

# What can OT on Campus do for YOU?

## Evaluation

Basic focused or comprehensive individualized evaluation. May include sensory processing, self concept. Fine/gross motor skills, executive functioning, visual perceptual skills, auditory processing. In addition, observation of behaviors and environment

## Individual Therapy

Goal oriented, functional, collaborative activities related to students' needs. May range from a single session to several months of sessions.

## Group Therapy

Goal-oriented sessions focused on strategies to increase skills and independence. Groups maybe led by multiple disciplines.

Duration: 4-6 weeks

## The Listening Program

The Listening Program is a music listening method, personalized to improve brain fitness at any age or level of ability

## In Time

Children, teens, and adults can engage with the rhythm-based music of inTime to help stimulate rhythm awareness, focus, timing precision and adaptive responses to stress, all of which supply your brain with the highest quality of stimulation it needs for optimal function.



## Why OT on Campus?

### Residence Halls

Learning to live with a roommate, self-advocacy, organizational skills, sensory processing through room organization strategies, social competence, ADLs, health and wellness, time management, regular eating schedules and telephone skills.

### Scheduling

Working on time management/organizational skills includes establishing regular routines, planning for future events, and may encompass courses, social, and self-care. As well as strategies for how to get there.

### Study Skills/Strategies

Group work is more and more prevalent in college and in the modern workplace. Learning skills related to working with others fosters self-advocacy, organizational competence, group dynamics, and boundary setting.

### Independent Study Skills:

Strategies for maintaining attention without distraction, scheduling, organizing time and breaks, managing time spent on each topic., self assessment to determine best supports needed for success.

### Adjustment to busy, social and independent campus

Identification of challenges and expectations, personal needs, referral needs, classroom behavior expectations, education opportunities, advocacy, anxiety management and sensory strategies.

### Social Life

Safety Awareness, bullying prevention, learning to navigate college social scene and choices, friendships, developing interests, wellness, reading body language, impact of alcohol on body, healthy lifestyles, dealing with stress and peer pressure.

### Transition/Independence

Conversation skills and reading body language, manners, social strategies in small groups, entertaining others, dating, sexuality, self-advocacy, exploring areas of interest and navigating new groups.

### Meeting Skills

Self-advocacy, knowing how to talk about yourself with people who impact you (professors, staff, classmates and friends), classroom etiquette, job interviews, flexibility, negotiation, ability to make phone calls on their own behalf.

# O Ton Campus



“Occupation encompasses what we all do in everyday life. For the college student who struggles with some aspect of academic performance, self-care, or social/leisure development, occupational therapists provide highly skilled evaluations and treatment plans emphasizing functional outcomes.”

-Jeanne Eichler, MOT, OTR/L



SAINT LOUIS  
UNIVERSITY

**Phone:** 314-977-8583

**Email:** [otoncampus@slu.edu](mailto:otoncampus@slu.edu)



## What is OT on Campus?

### Program Description

Occupational therapists provide individualized, client-centered evaluations and interventions focused on decreasing or managing symptoms, increasing independence, self-advocacy, facilitating change/transitions, and improving quality of life.

Services are delivered as appropriate to meet clients' needs in varied locations including therapy offices, university buildings, and community settings.