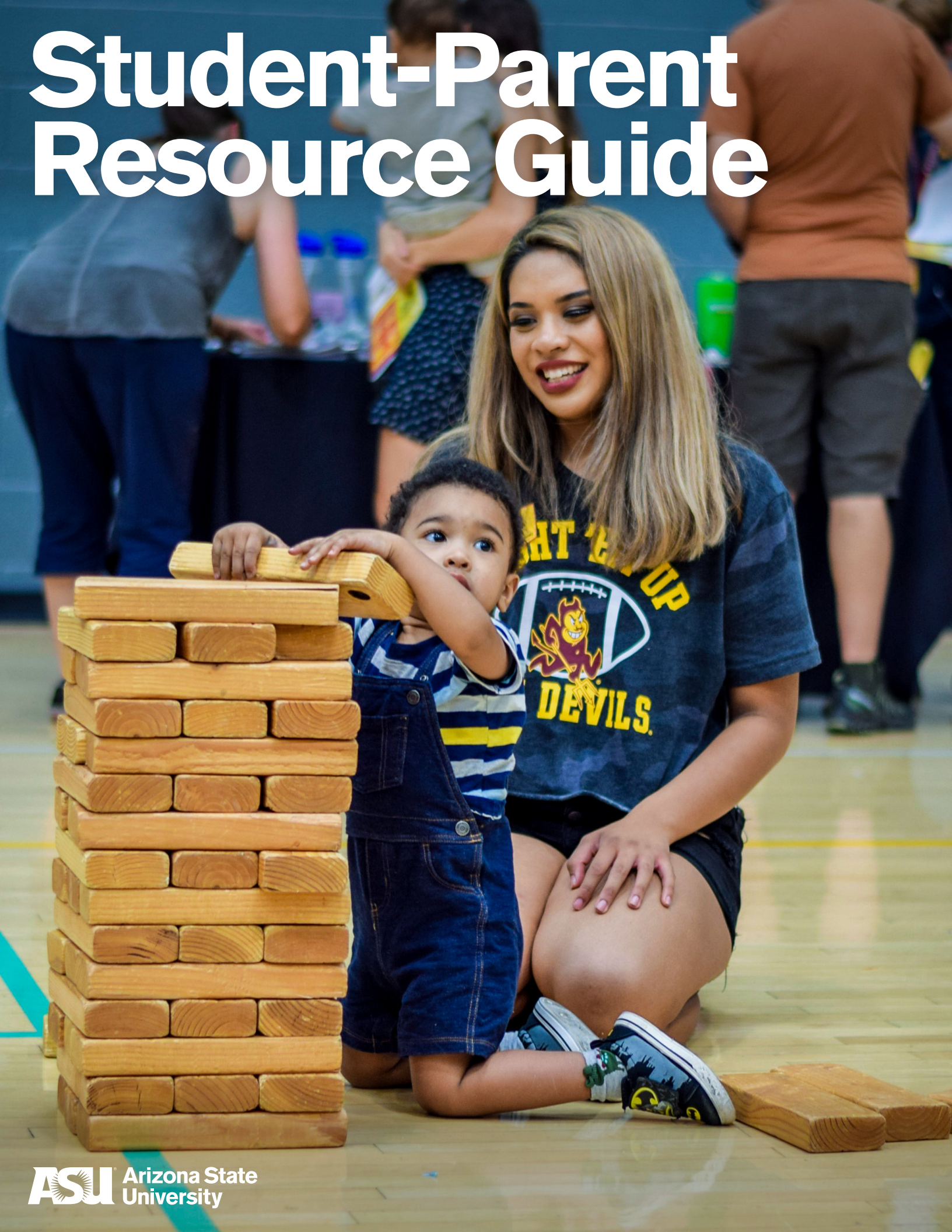


Student-Parent Resource Guide



Dear Sun Devil,

We are excited to have you at Arizona State University! We believe that effectively managing family, work and school is challenging for everyone. We are committed to your success and the information in the Student-Parent Resource Guide is designed to connect you to ASU and provide support. We encourage you to take advantage of the resources that are sure to benefit you and your family as you start or continue on your journey to graduation.

ASU's charter states that we are a comprehensive public research university, measured not by who we exclude, but by who we include and how they succeed. As a student-parent here at Arizona State University we are here to help you and your family succeed!

Go Devils!



