Student Health

How to keep your student healthy from a distance.

It’s that time of year again; everyone seems to be getting sick. We know it can be tough to be away from your student now—you might be anxiously wondering if your student has enough vitamins, DayQuil, broth or blankets to shake the illness.

As a remote caretaker, you can remind your student of the available resources on campus.

► The Purdue Student Health Center is available for scheduled appointments Monday-Friday 8:30 a.m.-4:30 p.m. and urgent care Monday-Friday 8 a.m.-8 p.m. and Saturday-Sunday 10 a.m.-6 p.m. Students can call 1-866-272-7119 to speak to a nurse for help after hours.

► Retail locations such as BoilerJunction,

BoilerCrossing and the Stewart Newsstand offer many items such as over-the-counter medications, fresh fruit and healthy snacks.

► Purdue’s Counseling and Psychological Services and the Office of the Dean of Students are open to help with students’ emotional well-being.

Students can find over-the-counter medications, fresh fruit and healthy snacks at campus retail locations.
 Resident assistants and staff residents are trained to listen and give insight based on their own experiences.

You could also send the comforts of home and a family’s love in the form of a care package. Here are some possible items to include:

- **Fuzzy blanket or socks.** These could provide instant comfort for your student.

- **Baked goods.** The food students sometimes want the most cannot be bought. Cookies are the obvious go-to item, but consider banana or zucchini bread for a healthier option. Wrap the goods in plastic wrap and then foil so they will stay fresh.

- **Air freshener or disinfectant spray.** Staying home sick can lead to foul- or stuffy-smelling rooms. And germs are often left behind along with the odor.

- **Nostalgic toys.** If your student enjoyed Play-Doh or crayons and coloring books as a child, send some along.

- **Vitamins.** Zinc is known for combating the common cold, and vitamin C is a natural immunity booster.

- **Pictures from home.** If you do not normally post photos online, add some prints to the package to give your student a glimpse of home life.

When you are ready to send the care package, make sure you have the correct mailing address. Those cookies will not be nearly as tasty if they have spent days being rerouted through the campus mail system! Ask your student for the address, or find the residence hall address on its respective page at [www.housing.purdue.edu/Housing/Residences](http://www.housing.purdue.edu/Housing/Residences).
Your Student’s Safety

Students can increase their safety by staying aware and taking simple precautions.

At a public institution the size of a medium-sized city where people come and go freely, students need to remain vigilant and be aware of their surroundings as there are occasional crimes, random acts of violence and accidents. Many of the accidents we have seen this year between vehicles and pedestrians/cyclists were due to inattention on the pedestrians’ part. Students should be proactive when thinking about their safety and the safety of their peers. There are several safety tips you can share with your students:

► When walking after dark, stay on well-lit paths and walk with a friend if possible. Purdue police offers a program called Safe Walk, which offers students the opportunity to call their police department at 494-SAFE. Two Purdue Student Security Patrol members will meet your student and walk with them to and from campus buildings. Details can be found at: www.purdue.edu/police/about/people/studentpatrol.htm.

► Know where the ETS emergency telephones are.

► Report crimes immediately. Timely reporting increases the chances of solving the crime.

► Report any suspicious activity. Trust your instincts—if you see something strange or unusual, say something. Notify the police immediately.

Detailed information about PUPD’s safety programs can be found at www.purdue.edu/police/pdf/YourCampus.pdf. This guide includes emergency information and crime statistics for the West Lafayette campus, an overview of the programs and services available to students, emergency procedures, and the Clery Act-required procedures Purdue University police follow in the event of a crime. Also included is a campus map featuring the Emergency Telephone System (ETS), which provides direct lines to the Purdue University dispatch center. Consider reviewing and discussing this publication with your student.

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The most common crime on Purdue’s campus is theft of electronics or bicycles. Encourage your students to register computers and bicycles online at www.purdue.edu/police so the police department has the necessary information on file should these items be lost or stolen.

**Tips for Keeping Your Student’s Belongings Safe:**

- Record the serial number, make and model of your student’s electronic devices and keep the receipts safe. Small, portable electronics specifically are the most stolen items on college campuses.

- Find out whether your homeowner’s policy covers your student’s room or apartment. If it doesn’t, take out a renter’s insurance policy to cover your student.

- Make a videotape or take photos of your student’s residence hall room or apartment and of valuable items such as electronic devices. If a theft should occur, it’s good to have footage or other documentation to show the police and to share with insurance companies.

- If your son or daughter or a roommate loses a room key, he or she should get it replaced through the residence’s main office immediately. It will cost $35, but that’s much cheaper than the cost of replacing a stolen laptop.

- Encourage your student to never leave items unattended. This advice is relevant no matter where your student is at a particular time — in the library, at a dining court, in a study room, residence hall lobby, the Recreational Sports Center or elsewhere.

