

SAINT LOUIS UNIVERSITY'S

PARENT AND FAMILY GUIDE

Helping your Billiken Prepare for SLU:
Conversations That Count

PRESENTED BY THE OFFICE OF
PARENT AND FAMILY ENGAGEMENT



A LETTER FROM THE VICE PRESIDENT OF STUDENT DEVELOPMENT

Dear Parents and Family members,

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

As the Vice President of Student Development at SLU, it's such a joy to welcome you at this 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*—education of the whole person. From our dedicated faculty and staff to our vibrant campus community, we provide students a transformative educational experience that prepares students for success in an ever-changing world—right here in Midtown St. Louis.

As family members, your involvement and support are key to your student's success. Perhaps your role as a parent will change slightly, and you might have some extra space (and quiet?) at home. 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 for 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. We hope to see you at Homecoming and Family Weekend this fall!

Sincerely,

Dr. Matt Goodwin
Vice President of Student Development
Saint Louis University

GREETINGS FROM THE OFFICE OF PARENT AND FAMILY ENGAGEMENT

Greetings Billiken Families,

My name is Kesha Williams, and I'm honored to serve as the Director of the Office of Parent and Family Engagement here at Saint Louis University. One of the greatest joys of my role is connecting with SLU parents and families—and working together to support our students throughout their journey.

Our office is here for you year-round, offering a wide range of information, programs, and resources to help you stay engaged and support your student—whether you're just down the street or across the country. I encourage you to explore our Parents and Families website, where you'll find helpful tools, upcoming events, and details on how to get involved through one of the Billiken Parent and Family Networks.

There are many reasons why I hold this university in such high regard, but what stands out most is SLU's unwavering commitment to its mission—the pursuit of the greater glory of God and service to humanity. That passion and purpose are evident in everything we do.

Just know this: we've got your back—and your Billiken's too! If you ever have questions or need support, please feel free to reach out to me directly at parents@slu.edu or at 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.

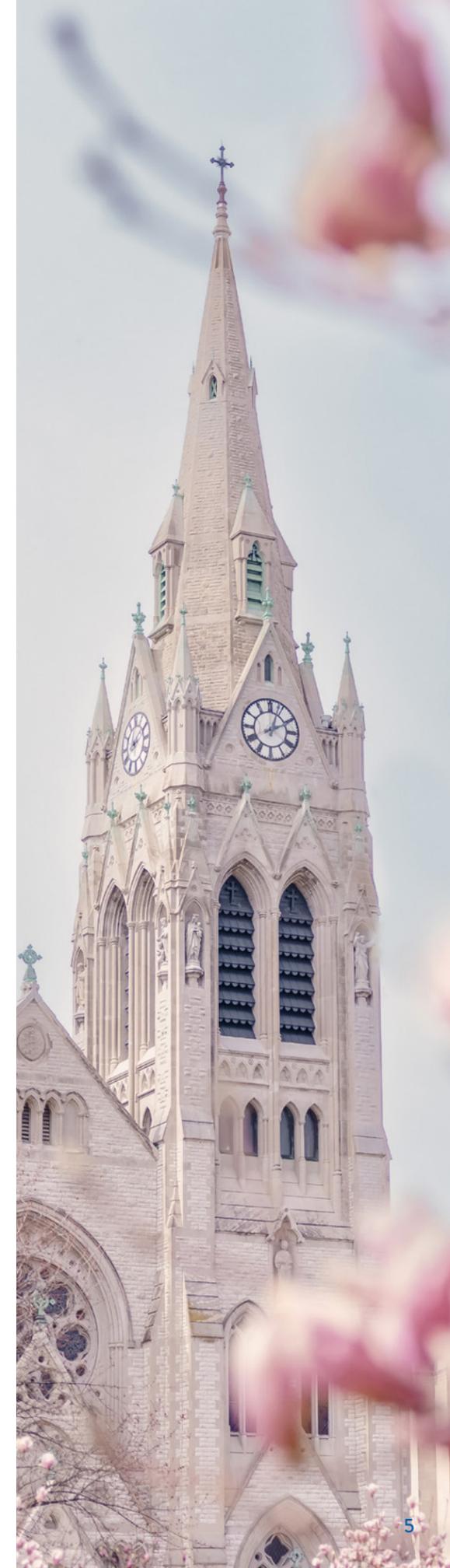
As family members, you are an integral part of your student's success. While you will want to encourage their independence, they will look to you to help them navigate the challenges they may experience in college. Your student needs to see you as a partner in their academic, social and personal success.