Cassandra Aska
Deputy Vice President
Dean of Students - Tempe

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COVID-19 Guidelines



Face coverings

Everyone will be required to wear a face cover while in ASU buildings and in outdoor community spaces where physical distancing isn't possible.



Physical distancing

Remember to physically distance yourself from others by maintaining six feet of separation whenever possible.



Wash your hands

Wash your hands for about 15 to 30 seconds throughout the day, especially after visiting a restroom or high-traffic areas.

For updates regarding COVID-19, visit coronavirus.asu.edu.

Family Services

eoss.asu.edu/students-families

We believe that effectively managing family and school is challenging for everyone. The services provided are designed to make it a little easier. We offer support and information, which is sometimes all you need. If you need more help, we can refer you to others on and off campus. Our goal is to offer expertise, information and educational materials to assist you in finding the best fit for you and your family.

Contact the Program Coordinator, Maureen Duane at 480-965-9723 for consultation on:

- On and Off Campus Child Care Centers
- Child Care Financial Assistance and other scholarships
- Campus Children's Center
- Nanny, Sick and Temporary Child Care Options
- Breastfeeding Support
- ASU Dependent Care issues and policies
- Advocacy for Families
- ASU Family Resources Advisory Board
- Elder Care referrals
- Family Assistance for Financial, Counseling, Support Groups, etc.
- School-age Resources
- Cap and Gown Loan Program

Campus Children's Center

The Campus Children's Center opened in 1992 and enrolls children ages one to 5 years old. The state-licensed center serves only ASU students, faculty and staff and is accredited by the National Accreditation Commissions for Early Care and Education. ASU contracts with Bright Horizons to operate the center and serves approximately 75 children at any given time. Full-time childcare with some part-week options is available. Children are enrolled from a wait list.

eoss.asu.edu/students-families/oncampus

"Strengthen a parent and you strengthen a child"

– Fred Rogers

Did you know?

College students who are parents are likely to have children who are preschool-aged or younger.

More than 1 in 5 undergraduates are parents.

– Institute for Women's Policy Research



ASU Family resources for student-parents

ASU Family is a separate resource aimed at building community between parenting students. Throughout the year, ASU Family organizes a variety of special student-parent events to connect you with fellow students, university staff and campus resources to help you and your family thrive.

Bookmark the ASU Family website to track the online calendar of upcoming family-friendly events occurring on campus and in the greater community and to access a list of free family-friendly campus attractions. And follow us on social media for more updates on resources and upcoming events.

family.asu.edu | [f](#) [t](#) [@GoASUfam](#)



Sun Devil Student-Parent Network

The Network is a student-led organization looking to support and serve ASU students who have children or dependents for who they provide care. They host meetings and family friendly events throughout the year and membership is free!

Email asustudentparentnetwork@gmail.com to find out more information and sign up!

Summer camp programs

Summer camp programs are offered through various ASU departments and colleges for students in grades kindergarten to 12. Programs and details are updated annually.

eoss.asu.edu/access/programs/summers



Off Campus Housing

ASU Student Media provides printed and online housing guides to help students search for and choose the best off-campus housing option. The guides include input from students who live off-campus and know the community. The guides also provide information to help students make good choices regarding their safety and well-being while living off campus. In addition to the housing guides, ASU Student Media hosts two housing fairs on the Tempe campus, one during the Fall Semester and one during the Spring Semester. During these fairs students can speak to representatives from off-campus properties

Contact: 480-965-9515

eoss.asu.edu/offcampushousing

Did you know?

Your entire family can participate in events happening at all ASU locations throughout the year. Visit the ASU Family Calendar to discover events for all ages and interests, including programs designed specifically for parenting students.

eoss.asu.edu/family/calendar

Financial Support

Child Care Access Means Parents in School*

*CCAMPIS Child Care Subsidy provides support to low-income, Pell-Grant eligible, undergraduate student parents, whose children are enrolled at ASU's Campus Children's Center, located on the Tempe campus. The U.S. Department of Education provides funding for this program.

A student parent must be:

- A parent or guardian of a child(ren) that is enrolled at ASU's Campus Children's Center (CCC), 910 S. Terrace Road, Tempe, AZ
- Pell Grant eligible
- Minimum 2.5 cumulative GPA (Waived for first semester students)
- Enrolled in 12 credits or more per semester.

