



Free birds

Watching a child leave for college can be nerve-racking

BY ALEX HADDON
Summer Journalist

On her first day at Purdue, Natalie Tribble was attempting to keep track of her classes and deal with a broken foot in a cast. In the midst of the chaos, she left her laptop on the bus, noticing just as the bus started to drive away. Running after it in a panic, she called her father, Brad Tribble.

"She's on the phone with us like 'What do I do? What do I do?'" Tribble recalls. "And I'm like, 'Well, I have no idea. I hope the bus stops.' She didn't get it back."

Tribble is an administrator of the "100% UNOFFICIAL Parents of Purdue" Facebook group, a page dedicated to parents with what Tribble calls "hands-off" styles of parenting. Although Natalie graduated recently with a degree in elementary education, Tribble continues to be an active member of the group.

"100% UNOFFICIAL Parents of Purdue" has a tongue-in-cheek tone that some readers might find insulting, but Tribble says the group has raised thousands of dollars for underprivileged students and has even bought Purdue staff lunch.

"If we see a need, we take care of it," Tribble said.

Tribble said it barely felt different when Natalie went off to college, because she called her parents every day, whether it was to seek advice for a lost laptop or express her joy at seeing the Starship food delivery robots for the first time.

For many parents, however, sending their child off to college can be an emotional time. In addition to the endless tasks that must be completed, parents and their children must be prepared for what may be their first extended period apart.

"For many (parents), the biggest adjustment is not having their student under the same roof each night

where they can easily detect if something is up with them," said Jennifer Wetli, assistant director of Purdue's Parent and Family Connections office.

Stacey Kelley said her son, Harrison, was prepared when he began his Purdue engineering degree two years ago. Kelley is an admin of a different, similarly named Facebook group, the "UNOFFICIAL" 2020 Purdue Parents Page, which was formed by parents from the Purdue-sponsored 2020 parent group.

Kelley said Harrison had learned discipline after playing tennis in high school. He had fallen in love with Purdue after attending STEP, a summer engineering camp on campus. To ensure that Harrison was ready to build relationships in college, Kelley said she encouraged him to spend more time with his groups of friends and less with his family.

Despite his preparedness, Kelley said she still felt "trepidation and

sadness" at the thought of Harrison leaving for school. She admits there was headbutting between them as the move-in date approached, but there were a lot of "moments of joy."

"You ask yourself all these questions," Kelley said. "Are they as prepared as I think they are? Do they know how to use everything? The doctor? The bus?"

The goal, Kelley said, was to make Harrison self-sufficient.

"Teach them everything you can," Tribble said.

Hopefully, the majority of college prepping is completed by the time move-in day arrives.

Kelley said the process is "hectic." They had only two hours to move his stuff into his room in Shreve Hall. There was little time to be emotional.

Tribble has a similar outlook. "We put the stuff in the blue tub, dropped it off," Tribble said. "I put a

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About this issue

This Parents' Guide is produced by The Purdue Exponent, the student media organization associated with, but independent of, Purdue University. It is mailed to the parents of incoming freshmen for the fall of 2022.

The Exponent publishes newspaper editions two days a week (Mondays and Thursdays) during the fall and spring semesters and distributed free on campus. It also maintains a robust electronic news site, www.purdueexponent.org, that is updated frequently with news and Purdue sports coverage.

Daily PDF subscription delivery is available for a fee. Contact: classified@purdueexponent.org, or call 765-743-1111 for more information. You can also sign up on our website for an electronic newsletter, and be sure to keep in touch with what's going on by following our Twitter, Facebook and Instagram accounts.

The Exponent was first published in December 1889. Without the benefit of a journalism school, the Exponent has produced numerous award-winning journalists and industry leaders.

All full-time Purdue students on the West Lafayette campus are eligible to be staff members. We have callouts (information sessions that are common to Purdue student organizations) each semester. This semester's callout will be at 6:30 p.m. Aug 30 in our office on the second floor of 460 Northwestern Ave.

Local moms help new students

BY JAMES KLING
Summer Journalist

Despite most of their kids having graduated and moved from West Lafayette, about five moms are still actively helping out more than 13,000 Purdue students and parents on their Facebook page "Townie Moms."



JAMES KLING | SUMMER JOURNALIST
"Townie moms" Linda Booth, left, and Christy Preston talk about their Facebook page.

This group of local mothers, most of whose kids who attended Central Catholic High School, created the Facebook group when their own kids transitioned to college.

The page was created in 2015. "Townie moms" decided to volunteer around the city and answer questions for new Purdue parents, and they're still going strong.

The page is not affiliated with Purdue. They are there to help out with the new West Lafayette community.

"You just want to be the mom that you need in town to help you then," Christy Preston said. "Like my son went to grad school in Tampa. The worst feeling is I know nobody there. ... His engine light came on as soon as he got to Tampa, and I had to go buy a car in Tampa. I didn't know where to buy a car. ... When you don't have a resource to even start at, it's hard. So we just try to at least be their resource for them."

To be that resource, townie moms will answer questions about the local community that people from out of state would not know.

"We get a lot of questions about things like local dentists, car repair, hotels, Airbnb, things like that," Linda Booth said.

Although they answer plenty of questions, the townie moms are more than just a base of knowledge. They help out where they can, too.

One time, a student from New York was told by Purdue that he could get help moving out on Wednesday, but

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Parent to parent: Advice for first-timers

You'll likely spot some common themes here

We asked current and former Purdue parents for their advice to new Purdue parents. Here's what they offered on our Facebook page.

Annie Colwell: Don't assume that their high school prepared them for college classes so well that they should go straight into advanced college coursework, especially in math.