Although thefts can happen at any time, your student should be especially cautious right before breaks, especially spring break. There is usually a spike in thefts during these times.

The Purdue police department website (www.purdue.edu/police) has many more resources and links to be explored. Please take time to discuss safety and security with your student. Our campus is a very safe one; however, as parents you are needed to help share the message with your students.

*Contributed by Chief John Cox, Purdue University police department*
Changing Majors
Students should consult their advisors when navigating majors.

After arriving at college and having their perspectives altered by new experiences and information, students often realize their interests and career goals may have changed. It is quite common for students to change majors several times before graduating. Purdue offers 10 different colleges and more than 200 areas of study, and while navigating between these majors might seem complicated, help from advisors and other sources can allow students to pursue their new dreams.

The Process
If the new major is within a student’s current school or college—from nutrition science to apparel design and technology, for example—he should work with his advisor to make the change. The advisor will examine the plans of study for the majors and indicate which classes should be taken for the remaining semesters. This process may result in a change of advisor within the college, since each advisor has his own academic specialties.

If the new major is outside the current school or college—such as a change from psychology in the College of Health and Human Sciences to computer graphics technology in the College of Technology—the process is more complex because a Change of Degree Objective is needed. A CODO or Change of Curricula is the process of transferring between curricula within Purdue. CODO requirements vary by college or school, so your student should begin by researching the requirements here. Even with the online information, it is essential to communicate with current advisors because they are the most informative source for a student’s particular situation. In addition, an advisor’s signature is needed on the CODO form, which is the official paperwork required by the registrar’s office.

Additional Resources
Choosing a major and career path is one of the exciting opportunities that come with being in college. It can be a tough decision, though, with so many options available! If your student is not sure which major to select, or even where to start looking, Purdue’s Center for Career Opportunities offers direction. Counselors help students explore majors and career options through self-assessment and research. The center, located in STEW 194, is open to walk-ins as well as scheduled appointments.
Featuring a Starbucks® on the first floor!

**COMING SOON!**
Opening in Fall 2014

West view before the bricks

Southeast corner with the retail operation on the first floor and floor collaboratoriums to the right

Along the first floor of the south leg of the building will be a Starbucks® and a Purdue Dining & Catering retail operation.

Looking down a row of suites through the second floor before the wall were completed.
Contract Renewal

There are many factors to consider when choosing where to live.

Soon it will be time for your student to decide whether to keep living on campus or not. Ultimately the decision should reflect your student’s lifestyle and budget, but there are many factors to think about. Here are some pros and cons for students to keep in mind.

**Pros of living on campus**

- Parking – Many spaces are available for your use across the residential campus.
- Proximity – Since you are close enough to walk or bike to classes, you do not have to worry about finding street parking just to make it to class on time.
- Meals – The dining courts are buffet style, which means you can always get enough to eat every day.
- Homework help – Not that you cannot get homework help when you live off campus, but the chances of finding someone to help when you’re on campus are greater. And a quick trip to your TA’s office is not out of the question.
- Recreation – Most apartment complexes have a clubhouse with a TV and maybe a gameroom, but common spaces on campus are filled with fellow Purdue students, a lot more opportunities for recreation, and are probably open longer (24/7) than off-campus hangouts.
- One bill – Instead of having to keep track of monthly rent, utilities and internet/cable, you just have one housing bill every year. And you don’t have to worry about your water shutting off because you forgot to mail a check.
- Less cleaning – Your bathrooms are cleaned daily. And no dishes!
- Social life – It is easier to make friends when you see people regularly in close quarters. Leaving your door open often invites new acquaintances.

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Leadership opportunities – You will have plenty of chances to get involved with your hall club.

Convenience – Everything you need is right here. If it costs more to live in the residence halls, it is because you are paying for time saved.

Cons of living on campus/Pros of living off campus

Rules of the hall – Any community must have expectations for the greater good of all.

Sharing space – Be it your room or bathroom, it is always tough to share. (But you could always live in First Street Towers!)

Cons of living off campus

Calendar year contracts – You will be responsible for the apartment even when school is not in session.

Roommate conflicts – You will have to navigate problems without the help of your RA, and it will be much more difficult (and costly) to move if it comes to that.

Unfurnished apartments – You might have to buy more furniture and then move it out when school ends.

More bills – As previously mentioned, you will be paying for utilities and internet/cable in addition to your lease.

Commute – Will you take the bus? You will have to keep an eye on their schedule. Will you drive? Parking for commuters is scarce, and either choice takes longer to get to class than waking up on campus.

Food – Groceries can cost a lot, and ramen or peanut butter and jelly gets really old really fast. And it takes time to cook larger meals by yourself.

You clean – The cleanliness of your apartment is up to you and your roommate.

In summary, living off campus might cost less in the long run, but consider what you are saving in time and health by investing in the convenience and resources of the residence halls and dining courts.