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

For more information and an accessible version of the guides, visit slu.edu/parents. Remember, Parent and Family Engagement is always here to help families transition to SLU and 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 an inspiration of 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.



AUGUST

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31

EVENTS

August 15 – 19

Orientation Welcome Week

August 16

Convocation / Family Welcome

August 20

Fall classes begin

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?

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, 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."





FITTING IN AND FINDING FRIENDS

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

Your student should start at the Student Involvement Center. It's a wonderful way for students to make connections and find out about SLU events on campus and the variety of programs that are available to all students on campus.

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, 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.*

FRATERNITY AND SORORITY LIFE

While at SLU, your student will have many opportunities to become involved outside of the classroom and may consider joining our Greek community. Fraternity and sorority membership can be a positive experience that will last a lifetime. Membership offers a home away from home, all while encouraging individual development in scholarship, service and philanthropy.

There are several benefits to affiliation, but as a family member, it is important to be honest with your student about creating positive experiences and joining a fraternity or sorority the right way.

Having frank and honest dialogue with your students about avoiding negative or detrimental behavior will help your student get the most out of their undergraduate experience and will make sure that their affiliation mirrors what the University values: student organizations focused on the tenets of brotherhood, sisterhood, academic excellence, leadership development and service.



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.

CONVERSATIONS WITH YOUR STUDENT

Do you want to join a sorority or fraternity?

Have you heard about recruitment or "Rush Week" at SLU? Are you interested?

Did you know that SLU has Greek Community Standards with different membership requirements and timelines?

Do you know what hazing is and the University's stance?

How can you be a positive member of the Greek community?

What are the costs associated with joining a fraternity or sorority? How will you pay for these costs?

MAKE YOUR DISCUSSIONS MORE MEANINGFUL

As a family, research the Fraternity or Sorority that your Billiken is interested in to find out more information about the organization and process.

Ensure your student understands the costs, time, commitment and engagement expectations of new and active members within the organization.

Encourage your student to reach out to the Office of Fraternity and Sorority Life with any questions.

QUICK TIP

After they've had time to get established at SLU, come visit your student. They'll love showing you around their new home. Our annual Homecoming/Family Weekend, held in September, is an action-packed event and the perfect time to hang out with your student.

SEPTEMBER

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EVENTS

September 1
No classes (Labor Day)
University closed

September 2
Official fall census

September 24
No classes (Wellness Day)

September 26 – 28
Homecoming and Family Weekend



MENTAL HEALTH AND WELLNESS

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.

Counseling Services

If you or someone you know is having trouble coping with stressful events, the Saint Louis University Counseling Center (UCC) is here to help. Counseling services are free to all qualifying students at Saint Louis University, including those in full-time, part-time, graduate, law and medical programs. To talk with our SLU University Counseling Center staff, make a counseling appointment, or ask a question, please call our main phone number at 314-977-8255 (TALK) during regular business hours.

By establishing culturally fluent, evidence-based approaches to mental health treatment, the UCC aims to create a safe and empathic environment that honors the individual and collective identities and experiences of all students. Our goal is to provide affirming and compassionate care, maintain a visible presence throughout the campus, and to serve as a recognized partner in the larger well-being ecosystem.

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.



PLAN IN ADVANCE: MENTAL HEALTH

Questions to discuss 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?



OCTOBER

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EVENTS

October 11

Mid semester conferral

October 13 – 17

Mid-term exams

October 23 – 24

No classes (Fall Break)

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.

