



SAINT LOUIS UNIVERSITY

CENTER FOR ACCESSIBILITY AND DISABILITY RESOURCES

Parent/Guardian Information

The Center for Accessibility and Disability Resources (CADR) at Saint Louis University supports equal access in education through academic and housing accommodations. If your student has a physical or learning disability or mental health diagnosis, accommodations provide your student an equal opportunity to benefit from their educational experience.

Eligibility for Academic and Housing Accommodations

- Submit documentation of student disabilities/diagnoses from a qualified professional (see CADR website for documentation guidelines between academic and housing accommodations)
- Submit a completed application for the type of requested accommodations (housing vs. academic), which are both available on CADR's website.
- Meet with a member of CADR's staff. Students can schedule an appointment by logging into their mySLU and selecting Tools-EAB Navigate-Center for Accessibility and Disability Resources.

How do I best support my student during college?

Utilizing our **STACS Approach**, our staff encourage parents/guardians to use the following points when supporting your students:

S: Steady Balance.



Social outlets are important. Academic success is important.

Mental, physical, emotional, and social facets are all vital components to overall well-being. An equal balance between academics and well-being should be a focal point for students. Yes, student should be dedicated to their studies. However, students should also connect with student groups and friends, take a breath of fresh air or exercise, eat well, and take time to relax and rest.

There are times where students may feel uneasy trying to adapt to new environments and meeting new people. Incorporating all of these components into their lifestyle will be a challenge. However, **it is necessary to learn how to be comfortable with being uncomfortable, then decide how to address what is uncomfortable.**

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T: Transition Awareness.



The college environment is entirely new and different from any other experience. Students will need to adjust to this environment, which may take time. Students will experience changes in responsibility, independence, accountability, academics, and balance between activities/commitments. Help your student know and be aware that **adjusting to the college environment takes time and is typical for every college student.**

A: Access Resources.



SLU provides vast resources on campus for students to access. These include academic supports, counseling, advisement, career development, work and internship opportunities, and many more. Encourage your student to access those resources and knowing when/how to use them. Engagement in these resources can provide different outcomes each year. Students should explore what is available, even if it is to simply know what is out there.

C. Communicate.



An important skill that will be needed in the college environment is learning how to communicate.

Knowing how to communicate develops the ability to know when to reach out for help and how to do so.

Students should know how to articulate their needs. Some questions that CADR helps students think about include:

- **How will my disability or diagnosis impact the course?**
- **How or what accommodations do I need to be successful in the course?**

Thinking through these questions gives students a picture of what resources need to be accessed. When supporting your student, ask questions of thought and process, not direction (how/why not what or do).

S. Self-Advocacy.



Be Independent.

Students will be their own self-advocate, “passing the torch” from parent to student. While it may be hard to avoid intervening, students develop best when navigating and problem-solving situations on their own. Prior to entering college, give opportunities to your student to solve situations, with your suggestions. This gives students lived experiences of self-advocacy and independence.