

SAINT LOUIS UNIVERSITY'S

PARENT AND FAMILY GUIDE

Talking With Your Billiken About Tough
Topics and Planning for SLU Success

PRESENTED BY THE OFFICE OF
PARENT AND FAMILY ENGAGEMENT



A LETTER FROM THE PRESIDENT

Dear Billiken Families,

When the young person in your life becomes a SLU student, you become more than the family member of a Billiken. You too become part of the Billiken family. It is a joy to welcome you as your student begins a transformative journey.

In their years at SLU, your Billiken will build community and nurture friendships. They will pursue a rigorous course of study and engage in service to our region. They will show care for themselves and each other, learning what they need to build lives of purpose and meaning. Through their years at SLU, each Billiken finds their path and makes unique contributions to the greater good.

But Billikens do not chart their paths alone. SLU provides a network of resources to support our students as they navigate challenges, identify their strengths and grow as whole persons. This guidebook offers you a survey of many of those resources.

As our students experience the joys and the challenges of college life, they will continue to gain strength from your guidance and support. Thank you for providing the foundation of love and care to enable them to build flourishing adult lives. Thank you for empowering them to envision their goals, to learn from the difficulties they encounter and to become the compassionate leaders we know they can be.

I look forward to welcoming you to campus for gatherings and events this year. I am proud and grateful to join you in accompanying our students through their transformative years at SLU.

I pray that the 2024-2025 academic year brings blessings to you and the entire Billiken family.

Fred P. Pestello, Ph.D.
President



A LETTER FROM THE VICE PRESIDENT OF STUDENT DEVELOPMENT

Dear Parents and Guardians,

On behalf of the Saint Louis University community, I am delighted to extend a warm welcome to you and your family as your student prepares to embark on their academic journey with us.

As the Vice President of Student Development at SLU, it gives me great pleasure to greet you during this significant time in your student's life. The transition to college can be both exciting and challenging, and we understand the importance of providing a supportive environment not just for our students but for their families as well.

At SLU, we are committed to fostering an environment where your student can thrive academically, socially and personally — the Jesuit spirituality from which we're founded refers to this as *cura personalis* — care for the whole person. From our dedicated faculty and staff to our vibrant campus community, we strive to provide a transformative educational experience that prepares students for success in an ever-changing world — right here in Midtown St. Louis.

As parents and guardians, your involvement and support are key to your student's success. We encourage you to stay engaged with your student's academic and extracurricular pursuits, and to take advantage of the many opportunities to connect with our campus community. Whether through parent and family orientation programs, campus events or the ongoing communication channels we have set up with you in mind, we are here to partner with you every step of the way.

As we prepare to welcome your student to campus, please do not hesitate to reach out to us with any questions or concerns you may have. Our dedicated team is here to support you and your family throughout this transition, and we look forward to working together to ensure that your student's college experience is both fulfilling and rewarding.

Once again, welcome to the Billiken family. We are thrilled to have you with us, and we look forward to the journey ahead. Hope to see you at Homecoming and Family Weekend this fall!

Sincerely,

Dr. Sarah K. Cunningham
Vice President of Student Development
Saint Louis University

A LETTER FROM THE OFFICE OF PARENT AND FAMILY ENGAGEMENT

Greetings Billiken Families,

My name is Kesha Williams, and I serve as the director of the Office of Parent and Family Engagement at Saint Louis University. I have the distinct pleasure of meeting and partnering with parents and families at SLU.

The office provides families with information, programs, services and resources to help you support your student from near or far, all year round. I encourage you to visit the Parent and Family website, which features key resources for families and a list of parent and family events. In addition, it explains how you can stay involved by joining the Billiken Parent and Family Association.

There is so much that I appreciate and respect about this University, but one that sticks out in my mind is the passion, commitment and respect for this institution to live out its mission of “the pursuit of the greater glory of God and for the service of humanity.”

Just remember — we’ve got you and your new Billiken! Please don’t hesitate to contact me with any questions at parents@slu.edu or (314) 977-2546.

With Billiken Pride,

Kesha Williams
Director for Parent and Family Engagement

GET IN TOUCH WITH THE OFFICE OF PARENT AND FAMILY ENGAGEMENT

Our Website



Our Facebook Page



Our Facebook Group



INTRODUCTION TO THE GUIDE

The Office of Parent and Family Engagement provides families with *information* about student services and resources, *campus engagement* opportunities and a dedicated place to receive *support* in helping their students successfully navigate the SLU experience.

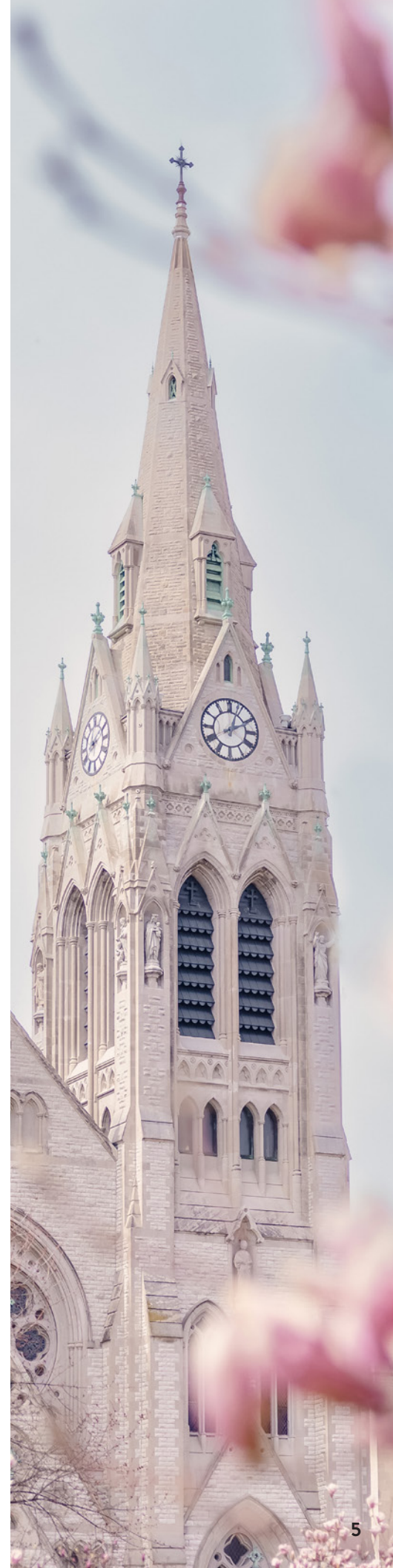
As family members, you are an integral part of your student’s success. While you will want to encourage their independence, they will look to you to help them navigate the challenges they may experience in college. Your student needs to see you as a partner in their academic, social and personal success.