IMPORTANT RESOURCES

SLU 24 Hour Crisis Helpline: 314-977-8255 and press option #9

Suicide and Crisis Hotline: 988

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 okay 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 University 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 the Resident Education & Development staff and request a wellness check be done for your student.

Start and continue an ongoing dialogue about mental health.

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.

It may be difficult for you or your student to know whether what they are experiencing is an early sign of an emerging health condition.



ACADEMIC RESOURCES: ACADEMIC ADVISING

Congratulations! Your student is a Billiken! They have been admitted to SLU because of their demonstrated academic and personal success. While the transition to collegiate coursework can be more challenging, we want to assure you that there are many resources available to help your student excel at SLU. We are here to support them every step of the way.

As a family member, encourage your student to do their best and to make the most of the opportunities they will have to learn and explore their interests at a vibrant, 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 (GPA).

Encourage your student to take a proactive approach to seeking support and asking for help when needed. Acting early can make it much easier to recover from setbacks. One of the first resources your student should become familiar with is their academic advisor. At SLU, academic advisors are dedicated professionals with a passion for helping students succeed and achieve their goals. They provide guidance by:

- Assisting students in clarifying their academic, professional and personal goals
- Explaining and navigating program and University policies
- Advising on course selection to align with a student's aspirations
- Connecting students with additional campus resources

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.

NOVEMBER

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EVENTS

November 26 – 28

No classes (Thanksgiving)

November 27 – 28

University closed



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 arranged accommodations at the Center for Accessibility and Disability Services?

What fields of study are you considering?

Which classes are you most excited about?

Which classes are you concerned about? Can you set up a tutoring appointment or plan to attend an SI session?

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.

ADDITIONAL RESOURCES

Instructor's Office Hours

Your student's instructor is always the first place to start if they have questions about course content or their grade in a class. Faculty office hours are posted in the syllabus that each student receives at the beginning of the semester, and students can arrange an appointment if those hours conflict with another class.

Office of Academic Support

The Office of Academic Support fosters a welcoming and supportive environment to help students reach their academic goals. They provide tutoring, Supplemental Instruction, writing services and student success coaching.

- Student success coaching assists students in developing strategies to address challenges in and out of the classroom.
- Tutoring is available to guide students through the challenges of many of SLU's foundation-level courses.
- Supplemental Instruction (SI) provides regularly scheduled group study sessions for specific lecture classes.
- University Writing Services is committed to supporting student writing through one-on-one consultations, workshops, and writing retreats.

You can reach the Office of Academic Support at 314-977-3484.



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.

Financial Aid

Financial aid 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. Student Financial Services can help you to understand your eligibility status, timelines, plan for college costs and more to support your student in achieving their educational goals.

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.

DECEMBER

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EVENTS

- December 5**
Fall classes end
- December 8 – 12**
Final exams
- December 13**
Fall degree conferral and commencement
- December 12**
Winter break begins
- December 15**
Winter classes begin
- December 24-26**
University closed (Christmas)
- December 31**
University closed (New Year's Eve)



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?

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 FERPA and Delegated Access. Visit slu.edu/registrar/third-party-access/ferpa-and-saint-louis-university.php to learn more.

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.



STUDENT SUPPORT SERVICES AT SLU

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.

Center for Accessibility and Disability Services (CADR)

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

If your student had IEP or received accommodations in high school, those 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 (CADR). CADR can support your student by:

- Providing academic and housing accommodations to students with a diagnosed disability.
- Considering all facets of well-being when meeting with students and determining appropriate and reasonable accommodations.
- Existing 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.
- Validating students in navigating disability identity and their right to an accessible campus.
- Striving to empower students by encouraging a sense of belonging within the disability community and guiding students to self-advocate and invest in their success.



JANUARY

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EVENTS

January 1
University closed (New Year's Day)

January 9
Winter classes end

January 17
Spring classes begin

January 19
No classes (MLK Day)
University closed

January 26
Official spring census

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 (i.e., who is allowed to bring up the topic and how often)?

