

# Reflection Journal: Student Gender Transitions

The purpose of this document is to help support your gender transition while a student at the University of Virginia (University), including what your plan, timeline, and support requests of the University might be and/or how they may evolve. This document is for your private use, and it does not need to be shared with anyone, including anyone at the University.

**We strongly encourage you to seek a support resource or someone who can serve as a “Primary Point of Contact”<sup>1</sup> as you transition at UVA.**

Below are prompts for reflection, space for your personal notes, and some common issues that individuals who navigate their transition while a student at UVA may need to consider.

## Beyond University Social Support

Are family/friends/employers aware of your gender status? Regardless of who may be aware, from whom do you believe you can draw the highest level of support? (Include names, notes, and strategies for finding support)

If you feel the support level is low among those with whom you are closest, what considerations must be accounted for in implementing your personal transition plan at UVA or in other social settings?

## Confidentiality, Privacy, and Disclosure

Do you want to be openly “out” as transgender at UVA? If yes, are there any contexts or circumstances where you would still want to limit knowledge of your trans identification (e.g., out in social organizations but not out in the classroom)?

How public or private will information about your gender identification and/or transition be with people and offices at UVA? Consider the following: Do you want the Office of the Dean of Students/Student Affairs to know about your plans from the beginning or some other point of your transition? Do you want your academic or major advisor to know, if so when? Do you want your instructors to know? If you live in student housing, do you want your resident advisor (RA) to know? If you are a student-athlete, will you approach your coach and/or team members about your plans for transition? Do you want Student Health to know and, if so, when? If you belong to social organizations, who do you want to know and when?

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<sup>1</sup> Students who are transitioning have the opportunity to choose from among several available resources to serve as their primary point of contact with the University. This can be a healthcare provider, a friend, a UVA faculty or staff member, or another person.

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What will your response and/or strategy be if you believe that the level of privacy you have requested has been compromised? What type of action will you want University administration to take?

Do you want support in making disclosures to friends, faculty, other students, RAs, house/suite mates, etc.? Is there a particular order in which you want that to happen? Do you want to co-create the email or talking points for individuals who will be supporting such disclosures, if applicable, and with whom? How do you want that partnership to work?

Will you want transgender awareness literature and/or a learning session to be offered in support of the disclosure and/or transition for any group of individuals with whom you associate or interact at UVA? At what point in the process do you want that to happen? Are you interested in participating in those sessions; for instance, will you want to answer any questions or provide background on your own experience? (Note: You do not have to be the primary educator for individuals, and there are resources at the University that can help in this area.)

## Names, Pronouns, and Identity Records

What name and sex/"gender" marker are listed on your legal identity documents such as your birth certificate, social security card, driver's license, professional certifications or degrees? Will you need to work with your parent(s)/guardian(s) to obtain any of these documents?

Do these match University records? Do these match some records but not others? Do they all need to match for a legal reason (e.g., being able to provide a record of professional licensure to a future employer)? (Note: Review the Transition Guide to learn more about such considerations.)

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If the name and sex/"gender" marker do not match on some records, would you like for them to match? (Note: Review the Transition Guide to understand available processes to align the name and sex/"gender" marker in legal settings.)

Will you update your preferred name in all of the places where it can be updated without legal name change documentation? Will you contact faculty in advance of classes to make sure they are aware of the name by which you should be called?

## Facility Access and Sex-Segregated Programs/Groups

What are your housing arrangements? If you are currently in University housing what modifications, notices, or other action needs to be taken?

In thinking about personal care spaces (e.g., restrooms, locker rooms, changing areas) available in your living/learning area(s) that are maintained by UVA), are any modifications, notices, or other actions needed to ensure open access consistent with your gender identity? Do you feel comfortable talking directly to officials about this or will you need assistance from other resources?

What are your expectations regarding rooming for any overnight travel sponsored by the University? How would you like for these expectations to be communicated and what would you like the process to be in identifying roommates, if necessary?

In what sex-segregated programs are you participating (e.g., Greek organizations, sports programs)? What actions need to be taken in these spaces? Will you want assistance from UVA administration or national representative bodies? Have you reviewed specific program rules?

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## Other Considerations

Are there any other considerations that you think should be explored with University officials, friends, family or other academic contacts (e.g., Financial considerations, student healthcare access)?

## Action Items

If you have identified specific action items from this reflection, you can track them here. You are encouraged to think about who might need to be contacted to initiate an action (including yourself, where appropriate) and when you would like for that action to happen in support of your overarching transition and timeframes.

Action Item	Who?	When?