As part of the U.S. Department of Education requirements, the CCAMPIS subsidy operates on a sliding scale. Based upon the financial information provided in your application, all recipients will pay a co-pay directly to the CCC. The CCAMPIS subsidy program pays the balance of tuition directly to the Campus Children's Center.

eoss.asu.edu/students-families/oncampus/ccampis-child-care-subsidy

Sun Devil Child Care Subsidy

The intent of this Subsidy is to help ASU student parents with their coursework-related child care costs. Created in 2015, the Graduate and Professional Student Association and Undergraduate Student Governments fund the program.

Who may apply?

To be eligible for the Sun Devil Child Care Subsidy, you must be:

- Enrolled in a degree granting program at ASU.
- Undergraduates: Be enrolled for at least 12 credits per semester.
- Graduates: Be enrolled for at least 6 credits and/or 1 credit for doctoral students per semester.
- Be the parent(s)/legal guardian of a child(ren), ages 0 – 12 years of age, utilizing child care services
- Demonstrate financial need through documentation and responses to essay questions
- Spouse or partner is employed and/or enrolled in school

eoss.asu.edu/students-families/oncampus/sun-devil-child-care-subsidy



How can my child care costs be included in my cost of attendance?

Your cost of attendance (i.e., financial aid budget) is originally set using standard allowances based on a number of factors. You can request that the financial aid office review additional expenses, such as child care costs, by submitting a Student Budget Review form with supporting documentation:

students.asu.edu/forms/student-budget-review

Changes resulting from this review do not guarantee an increase in aid.

What Students say about receiving...

The Sun Devil Child Care Subsidy:

"Huge stress relief on myself and my family! I am now able to study during the day so I can enjoy my family in the afternoon (instead of stressing about having to stay up all night to do my homework). I am able to get a decent night's rest, now that I don't have to work every night on homework. I can't begin to explain how much this opportunity has improved the quality of life for myself and my kids, not only am I better able to be a successful student but now my kids are in a great program and learning a lot too!"

The CCAMPIS Child Care Subsidy:

"This program saved me! I was not only able to sleep at night because I was able to do homework during the day while my kids were at school, it reduced my stress, gave me more quality time with my family on the week nights and weekends, improved the quality of my learning and performance at school. This childcare program allowed me to explore research opportunities at school, and gave me the overall support I needed to be a successful student. It also greatly impacted my children, they both love the school and their teachers. Both of my children have prospered from being there, developed social skills and a love for reading books, I am forever grateful!"

Health and Wellness

ASU Health Services

ASU Health Services is dedicated to the well-being and educational success of each individual student by providing high-quality health care that is accessible, affordable and compassionate. ASU Health Services offers a variety of healthcare options available to meet your diverse needs. We have five convenient locations on the Tempe, Downtown Phoenix, Polytechnic and West campuses.

Call 480-965-3389 to contact any Health Services location.

ASU Counseling Services

Offers confidential time-limited professional counseling and crisis services for students experiencing emotional concerns, problems in adjusting, and other factors that affect their ability to achieve their academic and personal goals. Staff will talk with you, help you identify solutions or support, and connect you with those services at ASU or in the community.

ASU Counseling Services are for any Sun Devil, regardless of your race, gender, sexual orientation, age, student status, religion, ability, size, financial situation, the issue you're dealing with or whether you've had counseling before. Something as simple as talking to someone can help you feel better, improve your grades and manage stress. Counseling is offered for both individual or couples.

Contact:

Downtown Phoenix: 602-496-1155

Polytechnic: 480-727-1255

Tempe: 480-965-6146

West: 602-543-8125

After-hours/weekends:

Call EMPACT's 24-hour ASU-dedicated crisis hotline: 480-921-1006

Use CRISIS TEXTLINE:

Text HOME To 741741

Counselor Training Center

The Counselor Training Center provides services under the close supervision of experienced clinical faculty members who are experts in the field of mental health. Counselors in training work with individuals, couples, and families to help them resolve issues that are barriers to healthy relationships and productive lives.

cisa.asu.edu/graduate/ccp/ctc

ASU Clinical Psychology Center

The ASU Clinical Psychology Center is an outpatient clinic and training facility for doctoral students in clinical psychology. Services include individual and group therapy and BASICS intervention.

psychology.clas.asu.edu/asu-clinical-psychology-center

Do It Yourself Wellness

Looking for a way to boost your Wellness efforts in your own time? Check out the DIY Wellness downloads for quick and easy activities and tips that can help you Build Your Best You!

wellness.asu.edu/explore-wellness/diywellness

Well Devil Zone

Well Devil Zones are places at ASU that benefit mind, body and/or community wellness. ASU Well Devils selected the Well Devil Zones based on their own experiences on each campus to eat healthy, work out, quiet the mind, enjoy the arts, and seek health and wellness. Zones include:

- ASU services
- Fitness and sports
- Healthy food venues
- Museums and auditoriums
- Relaxing environments

Find your campus map at:

wellness.asu.edu/wellness-programs/well-devils-zones

Did you know?