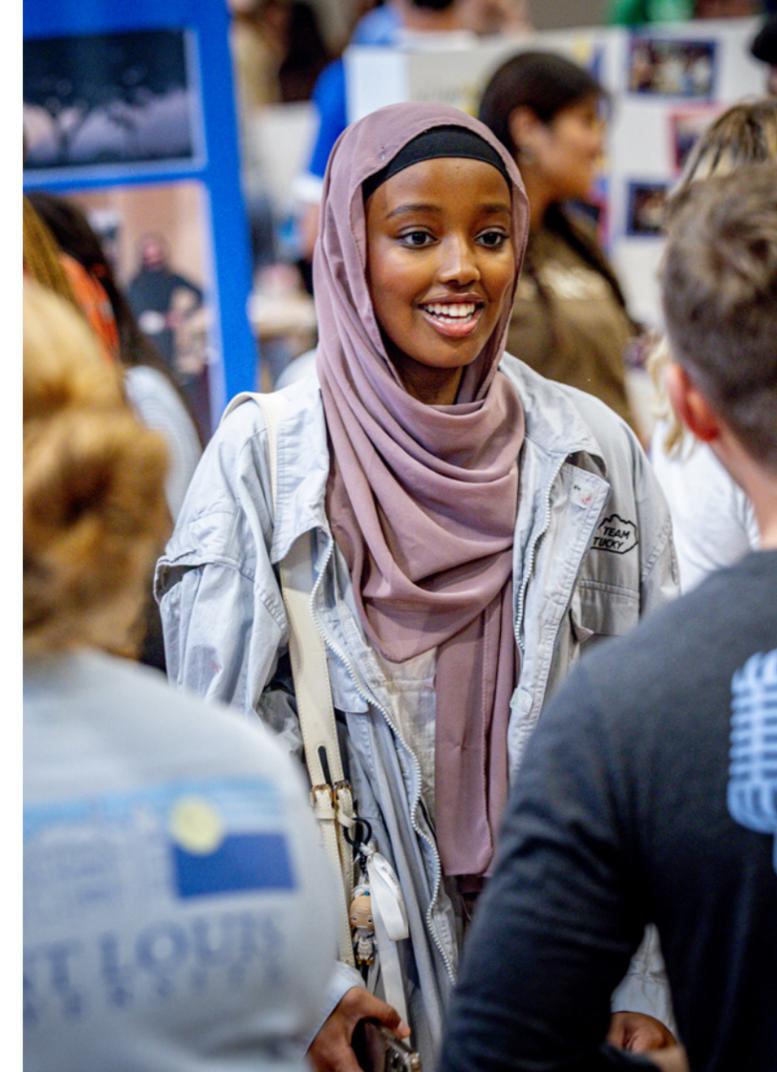
MAKE YOUR DISCUSSIONS MORE MEANINGFUL

Remind your student of their values and how this identity could connect to majors or careers.

Validate how you make an overwhelming or scary decision and 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 Services resources or suggest they meet with their Career Coach. Share your career story and how you made career-related choices.

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.



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 you can make more informed career decisions. The results of your assessment will not make the decision for you or tell you what career is right for you 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, resume and cover letter review, career counseling, career planning, job, or internship search, and much more).

Job and Internship Search Assistance

Job Search. Career counselors are available to assist you in your plans for the future, and all of the steps along the way. Schedule an appointment on EAB Navigate to meet with a career counselor six to 12 months prior to graduation to create your plan of action.



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.

How can you use the resources available to you, like RISE, to take full advantage of your time at SLU?

SAINT LOUIS UNIVERSITY DIVISION OF MISSION AND IDENTITY

The Saint Louis University Division of Mission and Identity is charged with furthering the understanding of the University's mission as a Jesuit and Catholic University for its faculty and staff.

A Jesuit education aims to form the whole person. As a Jesuit, Catholic university, Saint Louis University offers students a distinctive educational experience. Built on a spiritual, intellectual and social tradition almost five centuries old, SLU provides opportunities and an environment that encourages the full flourishing of our students in every aspect of their humanity.

