



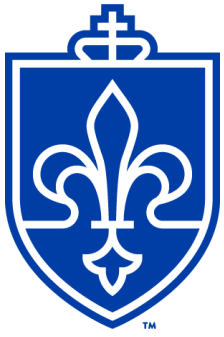
SAINT LOUIS  
UNIVERSITY™

— EST. 1818 —

# SOAR COMMUNITY RESOURCE GUIDE

*a guide to Saint Louis University & college life with your student*





Welcome to the Saint Louis University **SOAR Program: Students' Opportunity for Achievement and Resources!**

We're thrilled that you and your student have chosen SLU! We have assembled this guide to SOAR, SLU, and college to help you support your SLU student.

In this guide, we have information about the SOAR Program and how we support your student, information about campus resources, and a glossary all about SLU and commonly-used higher education terms and acronyms.

SOAR is invested in your student's success, and we're here to help. We hope you enjoy this guide to all things SLU and SOAR!

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# SOAR: Students' Opportunity for Achievement and Resources

SOAR serves around 200 students per academic year

## About SOAR:

Before 2020, SOAR was a TRIO program, which is a collective of eight programs funded by the federal government (originally it was three programs, so the name: trio!). Our students were so successful at getting to graduation that the funding was revoked to be reallocated to other colleges with less successful graduation rates. Saint Louis University saw the benefits of the program and chose to make it a SLU-funded program that is permanent in the university and renamed the program: SOAR!

### Brief History of TRIO:

**1964**

The Economic Opportunity Act created Upward Bound to prepare high schoolers for college

**1965**

The Higher Education Act created Talent Search to get high schoolers to graduation and college.

**1968**

Student Support Services was created. "TRIO" became the name for all of these federal programs.

**1986**

The Ronald E. McNair Postbaccalaureate Achievement Program was added.

TRIO programs are federally funded educational opportunity programs that serve students who are from low-income backgrounds, first-generation college students, and/or students with disabilities.

"The SOAR program has been kind enough to take me under its wing, allowing me not only the resources to enhance my academic schooling experience, but also the means to improve my education and understanding of the world...Thanks to the program, I've SOARED to new heights!"

-Jahmal Borden, SOAR student, Junior '22-23



## All About SOAR

The SOAR program focuses on providing support for first-generation college students, students with disabilities, and students who receive Pell Grants. We provide support through several program components:

First-generation students are students whose caregivers(s) did not receive a 4-year college degree

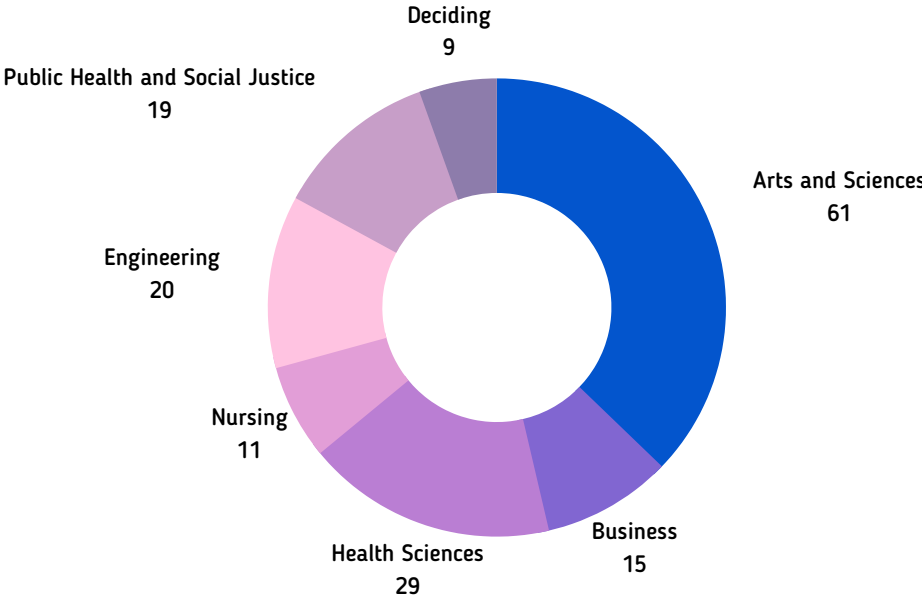
### Individual, personalized advising

SOAR advisors meet with new advisees once a month during the semester, and meet with current advisees at least twice a semester. These advising sessions discuss classes, managing the workload, college life, and any other concerns or accomplishments that students want to discuss.