Resources for learners at all stages are available for free:

asuforyou.asu.edu



Sun Devil Fitness Complex

Sun Devil Kids' Camp is a fun-filled, action-packed sports and activity summer camp for children offered through Arizona State University's Sun Devil Fitness Complex. Registration starts in March. We offer 10, one-week sessions. Come for one week or all 10! Camps are located at the Tempe, Polytechnic and West locations. fitness.asu.edu/programs/kids-camp

Family Swim

Tempe: Monday–Friday 5–8 p.m.,
Saturday 9 a.m.–8 p.m., Sunday 9 a.m.–7 p.m.

Polytechnic: Monday - Friday 4–8 p.m.,
Saturday and Sunday 12–6 p.m.

Wellness/Lactation Rooms

Wellness and lactation rooms are available at ASU. The university provides clean and private spaces outfitted with electrical outlets, comfortable chairs and nearby running water.

See our breastfeeding resources online for location and reservation information.

eoss.asu.edu/students-families/breastfeeding

If the proximity of these locations is inconvenient, contact DRC@asu.edu for additional support.

Changing Tables

Tables are located in both women's and men's restrooms for families with young children. Locations vary.

Did you know?

You can now locate Wellness Lactation locations on ASU's interactive map.



Novel Coronavirus

The health of the Sun Devil community is a top priority at ASU.

The [ASU Health Services website](#) is Arizona State University's official source of information about the Novel Coronavirus, the current exposures at ASU and important tips and precautions you can take to stay healthy. This website is updated regularly with information about the Novel Coronavirus affecting the ASU community. The [Centers For Disease Control and Prevention](#) has the most up-to-date information about the status of the Novel Coronavirus in the US.

For information about teaching and learning remotely, please visit the [Provost Office webpage](#).

Student Advocacy and Assistance



General Information

Student Advocacy and Assistance guides students in resolving educational, personal and other campus impediments toward successful completion of their academic goals. Student Advocacy and Assistance links students with appropriate university and community resources, agencies, and individuals, collaborates with faculty and staff in the best interest of the students, and follows through to bring efficient closure to student concerns.

How can we help you?

At some time, students may experience a number of different issues that affect their ability to be academically successful such as a death in their immediate family, illness, accident, critical incidents such as sexual assault, harassment, domestic and relationship violence, and other emergency situations. Student Advocacy and Assistance works with students and their families to make appropriate referrals and contacts to help address their personal concerns and negotiate through the various administrative options available to them as a student of ASU. This office strives to provide guidance, explain relevant policies and procedures and discuss possible ramifications while respecting students' rights to privacy within the confines of the law and university policy. Even during difficult times, students should be empowered with the resources to make informed decisions and take a proactive role in the resolution process.

Some of the possible means for resolving educational barriers and difficulties include:

- Absence Letters
- Course Incomplete
- Course Withdrawal
- Compassionate Withdrawal
- Medical Withdrawal

Other Issues

Other issues commonly referred to Student Advocacy and Assistance include any campus issue that cannot otherwise be resolved, when all other avenues have been exhausted.

Contact:

Email: deanofstudents@asu.edu

Downtown Phoenix: 602-496-0670

Polytechnic: 480-727-5269

Tempe/Online: 480-965-6547

West: 602-543-8152

Crisis Fund

ASU Family provides funds for short-term financial assistance to help ASU undergraduate students in the event of an unexpected emergency. Administered by the Dean of Students Office, these resources provide relief and support to students in dire need. To request an application or for more information: **480-965-6547** deanofstudents@asu.edu



Disability Resources

ASU's Disability Resource Center (DRC) is where eligibility for services and accommodations are established for qualified students with disabilities. There is a DRC located on each of the four ASU campuses: Downtown, Polytechnic, Tempe, and West locations. In addition to physical locations, the Disability Resource Center's services apply to all of our students participating in Online coursework.

