You dropped your daughter or son off at their residence hall, took pictures, said goodbye while trying to hold back tears, and you wondered, “Where did the time go?” Your student is now an adult and learning to be on their own for the first time. What does this mean for them and you? It means a time of transition.

The transition starts taking place on the ride home as you realize there will be one less person around the house and when you get home the house feels a little empty. The dinner table has one less place, the laundry isn’t piled as high, and you are wondering what your daughter or son is doing right now.

Meanwhile, the transition for your child – now adult – is happening quickly. They are meeting new friends, learning new information in interesting classes and attending club callouts. They are experiencing situations in which they have to make decisions with or without your assistance. Where to eat, what to wear, whom to hang out with, what club to join, time management, what to do on the weekends, whether to get a job, whether to change majors or add a minor, whether to rush a fraternity or sorority, what to do...
about a roommate problem or a problem with a professor... When they call you, what will your response be? How will you advise them?

The parental instinct is to rescue your student. You tell them what to do or even volunteer to take care of it for them. Even though the problem is solved, what lesson are you teaching? If you consistently intervene for them, they will learn they can always call you and their obstacles will disappear. This will not help them to grow and gain independence, which is a natural and healthy transition in preparation for adulthood. Instead of taking care of the problems, ask questions that are probing in nature but non-judgemental. Ask them what they have done to resolve the situation and, more importantly, listen to what is not being said. Advise them on resources they have at their disposal to help them find their own solution to the problem.

There will be times when you may need to intervene, but your student likely knows there are resources available to assist them: resident assistants, Office of the Dean of Students, CAPS, Financial Aid and more. Purdue has an abundance of faculty and staff who are here to help every student succeed.

Armed with this information, you can now ask when you receive a call for help with an issue, “Whom have you talked to about this?” If they have not spoken to anyone, you can suggest speaking with their RA or the specific department in which the issue is occurring.

More often than not your son or daughter knows whom to talk to about the problem. It is the need of reassurance from their parents and the confidence boost in handling their own problems that will help students be successful at Purdue and equip them for the future.

Contributed by Denton Sederquist, assistant director of residential life, University Residences
• Purdue students provide 15% of the electricity needed to operate our local community’s utility company; 11,000 lbs. of food per week goes through a special process to harness its energy by converting it to methane gas and this is used to fuel the West Lafayette wastewater treatment plant.

• Purdue Dining & Catering won the National Association of College and University Food Services (NACUFS) 2012 Gold Sustainability Award in Reducing Waste/Water.

• A partnership with Food Finders Food Bank sends untouched prepared food from Purdue Dining & Catering locations to the Lafayette-based food bank, which distributes them to community members in need.

• Educating customers to only take what they will consume in order to reduce waste is being achieved with initiatives like sensible eating posters featured during our “No Impact Meal” this Fall.

• The solely student run initiative Swipe Out Starvation program lets students donate food in the form of their meal swipes.

• Piloting tray free dining at Wiley and this semester, the effort was expanded to Hillenbrand dining courts. Additionally, tray stations were relocated in Ford dining court and over 60% of our students have chosen to go tray free on their own accord. Our tray free operations have diverted 65% less food waste and 25% less liquid waste.

• Chefs from Dining & Catering have been sharing ideas for safe handling, cooking and serving items to the Purdue Farmers Market every Thursday this Fall. These chefs prepare dishes using ingredients that can be found at the market.

• Switching to recycled napkins gives us a projected cost savings of $8000 this year over past usage.

• We source from local vendors such as Piazza Produce, Creighton Brothers eggs and Red Gold tomato products.

• We have partnered with the Office of Sustainability, the Boiler Volunteer Network and the Purdue student farm. Students working in botany and plant pathology maintain a garden on Purdue’s campus. Dining & Catering has partnered with this group to provide produce to dining courts and other locations. Our seasonal menus take advantage of fruits and vegetables in season to provide the best quality and pricing.

• All incoming students received reusable mugs to reduce paper cup usage. The mugs earned students free or discounted refills across campus.

• We use biodegradable containers for prepackaged food and all napkins are made from pre-consumer recycled material.

• The Boiler Bash welcome picnic for 5500 freshmen was a Zero Waste Event this Fall.
"Mom, I’ve Tried Everthing!"  
The Parent’s Guide to Roommate Conflicts

In the fall of last year The Chronicle of Education, a heavily circulated news source among college student affairs professionals, published an article. This was one in a slew of many articles written over the past few years regarding employers’ perceptions of the current generation of recent college graduates. In the article it is stated employers “often find today’s college graduates lacking in interpersonal skills, problem solving, effective written and oral communication skills, teamwork, and the ability to think critically and analytically.”

What do employer observations have to do with roommate conflicts? These conflicts make for fantastic opportunities! Road bumps in roommate relationships allow us, parents and residential life staff, to work together as teams to help our students build highly sought after skill sets. These skill sets can ultimately make our students an asset in their future workplaces as well as in their personal relationships.