### Programs, workshops, and community:

SOAR advisors and peer mentors offer programs, workshops, and community-building experiences throughout the semester! These programs are optional and focus on college life and study skills, financial literacy, and life after college.

SOAR has students in every college on campus! 2021-2022 class:





# More SOAR Benefits & Resources

## Standing Tutoring

Standing tutoring is a weekly tutoring appointment with Academic Support, during which the student works with the same tutor every session.

## Early Registration

SOAR students get to register one day earlier than their same-year peers! This helps our students to get into the classes they need to graduate.

## Mental Health Support

SOAR can refer students to psychological testing for mental health, which can help students to obtain academic accommodations and mental health care.

## Free printing!

SOAR students can print for FREE at the computer lab in the SOAR office!

"The MOST important aspect about my relationships with my advisor is . . . "I am able to come with my questions and concerns knowing that I won't be judged or looked down upon. My SOAR advisor has truly changed my college experience for the better and I couldn't imagine SLU without them!"  
Musa Ndhlovu



SOAR even has an Instagram!  
@sluSOAR

"...My parents immigrated from Cuba 26 years ago with my oldest brother and sister. So they were very new to the whole college experience. With SOAR I have been able to learn so much about future steps and ways I can shape my future. Just after ONE year I feel more confident and wiser than when I first came to SLU." -  
Vanessa Palmero





"Honesty. I am extremely grateful for my SOAR advisor. They have been willing to listen and give useful advice as I navigate my college experience. I know when I speak with my advisor, they have my best interests in mind and want to see me grow. They have also respectfully challenged my thoughts which has made me more thoughtful of the world we live in."

-Laura Gray

## SOAR's expectations of students:

### **Meet with their advisor**

At least twice per semester!

### **Communicate**

The more we know, the better we can support the student.

### **Read their Email**

That's where all of the information on SOAR and program offerings are sent!

### **Use their Resources**

We expect students to take advantage of campus resources as appropriate. This can include cultural and educational programming provided by SOAR, gaining financial literacy, and working with SLU staff and faculty to succeed.

### **File a FAFSA**

File a FAFSA every year. Families can file the FAFSA for the next school year starting October 1. SLU's FAFSA code is 002506 and SOAR is here to help with questions around filing your FAFSA

## *What students can expect from SOAR:*

### **We Work for the Students**

We're dedicated to enhancing the students' SLU experience and preparing them for whatever comes next.

### **We Treat Students with Respect**

We aim to create an inclusive community. Treating each individual with respect is key to that. We work to understand the different dimensions of each student and how to incorporate those pieces into our program and students' experiences.

### **We Recognize Students as Individuals**

Every student is different and comes to us with a variety of questions, concerns and interests. We know that each student will have different needs and won't benefit from a cookie cutter approach. Our advisors meet with students individually to get to know them and how we can best help them achieve their goals.

### **We Respect Students' Privacy**

While we cannot guarantee confidentiality, we can promise to limit the scope of sharing that occurs. Find more information on FERPA in the higher education glossary.

First Generation College Students' Day is celebrated on November 8th, to commemorate the Higher Education Act of 1965!

## SOAR STAFF



"My hope is that SOAR students feel a sense of holistic support from the program and that our program can serve as a comfortable space for students. We are here to help our students navigate through SLU, strengthen their sense of self, and achieve their goals."

**Lindsay Gonterman, MSW**  
BA in Religious studies,  
MA in Social Work  
11 years with SOAR  
SOAR Program Director

"SOAR is not a place where we will simply tell you what to do, how to respond, what to think. We are here to work with you to help you find your own voice and build the confidence to navigate college the way you want. You're in the driver's seat. We're just happy to be invited along for the ride."

**Kofi Oyirifi, MA**  
BS in Personal Financial Planning  
MA in Student Personnel Administration  
SOAR Academic Counselor  
Peer Mentor Coordinator



"What I value most about SOAR is our student-centered focus. Our team really strives to understand the SOAR student experience. I want students to have a non-judgmental and open space to ask for support and receive it, and to feel like they have someone in their corner who believes in them."

