



LOOKING GLASS FOUNDATION – SCHOLARSHIP FAQ

1. I'm from BC, but I go to university in Montreal. Can I still apply?

Yes! Students who are from BC (their primary or family residence is in BC) are welcome to apply. Due to Looking Glass' mission to support BC individuals and families, we are no longer accepting applications from non-BC residents, but we do encourage you to seek out local opportunities

2. What if I have never been formally diagnosed or treated for my eating disorder?

We do require confirmation of some sort of treatment for an eating disorder. This could be from a doctor, nurse, therapist, dietician, or other clinician who has supported your recovery – you do not need to have gone through an inpatient program to be eligible.

3. I'm a mature student. Is there an age limit?

No. As long as you are enrolled in full-time undergraduate studies, you are eligible to apply!

4. How come graduate students are now excluded from applying?

We recognize that graduate students still face debt, but we also recognize that students entering a Master or PhD program have access to greater experience and expertise – especially when it comes to submitting essays and applications. Narrowing the field to undergraduates keeps the competition fair.

5. How long do previous winners have to wait before they can reapply?

Previous winners are not eligible to apply. While we know that each semester presents new debt and new challenges for all students, our goal is to celebrate and support different students every year.

6. I don't want to disclose my ED history to anyone, so how can I get a Letter of Recommendation?

You do not need to disclose your ED history, or the nature of this scholarship, to the person writing your letter. The letter should emphasize your strengths, character, achievements, and aspirations, so it should not focus too heavily on your experience with the disorder.

7. Do I have to be recovered to apply?

You can be in any stage of recovery! We do, however, strongly urge you to ensure that you are accessing all the support you need as you go through your degree. Recovery can't afford to wait!

8. If I can't enroll in classes yet, how can I supply the verification of full-time enrollment?

Check your acceptance letter, because it sometimes states whether you applied for full- or part-time studies. If not, you can always reach out to your Admissions department and request a letter confirming your status as being enrolled in full-time studies.

9. I'm struggling to start my personal essay – can you help?

Sometimes the best advice is: *just start!* Put together a draft, and then show it to someone who is a strong writer or has experience with applications, and ask for constructive feedback. Revise.

And remember: While your experience is 100% unique, every single person applying to this program has struggled with an eating disorder, so try to avoid making your essay exclusively about the pain of that experience. This is an opportunity to highlight your strengths, courage, resiliency, and ambition. Embrace your identity outside of the ED, and think about the things that deepen your recovery!