In my eight years working closely with college students one trend I’ve noticed is a growing fear regarding confrontation. Many students will go to great extremes to avoid confrontation which oftentimes means telling parents all options to resolve the conflict have been attempted and exhausted and the situation is dismal. Rather than engaging in a face-to-face, productive conversation (one that will help to calm some of their confrontation trepidation and also grow better interpersonal and problem solving skills) oftentimes students try to simply move to a new room.

It’s important to remember when roommate issues arise, conflict and confrontation can be scary or even terrifying things. Acknowledging these feelings with your student is a great way to help them to take a deep breath. It’s equally vital to remember for your student, practicing confrontation and problem solving are fantastic opportunities for growth. My suggestion for parents is to ask really good questions and to empower students to be problem solvers in these situations.
When roommate conflicts come up, here are some good prompters for parents to use:

1. **When is the last time you had a meal with your roommate?** Would having dinner together or grabbing a coffee and talking be a good way to re-connect and talk through things?

2. **Because I am your parent it is easy for me to see your side of this story but what do you think your roommate would tell me if he or she got on the phone with me about his or her side of the story?**

3. **Let’s practice having the conversation you’d like to have with your roommate. What things do you think you can say respectfully during the conversation?**

4. **I understand living with someone in a small space can be a challenge; it is normal for people living in close quarters to have some conflicts.**

5. **You made a commitment to live in your room for a year. How do you think you can fulfill your commitment and make things work? Remember roommates are not required to be best friends.**

6. **I’d like you to ask your Resident Assistant for advice and let me know how your conversation goes.**

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*Contributed by Courtney Reynolds, area coordinator at Cary Quadrangle, University Residences*
WILY radio playing music for residents and family members during BGR welcome weekend.

Hillenbrand residents relieve stress by coloring.

First Semester Program Photos

Competing in a sponge relay for McCutcheon Madness.

At the Windsor/Cary Tailgate Alternative before the first home football game.

Hillenbrand residents start the semester with friendship bracelets.
Cary South RA/resident flag football team after their 19-0 victory.

Residents of First Street Towers make pet rocks.

Tarkington men like to dress up as superheroes occasionally.

Hilltop residents show off photo booth props.

Hilltop residents head to community dinner.

Representing America at an Excalibur Club meeting.

Hillenbrand residents start the semester with friendship bracelets.
Faculty Fellows

Another resource for students on campus

Students living in University Residences are regularly able to mingle with professors through the Faculty Fellow program, which was founded in the 1960s by President Hovde. The program encourages informal interaction between students and staff; each resident assistant in the halls is teamed up with a Fellow, who attends meals and events with the designated students.

Students will be able to practice talking to a professor and may make important connections and friendships. Susan Huffman, coordinator for the program, says the program aims to bring faculty into the residence halls as a way to interact with students in a less formal way — to break down barriers, to facilitate friendships and to let students see faculty as real people.

Huffman has seen Fellows provide students with individual one-on-one help or guidance with career direction, majors and relationship problems. “A successful Faculty Fellow would be someone who gets to know the residents on his or her floor and establishes relationships with the RA and the students through regular weekly floor dinners and attendance at all hall events,” she says.

Some Fellows sponsor activities for the residents, such as dinners at their homes or game nights. Sometimes Faculty Fellows participate in out-of-town programs or serve as judges for hall contests such as the Residence Halls Got Talent program. They often support the Freshman Common Read program by organizing activities around the book theme. For example, the Owen Hall Faculty Fellows hosted a common read connections program that used a game show format for resident assistants, Faculty Fellows and residents to answer questions related to this year’s book, No Impact Man, and to Purdue’s sustainable efforts.

Students should take advantage of the program by attending floor dinners and simply talking to these mentors. “Faculty Fellows love meeting the students and establishing relationships with them,” Huffman says, “but the students need to meet them halfway and show interest in the efforts that the Faculty Fellows make to be a part of this community.” Faculty Fellows not only provide answers to questions about Purdue academia and higher education; they are also interested in your student’s well-being and want to be good resources.
Administrative, salary-exempt faculty and staff are eligible to participate in the Faculty Fellow Program. Faculty and staff can apply online or be nominated by students or fellow staff. Huffman reviews the nominations and then works with the various residence halls to assign new Fellows when there is an opening.

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Students who continue to live on campus:

**EXPERIENCE**

**HIGHER GPAs**

 THAN THOSE LIVING OFF CAMPUS

**ARE MORE LIKELY TO**

**STAY IN SCHOOL**

**ARE GIVEN MORE LEADERSHIP OPPORTUNITIES**

 BY LIVING IN UNIVERSITY RESIDENCES

**HAVE A BETTER CHANCE OF GRADUATION IN FOUR YEARS**

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