**Taylor Bardsley, MSW, LMSW**  
BA in Psychology  
Master of Social Work  
SOAR Academic Counselor



## Campus Partners & Student Resources

### **Academic Advising**

*Students have an academic advisor assigned by their major who assists students with planning their courses to meet their major requirements.*

### **Office of Parent and Family Engagement**

*An information page on the SLU website for parents, families, and caregivers of SLU students.*

### **Career Services**

*Career counseling, resume review, internship assistance, and future career planning.*

Griesedieck Hall, Lower Level, Suite 130

career\_services@slu.edu

314-977-2828



### **Center for Accessibility and Disability Resources (CADR)**

*Resources for student success including academic and housing accommodations, student coaching, advocacy, and more!*

Busch Student Center, Suite 331  
accessibility\_disability@slu.edu  
314-977-3484

### **Cross Cultural Center**

*The Cross Cultural Center promotes and maintains an inclusive environment through cultivating knowledge and engagement through intentional collaborations, experiences, initiatives and programs*

Center for Global Citizenship, Ste. 134  
314-977-2119  
ccc@slu.edu

To be considered a student with a disability, students register with the Center for Accessibility and Disability Resources (CADR) - the student then has access to more resources!



"As a SOAR student who is out-of-state and first-generation, SOAR became a sort of home for me. A place I felt heard, appreciated, and where I could go if I had worries or just general questions. I viewed it as a safe place filled with people who truly cared."

-Katie Velazquez





# Campus Partners & Student Resources

Registrar Office

## **Counseling Center**

*SLU students have access to 10 free counseling sessions as well as talk and text mental health support.*

3711 West Pine Mall

2nd Floor Wuller Hall

314-977-8255

## **The Dean of Students Office (DOS)**

*Help students navigate resources and offer guidance managing health and wellbeing.*

deanofstudents@slu.edu

Busch Student Center, Suite 356

314-977-9378

## **The Eckelkamp Center for Campus Ministry**

*Support for students, including spiritual support.*

Wuller Hall

314-977-2425

campusministry@slu.edu.

"The peer mentorship gave me a sense of relief and hope. My peer mentor was like a friend, willing to hear all my troubles and helped me navigate through them all without any judgement." -Catlin Clemons



## **Housing and Residence Life**

*The office for housing and residential services on-campus.*

314-977-2811

reslife@slu.edu

## **Handshake Career Database**

*Career postings for on-campus jobs, off-campus jobs, internships, and jobs for alumni.*

## **McNair Scholars**

*A TRIO program that prepares eligible high-achieving undergraduate students for the rigor of doctoral studies.*

Center for Global Citizenship

Suite 130

slumcnair@slu.edu

Most student appointments are made through an online service, EAB. Students can find EAB in MySLU and find their assigned support team to make appointments.



# Campus Partners & Student Resources

## **Student Health Center**

*The Student Health Center offers a range of healthcare services covering the basic cold to specialized care of preexisting medical conditions.*

3518 Laclede Ave.

Phone: 314-977-2323

## **SLU Groups**

Logon for information on student groups, clubs, and extracurriculars

## **Student Financial Services**

*Financial services advising and information.*

DuBourg Hall, Room 119

Phone: 314-977-2350

sfs@slu.edu

## **Student Success Coaching**

*Personalized coaching for students to identify challenges and create a plan to meet the student's unique goals and connect to resources.*

Schedule through EAB

Emily Tuttle, Student Success Coach:

emily.m.tuttle@slu.edu

Busch Student Center, Suite 331

## **Tutoring Services**

*Tutoring services for courses; for standing tutoring, contact your SOAR advisor.*

Busch Student Center, Suite 331

## **University Writing Services**

*One-on-one writing consultations and tutoring.*

Busch Student Center, Suite 331

writing@slu.edu



For more information on happenings on campus, see Student Involvement Instagram @sluinvolvement

For more information on student clubs and organizations, see the [Student Organization Resources page](#)



# PARTNERS AROUND CAMPUS

- SOAR, Suite 108
- Billikens Success Program, Room 108
- McNair Scholars Program, Suite 130



CENTER FOR GLOBAL CITIZENSHIP

Morrissey Hall, Psychological Testing Services



MORRISSEY HALL

THRIVE, Living Learning Communities



WALSH HALL

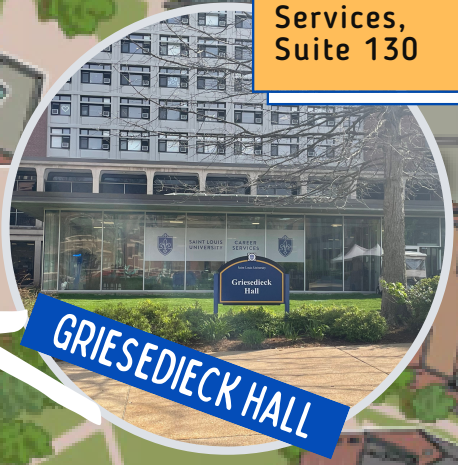
Financial Aid, Room 119



DUBOURG HALL

# PARTNERS AROUND CAMPUS

Career Services, Suite 130



GRIESEDIECK HALL

BUSCH STUDENT CENTER



- Student Success Coaching, Suite 331
- Tutoring, Suite 331
- Center for Accessibility and Disability Resources (CADR), Suite 331
- Dean of Students, Suite 356