Talk to your student about the situations they may encounter in college and share your expectations about their behavior. This Parent and Family Guide will help you initiate important conversations before your student arrives at SLU and continue these conversations throughout their time at SLU. There are conversation starters and quick tips throughout.

For more information and an accessible version of the guide, visit slu.edu/parents. Remember, Parent and Family Engagement is here to help families transition into SLU, and will also continue to support you as your student continues their educational journey. You can always email us at parents@slu.edu.

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OATH OF INCLUSION

Saint Louis University's Oath of Inclusion is a student-led initiative that sets the expectation for all Billikens to promote inclusion on campus. Though it may seem like a lofty feat to accomplish, the Oath serves as inspiration for what we can accomplish together.



THE OATH

We, as students, form a diverse and vibrant university community.

We do not enter into this community by proximity, but by virtue of a shared Jesuit vision — to pursue higher truths, obtain greater knowledge and strive for a better world. In this endeavor, we do not succeed by our individual ambitions, but by our discovery of each other.

We find higher truths when we seek to understand the complexity of our neighbors' identities, we obtain greater knowledge when we consider the perspectives of our fellow students and we begin to strive for a better world when we build a stronger community.

As a student and a member of the SLU community, I will live by this oath.

I will embrace people for the diversity of their identities, creating a community inclusive of race, ethnicity, sex, age, ability, faith, orientation, gender, class and ideology.

I will challenge my worldview through education inside and outside the classroom.

I will show that I am proud to be a Billiken by enriching the culture of our University.

I will foster a community that welcomes all by recognizing the inherent dignity of each person.

I will work for social justice in the Saint Louis community and beyond.

This is the SLU I believe in.

This is the community I am building.

This is our SLU.

WHAT IS A BILLIKEN?

SLU's Mascot: The Billiken

Saint Louis University's mascot doesn't just bring team spirit. He's SLU's good luck charm — a symbol of good luck on campus and around the world. Read on for the history behind the Billiken.

What is a Billiken?

The Billiken is a mythical good-luck figure who represents "things as they ought to be." Before he was Saint Louis University's mascot, he was a national sensation. His figure was reproduced as dolls, marshmallow candies, metal banks, hatpins, pickle forks, belt buckles, auto-hood ornaments, salt and pepper shakers, bottles and more. To buy a Billiken gives the purchaser luck, but to have one given to you is better luck.

When Did the Billiken Become SLU's Mascot?

No one is sure exactly when the Billiken first became linked to SLU. Several popular stories tie the Billiken to John Bender, a law student who took over coaching SLU's football team in 1910 and his resemblance to the cheery good-luck symbol. According to one story, a cartoonist drew a caricature of the coach in the form of a Billiken and posted it in the window of a local drugstore. The football team soon became known as "Bender's Billikens."



ACADEMIC SUPPORT SERVICES

Congratulations! Your student is a Billiken! They were admitted to SLU because they demonstrated success during high school — and while SLU coursework is challenging, there are many resources available to help support your student. We are here to help along the way.

As a family member, encourage your student to do their best and to make the most of the opportunity to learn and explore their interests at a large, resource-filled research institution. Allow your student time to adjust to the pace and rigor of college classes. When talking with your student about academics, try to focus on their interests and what they are learning rather than specific test grades or overall grade point average.

Academic Support Services

Talk to your student about the importance of proactively seeking support and reaching out for help when needed. Remind them it is much easier to recover from a setback when they act quickly. One of the first resources your student should become familiar with is their Academic Advisor. Academic Advisors are dedicated professionals with a passion for helping students succeed and meet their goals. They guide students through their academic program by:

- Helping students clarify academic, professional and personal goals
- Explaining program and university policies
- Advising on classes and how they fit a student's academic, professional and personal goals
- Helping with academic or personal matters
- Keeping students on track to graduation

If your student was on an individualized education plan or received accommodations in high school, those accommodations do not automatically roll over into college. Accessibility Resources can support your student with accommodations at the college level. To begin the process for accommodations, your student can register at SLU's Center for Accessibility and Disability Resources.

Many students change their major at least once. A major doesn't necessarily lock a student into a career. Encourage your student to meet with their advisor!

CONVERSATIONS WITH YOUR STUDENT

- How will you manage your time and keep track of assignments so you can stay on track? *Discuss your own strategies for time management. Many students track assignments and deadlines through their phone or Outlook calendar, but your student may wish to use a physical planner or calendar.*
- Have you established testing accommodations at Accessibility Resources?
- What fields of study are you considering?
- Which classes are you most excited about?

ADVISING RESOURCES

Dean of Students

314-977-9378
deanofstudents@slu.edu
Busch Student Center, Suite 356

The Dean of Students Office aims to:

- Facilitate a caring, respectful and productive community of student learners and leaders.
- Support students who are experiencing a crisis and need direction or assistance.
- Help students navigate the University and seek additional guidance.

