

2025-2026 Study Away Student Health Information Form

Student Self-Assessment

Student Name: _____

Instructions: This worksheet does NOT need to be returned to the Wang Center but is meant as a reflection tool for yourself and can be used as a starting point for discussion with your program provider and/or study away advisor of important mental and physical health considerations when traveling. Being well prepared is the basis of having a rewarding and successful study away experience.

1. List any medications (including dosage) you are taking or may need to take during your program. Please include as needed medications, inhalers, and Epi-Pens. How do you plan to make sure that you can continue taking this medication during your program? Please consider that your medication should not be sent through the mail and that some medications may not be available and/or legal in some countries. ☐ Does Not Apply

2. Do you have any allergies to medications, food, substances, or insects? How do you plan to manage an allergic reaction should it occur? ☐ Does Not Apply

3. Do you have any special dietary restrictions or preferences? How do you plan to manage this while studying away? ☐ Does Not Apply

4. Do you have any acute or chronic medical conditions? How do you plan to manage while traveling? ☐ Does Not Apply

5. Do you have any mental, psychological or emotional conditions that have required treatment during the past 2 years? Do you have or have you had a history of an eating or substance abuse disorder? How do you plan to cope while traveling? If you have a counselor or therapist, have you discussed your study away plans with them yet?

☐ Does Not Apply

6. Stress during study away can exacerbate chronic medical and psychological conditions. How do you plan to cope while studying away so that you have an enjoyable and successful experience? If you are struggling, who can you ask for help and what other coping strategies do you have? ☐ Does Not Apply

7. If you have any limitations of your mobility or ability to carry luggage how do you plan to manage? Are there plans in place if you are unable to participate in some activities such as hiking or field studies? ☐ Does Not Apply

8. What will you do if you experience a medical or mental health emergency while studying away? ☐ Does Not Apply

9. Have you traveled outside of the US before? If so, did you experience any mental or physical health challenges? ☐ Does Not Apply

Thank you for completing this self-assessment. Please bring your completed self-assessment (pgs. 1-2) to your appointment with your medical provider(s).