Current and prospective students should know: “...to dive in as much as you need, it’s an open door. The relationships absolutely matter and there is no shame in utilizing the resources that are available to you.”

## Olivia Page, Class of 2020

B.S. in Health Management; MHA  
Currently: Senior Associate of  
Physician Enterprise  
Transformation at Navis  
Healthcare



## Common Challenges for SOAR Students

SOAR students can encounter similar challenges when acclimating to college. Here are some common challenges that we hear from students:

### **Finding your community**

All college students have challenges with fitting in and finding friends, and SOAR students might talk about experiencing imposter syndrome - feeling unsure if they fit into the college environment and fit in with their peers. Finding community with other students who have similar experiences, like their SOAR peers, can really help!

### **Building confidence at college**

SOAR students have to get to know how college works! Our students are challenged to find and use campus resources, ask for help, and believe in their strengths.

### **Managing the workload**

College is a different workload than high school, and that takes some adjustment! Managing homework and classes is just one part of being a student, too. Our students often have part-time jobs on and off-campus, do student clubs and extracurriculars, and try to stay connected to friends and family.

### **Self-discovery**

A big part of college is learning who you are as a young adult. Students have to integrate their family and cultural values with their new experiences at college and the new knowledge that they gain. SOAR students can experience "breakaway guilt," which is guilt from leaving their families and home culture for college. Students may worry that they're leaving their families and culture behind.

Current and prospective students should know "the people in the program are genuine. They (advisors, peer mentors) are looking for ways to help you . . . my advisor helped me with academics and financial aid all while connecting about music and movies."

## Justin Fantroy Class of 2021

B.S. in Aerospace Engineering  
Currently: Graduate student in  
Aerospace Engineering



### *How you can support your SOAR student:*

There's a lot of ways you can support your SOAR student, from sending them a care package of their favorite things to giving them encouragement!

#### **Encourage using campus resources and supports**

There's a lot of help available for students on campus, and your student may need encouragement from you to take advantage of the help and support. SOAR advisors and peer mentors can help students to connect to more campus resources, too!

#### **Encourage making connections**

Students experiencing imposter syndrome or breakaway guilt might feel isolated, or that they're abandoning their family and home culture by making connections and friends. Encouragement from you can help your student to make friends and connections on campus. Encourage your students to join a student group, try new things with friends, and connect with campus staff and faculty.

#### **Encourage self-discovery**

Your student might be excited to bring home new ideas and knowledge! Encouraging their self-discovery and new ideas can help students to explore their coursework more deeply, make connections with other students and college staff and faculty, and become more confident as a young adult.

#### **Encourage your student's strengths**

College is challenging for all students. You probably know your student's strengths better than anyone - reminders of your student's strengths and encouragement can mean a lot to your student!



# Higher Education Glossary

*Terms and definitions for university acronyms and SLU sites!*

## AAA - Asian American Association

The Asian American Association or AAA (pronounced "Triple A") unites SLU students of Asian and Pacific Islander American (APIA) heritage and non APIA heritage to educate others and ourselves about APIA culture, history, and current issues.

## AAMS - African American Males Initiative

African American Males Initiative (pronounced "aims") is designed to provide programs, services, and experiences that will connect African American male students to university and community resources in an effort to facilitate their academic and personal success at Saint Louis University.

## Asynchronous

Not happening at the same time (online classes, discussion boards online, watching video lectures outside of class time)



## AMWA Undergraduate Student Division

American Medical Women's Association SLU Pre-Med. Women & femme people work alongside other students, physicians, scientists, and leaders in medicine to advocate for the needs and rights of women in healthcare and female patients.

## AWM - Association for Women in Mathematics

The SLU Student Chapter of the Association of Women in Mathematics mentors and encourages women, girls, and other gender minorities as they consider and/or prepare for careers in the mathematical sciences.