The Division of Mission and Identity works to ensure the mission and core values of Saint Louis University are integrated into operations, structures, programs and practices. Through its programs and in collaboration with the colleges, schools, and departments of the university, the Division of Mission and Identity seeks to promote and encourage a deeper understanding of SLU's foundation as a work of the Society of Jesus, and a ministry of the Catholic Church.

The academic life of the University reflects this mission as an integral part of its intellectual commitment to research and teaching excellence. The mission formation of students, faculty, staff, administration and board members is also a work of the Division of Mission and Identity. For more information about the office and the services and programming it provides, please visit slu.edu/mission-identity.

FEBRUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28

EVENTS

February 11
No classes (Wellness Day)





DIVERSITY AND INCLUSION

SLU hosts a beautifully diverse community of scholars representative of all 50 states and 100 countries. At SLU, we are committed to fostering a community of belonging. The Division for Diversity and Innovative Community Engagement (DICE) is dedicated to pioneering an institutional movement where all voices are valued, respected and heard. Throughout a student's journey here, there will be doors opened, spaces to feel safe, and groups of people to identify with. Our DICE team is a champion for students, helping them find a wealth of resources, support and opportunities that can globalize their education in a diverse world and within a diverse academic community.

Since its founding in 1818, SLU has committed itself to fostering an environment of respect and inclusion of all people, cultures, and faiths. We are able to commit to this path through our Universal Apostolic Preferences:

- Guiding the way to God
- Walking alongside the youth
- Standing with the excluded
- Caring for our common home

As a campus convener, DICE often connects students with campus partners to further support a sense of belonging at SLU. Through these partnerships, we are able to ensure students have access to affirming places of worship, can engage with community through service learning and can experience the impact of using their voices through civic engagement. We also encourage students to connect with each other through SLU's extensive student groups available. Whether students are looking to connect with shared identities or multicultural opportunities, there is community for all. Whatever path students choose at SLU, DICE is here to ensure they feel seen, supported and empowered.

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.

MARCH

1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30 31

EVENTS

- March 2 – 6
Mid-term exams
- March 9 – 13
No classes (Spring Break)
- March 14
Mid semester conferral

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, 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.

QUICK TIP

There are many places of worship for many denominations and faiths in SLU's surrounding area 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.





CAMPUS RECREATION AND WELLNESS

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. It is open from 8:30 a.m. until 5 p.m., Monday through Friday, excluding University holidays. Student Health remains open during spring, fall and summer breaks.

To learn more, visit slu.edu/life-at-slu/student-health.

For emergent after hours care call: 911

For non emergent medical advice after hours call: 314-977-2323 and select option 9.

Advice to Families

The Student Health Center recommends all students come to SLU prepared with any medication or treatment they may use at home when ill. This may include: a thermometer, decongestant, cough suppressant, throat lozenges, Tylenol, ibuprofen, heating pad, ice pack, band-aids, and allergy medication.

Any prescribed medications, especially those considered controlled substances, should be stored in a locked box for safe keeping.

SLU Health Insurance

Families can learn more about health insurance options for students by visiting slu.edu/life-at-slu/student-health/university-health-plan.

Learn more about SLU health insurance benefits at slu.edu/life-at-slu/student-health/university-health-plan/benefits.php.



APRIL

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EVENTS

April 2 – 6
No classes (Easter)

April 3
University closed (Easter)

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.



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.

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?

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.



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.

JUNE

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EVENTS

June 19
No classes (Juneteenth)
University closed



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.

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.

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 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.





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.

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

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.

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 an education program or activity that receives federal financial assistance.

Under the Title IX Final Rule released by the Department of Education on May 6, 2020, Title IX applies to sexual harassment, sexual assault, dating violence, domestic violence, or gender-based stalking that occurs in an education program or activity. Incidents that occur on campus or within a SLU program or activity, which includes 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.

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?



JULY

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19	20	21	22	23	24	25
26	27	28	29	30	31	

EVENTS

July 3
No classes (Fourth of July)



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

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

