

# BACK-TO-SCHOOL QUESTIONNAIRE

7 questions to ask yourself as you head back to college.

There's a lot that goes into back-to-school planning. It can be overwhelming, especially if you're returning to campus. To set yourself up for success, sometimes all you need is a bit of time for reflection.

**Start by thinking about how you want to make this semester feel a bit more "normal," then answer these 7 questions.**

## QUESTION 1

**Do I feel comfortable with my school's in-person/virtual learning plan?**

**TIP** Talk with your school's health center and your cystic fibrosis (CF) care team if you need to create a more specialized plan.

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## QUESTION 2

**Do my teachers know about CF?**

**TIP** Try to talk with them about CF at the beginning of each semester to help set expectations. Download the CF Letter for School Accommodations at [EverydayCFLetter.com](http://EverydayCFLetter.com).

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## QUESTION 3

**Have I considered how to set aside some "me time"?**

**TIP** It could be as simple as blocking off a set time each day to unwind.

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### QUESTION 4

**What's my plan for meals?**

**TIP** Looking for snacks that are perfect for munching between classes? Check out some tasty on-the-go options at CF Kitchen on [Everyday-CF.com](https://www.everyday-cf.com).

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### QUESTION 5

**How will I stay on track with my treatments when school gets busy?**

**TIP** Setting up calendar reminders is a great place to start.

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### QUESTION 6

**What are my goals for this semester?**

**TIP** Start by jotting down what you want to accomplish this school year, academically or otherwise. Don't forget, finding your new normal is a great accomplishment on its own.

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### QUESTION 7

**How will I work to maintain a healthy mindset?**

**TIP** Consider creating a support team and encourage them to check in often. Hearing from friends and family can go a long way.

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Find even more resources for heading back to school at [Everyday-CF.com/school](https://www.everyday-cf.com/school).

