self-care. Break the application process into smaller, manageable tasks, and set realistic goals. Remember, it's OK to take breaks and lean on your support system when needed.