Academic Support

314-977-3484
Busch Student Center, Suite 331

- Student Success coaching is available to help with challenges in and out of the classroom. Coaching supports students in implementing strategies to contribute to their academic and socio-emotional wellness.
- One-on-one tutoring and peer-assigned supplemental instruction give students extra support to succeed in some of the most challenging foundational courses.

University Writing Services

314-977-3484
writing@slu.edu
Busch Student Center, Suite 331
Pius XII Memorial Library, Room 320

- Whether a student is brainstorming their first assignment at Saint Louis University or putting the final touches on their dissertation, SLU's University Writing Services can offer individualized feedback on writing and the composition process.

Pressure to Succeed

Students put a lot of pressure on themselves to achieve academically, which can lead to elevated stress, mental health concerns or cheating. Talk to your student about the consequences of cheating and academic dishonesty. If you're worried about your student's stress or mental health, encourage them to reach out to the University Counseling Center.

Center for Accessibility and Disability Services (CADR)

314-977-3484
accessibility_disability@slu.edu
Busch Student Center, Suite 331

At SLU, CADR recognizes diversity through the framework of equity and inclusion. The center:

- Prioritizes the destigmatization of the image of disability and promotes initiatives on Saint Louis University's campus.
- Sees disability as holistic, encompassing the mind, the body and the spirit. We consider all facets of well-being when meeting with students and determining appropriate and reasonable accommodations.
- Exists as a resource for the SLU community as an educational and supportive platform to ensure equitable student experiences are present in all areas of student life on campus.
- Validates students in navigating disability identity and their right to an accessible campus.
- Strives to empower students by encouraging a sense of belonging within the disability community and guiding students to self-advocate and invest in their success.

MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Ask your student what they hope to learn this semester. When talking about academic success, focus the conversation on learning and exploration rather than specific grades or GPA. This helps reduce additional pressure your student may feel to achieve certain grades.
- Ask your student about which personal values and life goals could influence the subjects they study.



CAREER EXPLORATION

Even students who enter SLU with clearly defined academic goals often change their path as they discover new fields and interests. College students tend to be familiar with the professions of their family members and the careers they typically see on TV. Most are not aware of the broad career options available. Students who are unclear or undecided about future career plans are often more open-minded and eager to explore options, which can lead to a more satisfying career path.

Help Your Student Find the Path That's Right for Them

It is important to be involved in your student's career development. However, finding a healthy level of involvement looks different for each family-student dynamic. Be mindful not to project your career fears and biases onto your student. Allow your student to grow and evolve as they progress in college. You can support and normalize the loss of old interests and pursuit of new ones.



CONVERSATIONS WITH YOUR STUDENT

- Would you like to talk about your major or career choice with me? I am happy to listen and help you think through your options.
- Would it be helpful for me to share my career story with you? I also experienced uncertainty and questioned my path.
- What boundaries can we establish to regularly check in about your major and career choices? One boundary could be choosing how often you will discuss these topics.
- Avoid changing the subject when your student expresses emotions like anxiety, fear, excitement or curiosity about disciplines or careers that you don't know much about.

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MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Remind your student of their values and how this identity could connect to majors or careers.
- Validate that choosing a career can feel like an overwhelming or scary decision and that students frequently worry they will regret their choice. Encourage your student to trust what they know (or are learning) about themselves and to make career choices that align with this knowledge.
- Encourage your student to check out Handshake, SLU's career platform for students.
- Encourage your student to explore questions they have about majors and careers using Career Service's resources, or suggest they meet with their Career Coach.
- Share your career story and how you made career-related choices.

FREE RESOURCES

SLU offers these services for FREE to all students!

Résumé and Cover Letter Review

Career Services staff will review résumés, cover letters and other professional documents virtually. Feedback might take up to 72 business hours.

Career Assessments

Career assessments can help your student learn about themselves so that they can make more informed career decisions. The results of the assessment will not make the decision for a student or tell them what career is right for them but can provide additional guidance.

Career Counseling / One-on-One Appointments

Career counselors are available for virtual appointments covering any career-related topic (mock interviews, résumé and cover letter review, career counseling, career planning, job or internship search, and much more).

Job and Internship Search Assistance

Career counselors are available to assist students with plans for the future and all of the steps along the way. Students can schedule an appointment on EAB Navigate to meet with a career counselor six to 12 months prior to graduation to create a plan of action.

DIVERSITY AND INCLUSION

Diversity and inclusion at SLU enrich the Billiken experience for all students in many ways. When students feel their college campus is a nondiscriminatory environment, underrepresented students feel a greater sense of belonging and most show greater support for the University's diversity efforts. Diversity prepares students for future careers in a global society, enhances and expands their social development, promotes creative thinking and solutions and enhances their self-awareness. From roommates to classmates to professors, your student will have the opportunity to spend time learning with and from individuals with different backgrounds, interests, habits and abilities.

SLU may be a more or less diverse environment than where your student grew up. Both scenarios can present a cultural adjustment for students. For many students, college may be the first time they have been around individuals from backgrounds different than their own. For students familiar with diverse communities, an inclusive and multicultural campus community affirms their experience.

SLU's Center for Social Action and Cross Cultural Center for Global Citizenship

These centers serve as a safe space where students can be themselves, explore their identities and speak their minds without having to represent all people of their race, culture and/or identity.

Quick Tip! There are many places of worship for many denominations and faiths near SLU and around the St. Louis area. Additionally, there are a variety of organizations created by students to focus on faith-based exploration and building connections with other students.

CONVERSATIONS WITH YOUR STUDENT

- How are you feeling about meeting people who are different from you?
- What are some ways you can help promote a respectful environment at SLU?
- Have you thought about what you would do if you saw someone being disrespected?
- How will you find your community at SLU? What identity centers or student organizations are you interested in exploring?



MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Encourage your student to seek out student groups that promote their development and expose them to new ideas, such as the SLU Black Student Alliance and OASIS. For more information about student groups, please visit groups.sluconnection.com.
- Encourage your student to take advantage of the chance to learn about new cultures, meet new people and expand their mind and experiences.

THE RISE PROGRAM

SLU's RISE program (Reflect, Ignite, Succeed, Engage) supports students as they work towards the goal of graduation. It serves students by connecting them with resources, creating space for community building and helping to foster a sense of belonging within the program and at SLU. RISE accomplishes this through individual meetings between students and their RISE counselor, peer mentoring, targeted resources and programming focused on student needs throughout the year. RISE counselors work alongside students during their educational journey and help to support them in achieving their goals, however big or small.

Students are invited to participate in RISE if they meet two of the following criteria:

- First-generation college student (a student is considered first-generation if neither parent has graduated with a bachelor's degree)
- Federal Pell Grant recipient
- Registered with the Center for Accessibility and Disability Resources (CADR)
- From a racially/ethnically minoritized population

Eligible students will need to confirm their interest in participating in the program by completing a brief intake form. For questions about RISE and/or how to join, please contact RISE director Lindsay Gonterman at lindsay.gonterman@slu.edu.

CONVERSATIONS WITH YOUR STUDENT

- Being a first-generation college student can be scary and intimidating, but SLU is here to support you. The RISE program can connect you with peers from similar backgrounds and provide a safe space for you to ask questions you're not comfortable asking elsewhere.
- College is a unique time for growth and learning, and it goes by very fast. Taking advantage of the resources RISE offers can help you make the most of your SLU experience.



FITTING IN AND FINDING FRIENDS

Finding a new group of friends is very important in helping your Billiken feel at home at SLU. It may feel daunting at first, so remind your student that friendships take time and effort to develop.

Research shows that students who get involved in at least one activity in the first six weeks of the semester do better academically than those who do not get involved. Billikens have a wide range of opportunities for getting involved, from over 200 clubs, student organizations and Student Government, to the Residence Hall Association and paid work positions around campus.

CONVERSATIONS WITH YOUR STUDENT

- What are your interests? What activities, student organizations, etc. do you plan to get involved in on campus? *Encourage your student to attend the Student Involvement Fair and to explore SLU Groups, our online portal for events, activities, clubs, organizations and more.*
- Who might be able to help you get involved? *Resident Assistants (RAs) and other staff in the residence halls, as well as student support offices (e.g., Student Involvement Center), are great resources to help students get connected to campus activities and peer groups.*

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MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Encourage your student to be proactive and participate in activities in their residence hall, join a student organization, form study groups with classmates, play intramural sports and/or work on campus. Not everyone your student meets will be their new best friend, so we suggest that students try a few different activities and avenues to build their own community at SLU.

Quick Tip! After several weeks, come visit your student. They'll love showing you around their new home. Our annual fall Homecoming/Family Weekend is an action-packed weekend and the perfect time to hang out with your student at SLU. Learn more details about Family Weekend (September 27-29) at slu.edu/alumni/events/hcfw.php.

FRATERNITY AND SORORITY LIFE

One of the many co-curricular opportunities available to your student is becoming a member of our Fraternity and Sorority Life (FSL) community. For many college students, joining a Greek-letter organization can be a transformational experience with lifelong impact. FSL membership can provide students with a home away from home, while promoting interpersonal development in scholarship, leadership, service and philanthropy.

As a family member of a new student, it is important for you to discuss this option with your Billiken. Talk with them about why they would consider joining a values-based organization, and how to determine if they find values congruence before making a membership decision. There will be several informational sessions scheduled during Fall Welcome where your student can learn more about SLU's FSL community, how to become involved and meet active members of these organizations.

CONVERSATIONS WITH YOUR STUDENT

- What information do you need to consider joining a fraternity or sorority?
- Are you aware of all the fraternity and sorority membership options available to you, including cultural identity-based organizations?
- What are the costs associated with fraternity or sorority membership? How will you pay for these costs? (For many organizations, costs are higher in a member's first semester than successive years.)
- Do you know where to find information about SLU's chapters, formal recruitment and intake processes?
- Do you know what hazing is, how to identify it and how to report concerns?

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MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Families should research the chapters that make up SLU's fraternity and sorority community, to both learn more about the organizations and to understand SLU's recruitment and intake processes.
- Ensure your student understands the costs, time commitment and engagement expectations of new and active members within the organization.
- If your student has questions, please encourage them to attend the informational sessions during Fall Welcome or reach out to the Student Involvement Center with any questions.



CONVERSATIONS WITH YOUR STUDENT

- Talk to your student about what it means to be a good roommate and a good neighbor within the community. *Students do not always immediately understand how their actions impact the lives of others. Actions that may seem insignificant, like playing music loudly, holding the side door of the residence hall open for an unknown person or leaving the bathroom a mess can have a negative impact on their community.*
- Remember that everyone is unique. *There are so many issues to consider when sharing space. Remembering that not everyone is alike (family background, life experiences, personal beliefs, daily habits, etc.) will save your student frustration and heartache. It's natural to look at the world from our own perspective, but to share space with someone else, students need to accept the perspective of others.*
- Be authentic. *Students shouldn't feel the need to impress their new roommate. They should be honest about themselves and their expectations.*

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MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Stress to your student the importance of constructing a fair and honest roommate agreement.
- Talk to your student about conflict. Discuss the best ways to work through those challenges and the importance of advocating for themselves.

UNIVERSITY HOUSING AND RESIDENCE LIFE

For many SLU students, college is the first time that they will share a room or a bathroom or live in a communal space. Living situations look different year after year, and the lessons your student will learn each year may look progressively more and more adult. Regardless of your student's living situation, remind them this is an important part of growing up. Living with others in a community allows them to develop relationships, manage conflict, learn from differences and take responsibility for their actions.