## BSC - Busch Student Center

The Busch Student Center is a hub for student life, from a Panera Bread to student club offices.

## Canvas

An online system where students can view class information and submit assignments.

### CCC - Cross Cultural Center

In support of Saint Louis University's Jesuit mission, the Cross Cultural Center promotes and maintains an inclusive environment of mutual respect for people of all backgrounds, cultures and identities.

### CGC - Center for Global Citizenship

The Center for Global Citizenship is a 70,000-square-foot center which brings the Cross Cultural Center, the Center for Service and Community Engagement, the Center for Intercultural Studies, and the Center for International Studies under one roof.

### Core Classes

A series or selection of courses that all students are required to complete and pass moving on to the next level in their education.

### Corequisite

A course that must be taken at the same time as another course.

### Course Load

The number of credits or courses that a student takes during a semester.

### Cost of Attendance

The total expenses for a student to attend a university including tuition, books and supplies, housing, food and other necessities.

### Credit Hour

The number of hours assigned to a course.

### Cross-Listed Course

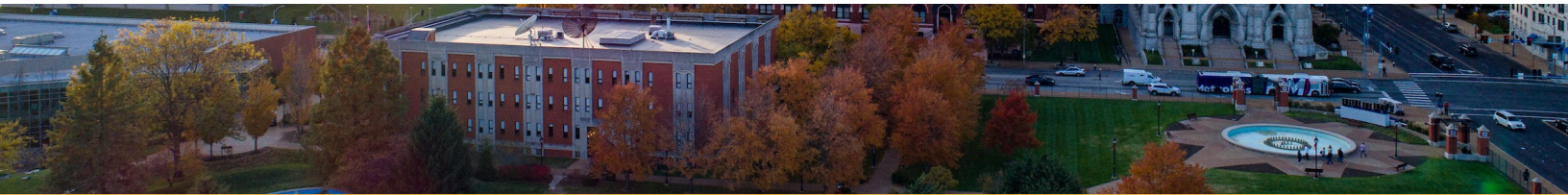
The same course that may fit requirements for different majors or minors.

### Electives

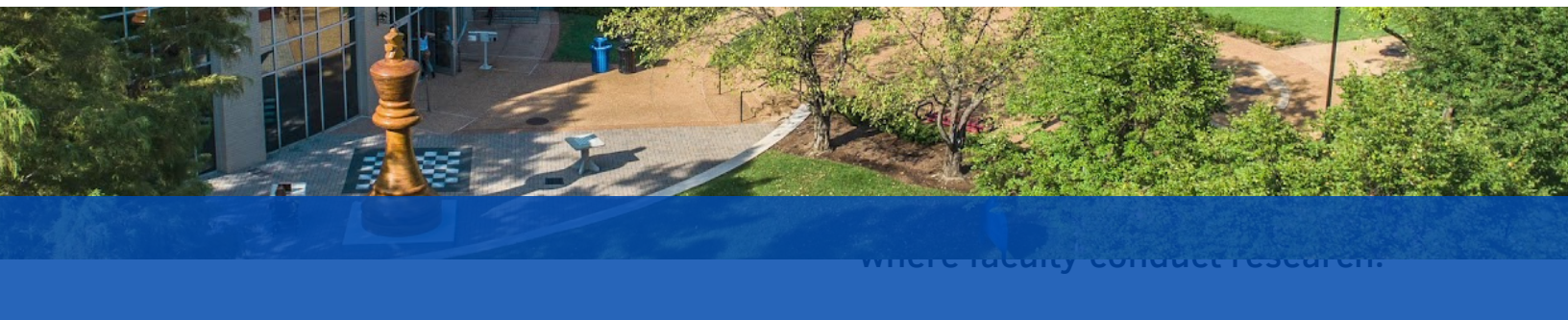
Optional courses that are not required for the student's major; may be in student's additional area of interest or to meet requirements for a minor.

### Expected Family Contribution

The value that FAFSA calculates that represents the amount of money a student or family to contribute toward their college costs.







**FAFSA - The Free Application for Federal Student Aid (FAFSA®).**

To apply for federal student aid, such as federal grants, work-study, and loans, students must complete the FAFSA every year they are attending college.

**FERPA - The Family Educational Rights and Privacy Act**

A Federal law that protects the privacy of student education records. Students may access their own records and must grant others permission to view their records.

**GA - Graduate Assistant**

Graduate assistants are employees of the university who are graduate students and assist with teaching.

