Saint Louis University recognizes the unique challenges students face in the college environment. It is the goal of Disability Services to help ADD/ADHD students gain insight about their disability, learn how to manage their academic life, and utilize sources of support to be successful now and in the future. While academic coaching is offered to all students from the Student Success Center, Disability Services has developed the ADD/ADHD academic coaching program specifically for students with ADD/ADHD. The program provides support for the development of skills, strategies, and beliefs needed to manage student’s ADD/ADHD in conjunction with college.

ADD/ADHD ACADEMIC COACHING

- Students make one hour appointments with a coach throughout the semester. While it is highly encouraged that students make appointments at the start of the semester, students may work with a coach at any point during the school year.
- The coaching process is based on: Context, Experience, Reflection, Action, and Evaluation
- Common Areas of Focus in Coaching: Motivation, Time Management, Concentration, Studying
- The coach maintains a progress report on the student to track goal achievement
- Each coaching session is personally tailored to the student’s courses, assignment due dates, and areas concerning improvement