Contact Us

Phone: 480-965-1234

Email: DRC@asu.edu

Website: eoss.asu.edu/drc

In addition to supporting students with disabilities, the DRC provides support to students who are pregnant through the provision of accommodations and services. Support for students is determined on a case by case, individual basis and may include, but is not limited to: accommodations and services for complications due to pregnancy, challenges in coursework, support around the birth of a child, and postpartum support.

Students who are interested in learning more about the Disability Resource Center are invited to explore our website to find out more information about the services and accommodations provided by our office.

Students who are interested in receiving services from our office are asked to complete our online application found on our website (eoss.asu.edu/drc). The application can be found by clicking on any of the links which say DRC Connect.

The DRC encourages students to reach out early and often to ensure they have the support they need during their time at Arizona State University. Many accommodations are time sensitive and thus it is crucial that appropriate accommodations be arranged as soon as barriers are identified in order to ensure timely support.



Policy 701-10 Accommodations and Services for Pregnant Students

ASU does not discriminate against any student on the basis of pregnancy. In an effort to allow students to return to the same academic status as before the pregnancy the following accommodations, if medically necessary, are among those available:

- Excused absences
- Allowances for frequent trips to the rest room
- Opportunity to make up missed work
- University accommodations and services those with temporary disabilities receive, such as on-campus transportation
- Approval of Medical/Compassionate Withdrawals
- Retention of tuition waivers for RA/TA positions

Each situation will be evaluated individually to determine what accommodations and/or services are appropriate given the medical necessity and the temporal requirements of class assignments (clinical rotations, group work, etc.). Admitted or enrolled students who believe they have a need for a pregnancy-related accommodation and/or service are responsible for registering with and requesting accommodations and/or services through the Disability Resource Center (DRC).

Parental Leave - Graduate Students

TAs/RAs with .50 FTE appointments may receive six weeks of paid leave for purposes of recovering from childbirth. For further information on parental leave, see HHU: provost.asu.edu/academic-personnel/parentalleave.

Community Resources*

We believe that effectively managing family, work and school is challenging for everyone. Below you will find information and resources available in the community to help you juggle parenting or elder care, study and work. Bookmark the webpages and use them to help navigate the challenges of being a Student with Children here at ASU.

Off Campus Child Care

Quality First Child Care
qualityfirstaz.com

Parent Resources

Birth to Five Hotline:
[877-705-KIDS](tel:877-705-KIDS)

Diaper Bank of Central Arizona
diaperbankaz.org/get-diapers

Family Fun
raisingarizonakids.com/calendar

Family Resource Centers
familyresourceaz.org

FindHelpPhx.org
findhelpphx.org

Parent Education
firstthingsfirst.org/resources

Sun Devil Generations
alumni.asu.edu/services/sun-devilr-generations

Health Care

Health Insurance (KidsCare) for your Children
azahcccs.gov/Members/GetCovered/Categories/KidsCare.html

Healthy Children (American Academy of Pediatrics)
healthychildren.org/english/ages-stages/Pages/default.aspx

Women Infants and Children (WIC)
azdhs.gov/prevention/azwic/index.php

Legal Assistance

ASU Law Group: A unique not-for-profit law firm, created to train new attorneys while helping our community gain access to quality legal services at reduced rates: asulawgroup.org

AZ LawHELP: azlawhelp.org



Borderland Produce Rescue

Get 70 pounds of fresh produce for only \$12 on the third Thursday of the month. Produce Rescues are held in Lot 59 of the Tempe campus, the North Zone parking of the West campus, and the House of Refuge in Mesa near the Polytechnic campus.

For event dates go to:

changemaker.asu.edu/programs/produce-rescue

Transportation

Campus Shuttles

ASU intercampus shuttles transport students, faculty and staff between the Downtown Phoenix, Polytechnic, Tempe and West campuses.

cfo.asu.edu/shuttles

Bike

ASU is a gold-level Bicycle Friendly University, as designated by the League of American Bicyclists.

Bike Co-Op

Co-Op locations provide free tune-ups and minor repairs, bike registration information, etc.

fitness.asu.edu/services/bike-co-op

ASU Parking and Transit Services offers multiple services to assist Sun Devils who commute to campus on a bicycle.

cfo.asu.edu/bike

Public Transit

Several public transportation options are available to students and employees across the ASU campuses. City buses and light rail, discounted transit passes, Eco-Passes and car-sharing allow Sun Devils to travel quickly, easily and affordably throughout the greater-Phoenix area.

cfo.asu.edu/transit

* Arizona State University does not endorse any organization or resource not affiliated with the university, regardless of their proximity to our campuses.