Residence Halls

The student experience in the SLU residential communities is focused on four core values: Learning, Leadership, Inclusion and Community. Students living on campus can engage with others while developing their identity as a Billiken. Our residential communities promote a space for students to explore, engage and grow through many opportunities.

SLU Housing and Residence Life is responsible for providing leadership in the development of a positive community within the residential communities. Most of the staff live in the residences along with the students. They are available to meet or talk with students and have staff available 24 hours a day to provide emergency assistance if needed.

Quick Tip! Many SLU students live on campus for their first four semesters and then move to privately leased residences in the Midtown neighborhood for their remaining years at SLU.

ALCOHOL AND SUBSTANCE ABUSE

Since alcohol is the most misused substance among 18- to 22-year-olds, parents, guardians and families should talk early and often about drinking with their students. Some students will already have experience with alcohol, but some aspects of college life such as the increased availability of adult beverages, less structured time and newfound freedom can intensify those experiences. During this period in their lives, parents, guardians and families are the top source of essential information and guidance on important decisions involving alcohol.

College is also an environment where students may be more likely to use substances such as cannabis and stimulants. Just as families have a significant impact on a student's behaviors involving alcohol, families should also talk with their students about their expectations around substance use. According to the 2020 National College Health Assessment, 28.5% of undergraduate students used cannabis and 72.8% of undergraduate college students reported using alcohol in the last 30 days.

Conversations about substance use can often be difficult, but research has shown that parents are a primary influence in students' lives. Parents, families and loved ones should have

discussions with their students about their expectations, the effects of alcohol and non-prescribed substances, the reasons students may or may not choose to drink or use substances and their willingness to help in unsafe situations that involve alcohol and/or other substances. Families should also remind their students to complete SLU's online alcohol education program, AlcoholEdu, and use the program as an opportunity to discuss alcohol and substances before starting classes in the fall.

College can potentially provide an environment where the pressure to drink and use substances is high. When parents discuss alcohol and substance use with their students, they are less likely to engage in those high-risk behaviors.

MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Talk about the effects of drinking on the body so they understand how drinking and using substances can impact them.
- Make your position clear about your student's drinking and substance use. Explain exactly what is and is not okay with you.
- Explain that students drink and use substances for many reasons. Addressing this will allow your students to think through the choices they will make when confronted with different situations.
- Discuss the negative consequences that result from drinking and using substances.
- Make your willingness to help find constructive alternatives to substance use clear to your student.

CONVERSATIONS WITH YOUR STUDENT

- How will you decide whether or not to drink or use drugs?
- What will you do if you find yourself at a party where there is only alcohol to drink? What will you do if you find yourself at a party where there are substances available?
- What will you do if your roommate drinks or if there are people drinking in your room?
- What will you do if you find a student passed out in the bathroom? How would you handle caring for someone who is very drunk or under the influence of a substance?
- How will you balance the need to study and the opportunities to drink or use substances?

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For more information about how to have a conversation about alcohol with your student, visit slu.edu/life-at-slu/community-standards/student-handbook.php or rethinkingdrinking.niaaa.nih.gov.

MENTAL HEALTH

For most students, starting college or graduate school introduces new stressors and requires a shift in priorities. As students progress through their studies or begin to look ahead to what comes after graduation, still new stressors emerge. To thrive, students must practice self-care and take advantage of the resources and opportunities Saint Louis University has to offer.

Our Jesuit mission calls us to *cura personalis* or care for the whole person – mind, body and spirit. Whether your student needs clinical support from trained professionals, connectedness, a sense of belonging or spiritual nourishment, there are resources at SLU to support them. This section offers an overview of those resources and tips for mental health and well-being at SLU.

We Are a JED Campus

As part of SLU’s commitment to supporting the mental health and well-being of our students, we have partnered with the Jed Foundation. Becoming a JED campus allows us to make a bigger impact on students’ mental health and well-being on campus.

The Jed Foundation is a leading non-profit organization focused on helping universities like ours evaluate and strengthen their mental health, substance misuse and suicide prevention programs. Becoming a JED Campus means we will spend four years working with the Jed Foundation to understand how to better use existing resources, where to add more, and most importantly, how to foster a stronger culture of well-being, hope and resilience that is systemic and lasting.



SIGNS OF A MENTAL HEALTH CONDITION

- Feeling very sad or withdrawn for over two weeks
- Severe, out-of-control risk-taking behaviors
- Sudden overwhelming fear for no reason
- Not eating, throwing up or using laxatives to lose weight
- Seeing, hearing or believing things that are not real
- Repeatedly and excessively using drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities
- Trying to harm oneself or planning to do so

If your student tells you they are experiencing any of these signs or you notice that they are, additional professional mental health support is recommended.



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CONVERSATIONS WITH YOUR STUDENT

- I know you’re excited about starting school next month, and I’m excited for you, too. Before school starts, I’d like to talk with you about some common challenges that might arise.
- SLU has various resources available and many different levels of support. How do you feel about seeking mental health support should you find yourself wanting to talk to someone/needing help?
- If relevant: We have a family history of mental illness or substance abuse, so I’d like to talk with you about mental health.
- Consider sharing your own experiences with mental health and what you found to be helpful. Normalize that stress and dips in mental health may happen when big changes occur and that your student is not alone in experiencing this.



MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- If your student isn’t feeling right and/or having trouble coping, encourage them to talk to a professional mental health clinician to help them decide what kind of support is best for them.
- Reach out. Let them know you are concerned.
- Validate their feelings. Use phrases like, “It’s ok to feel like that,” “That’s nothing to be ashamed of,” or “Thank you for sharing that.”
- Reflect. Show you are actively listening and taking them seriously by using phrases like “So what I hear you saying is…” or “Just to clarify…”
- Contact college staff. If you notice a change in your student’s behavior and are concerned about their well-being, you can contact the Dean of Students Office.
- If your student lives in a residence hall, you can reach out to Housing and Residence Life staff and request a wellness check be done for your student.
- Start and continue an ongoing dialogue about mental health.

