

HAS YOUR CHILD CONTACTED
YOU ABOUT A PROBLEM?

REMEMBER THE OLD ADAGE:

STOP, DROP

& ROLL

TOGETHER WE CAN

PROMOTE INDEPENDENCE

THROUGH STUDENT

PROBLEM-SOLVING



Adapted from Wake Forest University's
Office of Family Engagement



...and take a deep breath when your student contacts you with a problem. Is it **really** something they cannot solve on their own? If you fix it for them, does that help your student develop independence?



...the urge to reach out and immediately begin fixing things. Instead, push back with questions. What might you do? What options are you considering? What campus offices might have resources? *Additional deep breathing may be required.



...with it. Let your student do the problem solving on their own. The long-term benefits of building problem-solving skills and independence will last your student a lifetime.

In the Event of a Serious Issue or Concern
About Your Student or Others:

While we encourage you to let your student navigate their Stevens experience as independently as possible, if you have an urgent concern about the health, safety, or well-being of your student or others, there are offices available to assist you.

Campus Police

Main number: 201-216-5105

Emergency number: 201-216-3911

CARE Team

If you have a non-emergency concern about your student, and want to bring it to the awareness of caring university administrators email the CARE Team: CARE@stevens.edu

Student Health Center

Phone: 201-216-8106

Email: studenthealthcenter@stevens.edu

Hours: 9-4pm Weekdays, Until 7pm Thursdays

After Hours emergency: Contact Campus Police

Counseling and Psychological Services

Phone: 201-216-5177

Email: CAPS@stevens.edu

Hours: 9-5pm Weekdays, Until 7pm Tuesdays

After Hours Emergency: Contact Campus Police