

## Clip 1 Transcript

So I am on a spectrum. I was diagnosed a few years ago. So don't want to age myself, but I went through my whole undergrad not knowing I was on the spectrum. So, most 1st year residences, at least in my experience, are not conducive to my support needs. The 1st year was very rough, in terms of just kind of being a human being. You get thrown, like, you get thrown into a very, I don't want to say, your small room with poor noise, thin walls, let's just say.

And, shared spaces. So the residence I stayed in was, I had thankfully, I had a single room. I'm I if I didn't, I would have had a roommate.

And we had a shared kitchen space, shared bathrooms, all of that. So and I found that very difficult because the only space I had control over was my little dorm room. And so if I needed to cook and someone didn't clean the kitchen or didn't do whatever, I just I had no, I want to use the word agency, but, like, I had very little agency. And that as well as whenever I needed, let's say, some quieter time or some time to decompress or even sleep, my roommates or my floormates rather in my hallway were engineers, and the department of engineering made assignments due at 3 AM.

So at 2 AM, I heard, people asking what's the question to question 4. And I was on the football team there for a few years. And the football team said, let's have 6 AM runs.

Mike: So you're getting nothing in terms of sleep.

It was rough, man. And, this was before I knew I was on the spectrum. So I need structure. I need consistency. I need some sort of, like, semblance of a schedule and just having to factor in so much so many variables that were out of my control was really rough.