Quick Tip! If your student is having trouble coping with stressful events, the Saint Louis University Counseling Center is here to help. During normal business hours, they can contact the center by phone at 314-977-8255 (TALK).

MENTAL HEALTH (CONT.)

University Counseling Center

Located in Wuller Hall, the UCC provides appointment-based counseling services for students, as well as crisis outreach and intervention. Additionally, the center's creative well-being initiatives, weekly support groups and innovative programming empower students to recognize and articulate their own mental health needs. To learn more, please visit slu.edu/life-at-slu/university-counseling.

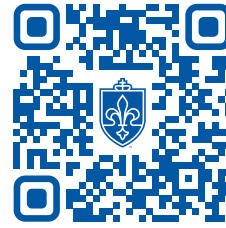
Campus Recreation and Wellness

The Simon Recreation Center is a state-of-the-art facility that provides opportunities for swimming, intramural sports, club sports and well-being education. To learn more about the facility, please visit slu.edu/life-at-slu/campus-recreation-wellness.

Student Health Center

The Saint Louis University Student Health Center empowers students to make informed decisions regarding their health and wellness by providing evidence-based education, inclusive resources and nonjudgmental support. The Student Health Center is located in Marchetti Tower East and provides services by appointment. To learn more, visit slu.edu/life-at-slu/student-health.

HELPFUL LINKS



Campus
Recreation
Center



SLU Health
Insurance



SLU Health
Insurance
Benefits

PLAN IN ADVANCE: MENTAL HEALTH

Steps you can take as a family to promote overall well-being.

From whom would you be comfortable seeking help?

This doesn't have to be professional help. It could be a friend, mentor, etc.

What are some signs that should indicate to me that you're experiencing heightened stress/mental health difficulty?

You can develop a pre-determined system to use with your student. For example, they could use a 1 to 9 scale when describing how they are doing.

When is a time when you've felt truly supported by us (parent/family)? What did we do that made you feel supported?

Your student's answer(s) identify helpful behaviors to use in the future to support them. Example: Is this a time when they want to vent and be listened to, or do they want help problem solving?

What are some of your strengths that help you to be resilient?

You can identify strengths you see in your student that help them be resilient. These are good things to bring up if your student feels overwhelmed or that they can't do something/aren't enough.

What do you most want to get out of this coming year? How can I help you stay accountable to your mental health/wellness as you do that?



MONEY MATTERS

Paying for college can be a challenge that affects the entire family. We encourage you and your student to utilize campus resources like Student Financial Services and the Bursar's Office to ensure you have important tools and information, such as deadlines, to successfully navigate college finances.

As a family member, it is important to be honest with your student about the amount of money your family will be able to contribute to college and related expenses. Clear expectations will help your student predict and plan for their financial needs. Additionally, college may be your student's first experience with managing money on their own.

Money management is an important skill that your student will carry with them throughout their life.

Financing College

There are many ways to finance your Billiken's education. Completing the Free Application for Federal Student Aid (FAFSA) form every year allows your student to be considered for federal student aid. In addition, states and colleges use FAFSA information to award their own grants, scholarships and loans. But, since aid is limited, it is important to meet the deadlines! Filing the FAFSA each year is important as the amount of aid your student qualifies for can change.

SLU students have access to many different kinds of scholarships. SLU and each college in the University offer scholarships to students each year. Students can also utilize online tools to find external scholarships and check within their communities to find locally offered scholarships.

Student Account Management

Due to the Family Education Rights and Privacy Act (FERPA), your student's records are protected information. You are not automatically granted access to their records. Your student can grant delegated access to family members to share their records.

You should have a conversation with your student about FERPA before attending SLU. Once your student completes the steps for delegated access, you are granted FERPA rights to speak with Enrollment Services staff regarding your student's account. You must also complete the parent steps if you wish to have your own account for access to your student's information.

Quick Tip! Encourage your student to be wary of credit cards. Explain interest charges, missed payment fees, overspending and debt. While responsible credit card use allows students to build a strong credit score, it is important to understand the risks.



CONVERSATIONS WITH YOUR STUDENT

- Review the New Student Checklist on the Enrollment Services website.
- File the FAFSA.
- Discuss expected monthly expenses. Set expectations around bills.
- How will your education be financed? (Applying for scholarships, securing loans, college savings, work-study, co-ops, etc.?)
- Will you have a credit card? What are the expectations?
- Will you work, and if so, how many hours per week? Do you need to work right away or can you wait until you get adjusted?
- How will you balance your job with your schoolwork?



Quick Tip! Students can find jobs all around campus from local restaurants and businesses to on-campus positions. On-campus jobs are posted on Handshake. SLU dining facilities also hire many students each year.

MAKE YOUR DISCUSSIONS MORE MEANINGFUL

- Encourage your student to research scholarships, internships and jobs early, before the school year begins. More information can be found at slu.edu/financial-aid/types-of-aid/scholarships.php or slu.edu/life-at-slu/career-services/handshake.php.
- Discuss Family Education and Privacy Act (FERPA) and Delegated Access. Visit slu.edu/registrar/third-party-access/ferpa-and-saint-louis-university.php to learn more.



CAMPUS RESOURCES

The Bursar's Office is responsible for collecting academic and non-academic fees, including tuition, room and board, general fees, campus life, non-resident surcharges and more. The fees are collected via the disbursement of aid received through Financial Aid, third-party sponsors and the processing of personal payments. Students can give family members access to charges via Catalyst by clicking on the "My Dashboard" tab and then "Give Parent/Guest Access."