**Gen Eds - General Education Credits**

Required curriculum that form the foundation of the undergraduate degree.

**Hold**

A restriction in the student's record that limits a student's ability to enroll in courses, receive a diploma and/or other actions until the hold is removed.

**Learning Communities**

Students in learning communities live in the same residence hall and take classes that are centered around a particular major or academic interest. Learning communities help shape the student experience and give you a sense of family amidst the larger SLU community.

**MSA - Muslim Students Association**

A student group for Muslims and nonmuslims alike to interact and learn about Islam.

**MLK Scholars**

SLU's Martin Luther King Jr. Scholarship is an academic award offered to students who have demonstrated leadership as agents of change or influence within their school and/or community activities.

**OASIS**

A student club representing Caribbean, Latin American, and Hispanic students.

### Pius

The Pius XII Memorial Library is SLU's library, study space, and home of Einstein Bagels!

### PreReq - Prerequisite

Classes students are required to pass before taking the next course.

### PCAT- Pre-College, Access and TRIO Programs

Saint Louis University Pre-College, Access and TRIO Programs is dedicated to the recruitment, retention and graduation of diverse student populations, especially first-generation college students.

Undergraduate programs include the Students' Opportunity for Achievement and Resources Program (SOAR), TRIO-McNair Scholars Program, the Billiken Success Program, peer mentoring and chess programs. Pre-college programs include TRIO Educational Talent Search and collaborations with community organizations such as College Bound, Inspire STL Prep-Academy and others.

### Recitation

A time for a smaller group of students from a larger lecture course to ask questions, get clarification, and review the course material in-depth.

### Registrar

The university official who oversees enrollment, student grades and transcripts.

### RA - Resident Advisor

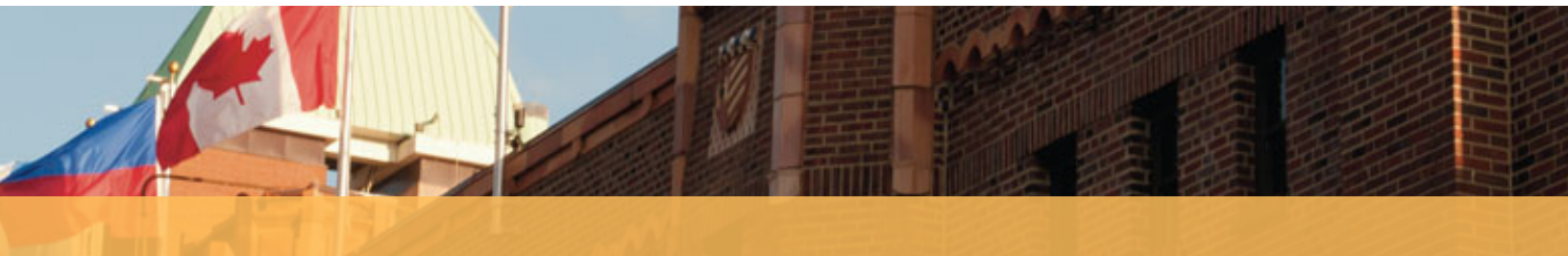
RAs are college employees live in a residential hall with students to maintain and monitor the hall, cultivate relationships and provide mediation, and enforce university policies.

### SAB - Student Activity Board

Saint Louis University's student-run programming organization dedicated to planning a wide variety of events on SLU's campus. Provides activities for all students which include concerts, comedians, entertainers, movies, and novelty acts.

### SGA - Student Government Association

SGA is chartered by the University's Board of Trustees and tasked with the job of overseeing the chartering and funding of all of the student organizations on campus. SGA is also charged with representing the student body to the University administration. SGA at SLU is a purely legislative body.





### Simon Rec

Simon Recreation Center is the SLU gym and wellness center.

### SI Sessions - Supplemental Instruction Sessions

Informal seminars that might be lead by students or TAs in which students review notes, discuss readings, and prepare for exams

### SLURUBA

SLU's outdoor pool outside of Simon Rec with beach volleyball courts.

### TA - Teaching Assistant

A teaching assistant is a student employee who receives a salary or stipend for assisting a professor in teaching a course.

### Transfer Credits

Credits from courses completed outside of the student's current university or college that are transferred in for academic credit.

### Work-Study

Part-time work offered by the university or community partners as part of the federal financial aid package.

### Winter Session

Fast-paced online, asynchronous courses taken during winter break between the fall and spring semesters for students to complete credit hours.