Student Financial Services works to make your student's college education as affordable as possible. Nearly all students are eligible for some type of financial assistance, but financial aid will likely not meet all of your student's educational costs. The Financial Aid team can help you to understand your eligibility status, timelines, plan for college costs and more to support your student in achieving their educational goals.

Our financial aid counselors support both students and family members in managing financial resources effectively. This includes increasing knowledge regarding college costs and affordability, financial aid resources, budgeting, saving and reducing overall education costs. Learn more at slu.edu/financial-aid/online-financial-education-center.

SAFETY AND CRIME PREVENTION

Ensuring a safe environment on and around campus is our highest priority, but our campus is not immune to criminal activity that may occur in the larger St. Louis metropolitan community.

Theft is the most common crime on and near campus and tends to increase at the beginning of the school year when students return to campus. The Department of Public Safety (DPS) works hard to protect students, however, your Billiken can also take simple steps to reduce their risk. Unattended belongings are an easy target for a thief. Remind your student of the importance of always locking rooms and cars and securing other belongings (such as laptops).

Encourage your student to use common sense; walk with a group at night and report suspicious behavior to Public Safety. The Rave Guardian app is a state-of-the-art safety app that allows students to turn their cell phones into safety devices. Users can send anonymous tips to SLU Public Safety, receive emergency notifications, make emergency calls, create a safety profile, find university phone

numbers and set up a safety timer with a location and expected arrival time. Users can then choose anyone with a cellphone in their contacts as their “Guardian,” who will be sent a link via text message asking them to keep an eye on the user while they walk. They will be notified if the student does not turn off their safety timer. The Rave Guardian app can be downloaded for free on the App Store or Google Play. Users must enable location services and notifications and register with their cell phone number and SLU email address.

When an emergency occurs, SLU utilizes several tools to communicate in a quick and coordinated manner, including a voice notification system, text messages and emails, the SLU website, social media (Instagram and Facebook) and Rave Alerts. Remind your student to pay attention to safety notifications and stay alert.

CONVERSATIONS WITH YOUR STUDENT

- How will you secure your belongings when unattended or over extended breaks?
- Have you downloaded the Rave Guardian mobile app?
- Have you registered your bike?
- Make sure to all always walk in groups on campus.
- Before you and your friends go out, you should formulate a buddy system, discussing how you will watch out for and take care of each other.
- Be mindful of your surroundings when using your phone while walking around campus.

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HELPFUL LINKS

Learn More About
SLU Ride



Other On-Campus
Transportation



PERSONAL SAFETY RESOURCES

Safety Escorts

Vehicle and walking escorts are available on SLU property and the surrounding streets. Students can call DPS at 314-977-3000 to secure a safety escort. SLU Ride also provides safety escorts to areas on and adjacent to campus, including the Grand MetroLink station.

Vehicle Jump Start

DPS will respond to any campus parking lot, parking garage and surrounding streets and will perform vehicle jump starts for SLU motorists with one of the department’s portable battery jumper packs.

Lockouts

Like the vehicle jump start service, DPS will respond to any campus owned property and surrounding streets and will assist SLU motorists in gaining access inside their vehicles with one of their lockout kits.

Bike Registration and Free Bike Locks

DPS will provide a free bike lock (U Lock) to those who bring their bicycles to our office and register them in our system. Registering your bicycle with DPS allows them to return any lost and recovered bikes to their original owner.

Lost and Found

DPS logs all items that are turned in or found. These items can be found online, or you can call the DPS non-emergency number at 314-977-2376. DPS will hold onto each item for 60 days.



PERSONAL SAFETY AND SEXUAL VIOLENCE PREVENTION

It can be difficult to think and talk about sexual violence when your student is going off to college, but it's important to be aware of the national rates of sexual violence on campus.

- One in five women and one in 16 men are sexually assaulted while in college.
- Over 90 percent of sexual assaults go unreported.
- Nearly two-thirds of college students experience sexual harassment.
- Among college women, nine out of 10 victims of rape and sexual assault know their offender.

What is Title IX?

Title IX is a federal civil rights law passed as part of the Education Amendments of 1972 that prohibits discrimination on the basis of sex in any education program or activity receiving federal financial assistance.

SLU programs or activities, which include locations, events and circumstances where SLU has substantial control over the conduct, are covered by Title IX.

Thus, Title IX does not apply to incidents of sexual harassment, sexual assault, dating violence, domestic violence or gender-based stalking that occur outside of a SLU program or activity or outside of the United States.

Title IX Resource Center



Talking About Consent

Consent is one of the most important elements of any healthy sexual relationship.

Here's what you can tell your student about consent:

- Sex without consent isn't sex. It's assault.
- Consent is informed, freely given, mutual and can be withdrawn at any time.
- A person cannot give consent if they are mentally or physically incapacitated or impaired. Silence or the absence of resistance does not necessarily imply consent.

Consent to some sexual acts does not imply consent to other acts.

Warning Signs of Sexual Violence

If you notice the following warning signs of depression related to sexual violence in your student, it's important to talk to them.

Signs of depression include persistent sadness, lack of energy, changes in sleep or appetite, withdrawal from normal activities or feeling "down." Additional signs include:

- Self-harming behaviors, thoughts of suicide or suicidal behaviors
- Low self-esteem
- Anxiety or worry about situations that did not seem to cause anxiety in the past
- Avoiding specific situations or places
- Falling grades or withdrawing from classes
- Increase in drug or alcohol use

CONVERSATIONS WITH YOUR STUDENT

Talk to Your Student About Respect and Communication

- Communication is an important part of sex and dating.
- No one has the right to cross your boundaries or push you further than you want. This is something you can always talk to me about.
- Do you know the signs that someone might not be into the situation? Silence doesn't mean yes.

Talk to Your Student About Their Plans to Be Active Bystanders

- Watch out for others. Alcohol and partying are never an excuse for inappropriate or hurtful behavior.
- What could be realistic ways for you to intervene if you saw a red flag for sexual assault?

Talk to Your Student About How They Would Help if Their Friend Was Harmed

- What would you do if your friend or roommate was being stalked or was in an abusive relationship?
- Are you familiar with the resources on campus to share with a friend who may have been harmed?



If You Need the Police

On Campus: For emergency response, call the Department of Public Safety (DPS) at (314) 977-3000

Off Campus: For emergency response, call 911
DPS can coordinate an emergency response from law enforcement, ensure community safety and document information in a report. DPS Officers can also safely escort any student to any campus location. A safety escort can be obtained by contacting DPS at 314-977-3000.



RESOURCES AND CONTACT INFORMATION

Academic Support / Student Success Center

Busch Student Center, Suite 331
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-3484
slu.edu/life-at-slu/student-success-center/
academic-support

Billiken Athletics

Chaifetz Arena, 1st Floor
3330 Laclede Ave., St. Louis, MO 63103
(314) 977-4758
slubillikens.com

Campus Recreation and Wellness

Simon Recreation Center
3639 Laclede Ave., St. Louis, MO 63108
(314) 977-3181
slu.edu/life-at-slu/campus-recreation-wellness

Center for Accessibility and Disability Resources

Busch Student Center, Suite 331
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-3484
accessibility_disability@slu.edu
slu.edu/life-at-slu/student-success-center/
accessibility-and-disability-resources

Campus Ministry

Wuller Hall
3711 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-2425
slu.edu/life-at-slu/campus-ministry

Career Services

Griesedieck Hall, Suite 130, Lower Level
3630 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-2828
career_services@slu.edu
slu.edu/life-at-slu/career-services

Center for Social Action

Center for Global Citizenship, Suite 134
3672 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-4105
service@slu.edu
slu.edu/center-for-social-action

Cross Cultural Center for Global Citizenship

Center for Global Citizenship, Suite 134
3672 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-2119
ccc@slu.edu
slu.edu/cross-cultural-center-for-global-
citizenship

Dean of Students

Busch Student Center, 356C
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-9378
deanofstudents@slu.edu
slu.edu/student-development/dean-of-students

Department of Public Safety

Wool Center, Room 114
3545 Lindell Blvd., St. Louis, MO 63103
(314) 977-2376
(314) 977-3000 *emergency line*
dps@slu.edu
slu.edu/about/safety

DineSLU

Busch Student Center, Suite 206
20 North Grand Blvd., St. Louis, MO 63103
dineslu@slu.edu / mealplans@slu.edu
slu.edu/housing/dine

Division of Diversity and Innovative Community Engagement (DICE)

DuBourg Hall, Room 202
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-7728
dicevp@slu.edu
slu.edu/diversity

First Year Student Transition & Reflect, Ignite, Succeed, Engage (RISE)

Formerly known as Billikens' First Chapter and SOAR
Busch Student Center, Room 354D
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-7796
slu.edu/academics/support/billikens-first-chapter.
php
slu.edu/pre-college-access-trio/soar-program

Housing and Residence Life

DuBourg Hall, Room 157
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-2811
reslife@slu.edu
slu.edu/housing

Information Technology Services Help Desk / Support Center

(314) 977-4000
ask@slu.edu
slu.edu/its

Mission and Identity

DuBourg Hall, Suite 211
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-7065
jesuitmission@slu.edu
slu.edu/mission-identity

Office of Equal Opportunity and Title IX

DuBourg Hall, Room 36
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-3838
slu.edu/general-counsel/institutional-equity-
diversity

Office of International Services

Des Peres Hall, Suite 102
3694 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-2318
internationalservices@slu.edu
slu.edu/international-services/

Office of the Provost

DuBourg Hall, Room 210
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-2193
provost@slu.edu
slu.edu/provost

Office of the Registrar

DuBourg Hall, Room 119
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-2269
registrar@slu.edu
slu.edu/registrar

Office of Student Financial Services

DuBourg Hall, Room 119
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-2350
sfs@slu.edu
slu.edu/financial-aid

RESOURCES AND CONTACT INFORMATION

Office of Student Responsibility and Community Standards
Wuller Hall, Suite 234
3711 West Pine Mall Blvd., St. Louis, MO 63108
(314) 977-7326
conduct@slu.edu
slu.edu/life-at-slu/community-standards

Office of University Compliance and Ethics
DuBourg Hall, Room 33
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-5772
compliance@slu.edu

Parent and Family Engagement
Busch Student Center, Suite 349
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-9378
parents@slu.edu / bpfa@slu.edu
slu.edu/parents / slu.edu/parents/bpfa.php

Parking and Card Services
Wool Center, Suite 130
3545 Lindell Blvd., St. Louis, MO 63103
(314) 977-2957
parking@slu.edu / cardservices@slu.edu
slu.edu/parking

Pius XII Memorial Library
3650 Lindell Blvd., St. Louis, MO 63108
(314) 977-3580
piusref@slu.edu
slu.edu/library

SLU Event Services
Busch Student Center, Suite 313
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-6338
events@slu.edu
slu.edu/events

Student Development
DuBourg Hall, Room 203
221 North Grand Blvd., St. Louis, MO 63103
(314) 977-2226
studev@slu.edu
slu.edu/student-development

Student Health Center
Marchetti Towers East
3518 Laclede Ave., St. Louis, MO 63103
(314) 977-2323
shc@health.slu.edu
slu.edu/life-at-slu/student-health

Student Involvement Center
Busch Student Center, Room 319
20 North Grand Blvd., St. Louis, MO 63103
(314) 977-2805
involvement@slu.edu
slu.edu/life-at-slu/student-involvement

University Counseling Center
Wuller Hall, 2nd Floor
3711 West Pine Mall Blvd., St. Louis, MO 63103
(314) 977-8255 *press 9 for after-hours/crisis needs*
slu.edu/wellbeing

NOTES



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