Kenda Resler Friend: A savvy Purdue alum saw my joy at my son attending Purdue, and shared the advice of don't go down memory lane every single minute while at Purdue. "We used to do this here and that there." Let your student create their own memories, and take joy in the fact you can relate to the locations and traditions!

Lynn Miller Dean: A good lesson for some parents would be not to go on the Facebook parent pages to ask other parents to set up play dates for their students who are struggling to make friends, talk about or solicit advice on their students' health or mental health issues, etc. I like how someone explained that they should not post anything on those pages that they would not say to someone with their kid present.

James Ruddy: Visit them prior to that Thanksgiving Break. It helps both the parents and the



JOE DUHOWNIK | STAFF REPORTER
The finish line: Here, President Mitch Daniels asks all family and friends of graduates to stand during a May commencement ceremony.

student. Recharge for both. Encourage them to go through BGR. Our daughter met her best friends during that week.

Dave Schaller: Don't make them homesick by begging them to come home. Go visit them at Purdue. There are many things to see and do there.

Karen Ambrose Hickey: Plan a visit in October or so but maybe not during parents weekend,

when it's crazy. It's a great time to shop for winter clothes if you are from out of state. Also be prepared to do your own thing and explore the area and just wait for your Boiler to call when they are ready. Definitely prearrange dinner or something, but don't expect every meal with them.

Jerilyn Jones Kind: If you want to know if your young adult will be OK, say goodbye at the car

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A parent's guide to Purdue sports

Tickets, parking and things to do when you're here

STAFF REPORTS

Before even talking about how to get tickets, you should know that Purdue Athletics sells all tickets digitally. The tickets will be stored on your phone in your Apple or Google Pay wallet.

Fans should download these tickets before arriving to a game because Wi-Fi and data will be unreliable because of the number of people at the games.

The only bags fans can bring inside Purdue sporting events are clear bags of a certain size or a "small clutch bag approximately the size of a hand," according to Purdue's clear bag policy.

Single-game football tickets are available to the general public through Purdue Sports beginning on July 19. Prices for official tickets vary depending on the opponent and the seat. The most in-demand games will likely be the season opener against Penn State on Sept. 1 and Family Weekend against Nebraska Oct. 15.

One thing parents might want to be aware of is that the student section is the rowdiest part of the audience, for obvious reasons. Families with young children will want to be aware of the fact that some common chants for the football games involve profanity and some less-than-nice words directed toward that one university south of us.

For men's basketball, Mackey Arena has already sold out its season tickets and will announce in the fall

information about mini plans and single-game tickets. Expect these tickets to be in high demand as the Boilermakers are riding a 41-game streak of consecutive sellouts.

If one is not able to buy a ticket for football and men's basketball, there are a plethora of ticket resale websites.

Purdue women's basketball is entering year two of the head coach Katie Gearlds era. In Gearlds' first season, Purdue improved its record by nine wins from the previous year.

For women's basketball, single game tickets will start at \$10 and will be available to the general public at a date to be announced, according to Purduesports.com.

Purdue volleyball is coming off a trip to the Elite Eight and a 14-3 record at Holloway Gymnasium. Single-game tickets will be available to the general public beginning Aug. 3 and will cost \$15.

Purdue soccer finished its 2021 season in the second round of the NCAA tournament and was ranked No. 24 in the country.

Both attendance and parking are free for fans at Folk Field, the soccer stadium. The team plays an exhibition game against Illinois State on Aug. 13 and begins its season against USC on Aug. 18.

Parking

For football, there are a plethora of lots and fields for which one can buy a parking pass through Purdue. For a full list and guide to football parking, search for "Purdue football gameday



EXPONENT FILE PHOTO

Mackey Arena, Ross-Ade Stadium and Holloway Gymnasium sit at the north end of campus.

parking."

Several Greek houses, homeowners and private businesses also sell parking on game days.

The Intramural Gold Fields is one of the larger and more trafficked lots available to the general public and is a 15- to 20-minute walk from the stadium.

For volleyball, free parking is available in the R lot.

Football game-day activities

Aside from tailgating, there are several activities and traditions to participate in before football games.

The Boilermaker Special will give free rides the Friday before home

football games. The Reamer Club social media pages will have more information on the rides when the season begins. It will also drive around campus and blare its horn in the mornings to wake students up for game day.

Also in the morning, many people, primarily students, begin their day by dressing up in a costume and going to the campus bars as soon as they open to do what one does at a campus bar. If you need directions or sound advice, it may be best to avoid the people in onesies.

The Purdue All-American Marching Band performs at Slayter Hill 90

minutes before kickoff for "Thrill on the Hill."

The Boilermaker Crossing opens three hours before kickoff and features several events, games and activities typically aimed at families and is located between Mackey Arena and Holloway Gymnasium.

The football team will arrive at Ross Ade two hours and 15 minutes before kickoff at the northeast corner of Ross Ade. The event features a pep band, giveaways, Purdue Pete and the cheerleaders, as well as the Boilermaker Special, according to Purduesports.com.

Hotels near campus in high demand



EXPONENT FILE PHOTO

Hampton Inn and Suites on the intersection of State Street and Tapawingo Drive.

You've got to plan way ahead for big weekends

BY VAL ELLIS

Summer Journalist

If you're looking for a place to stay for family weekend, you're going to have to drive a while.

Purdue's family weekend, scheduled for Oct. 14-16 this year, "gives families the opportunity to visit with their student on campus while engaging in events and activities,"



EXPONENT FILE PHOTO

The Purdue Memorial Union is one of the first things people see as they enter campus, and some students say it can be the best place to end the day and watch the sunset.

Even after an approximately 30-minute drive to Crawfordsville, Indiana, you'll find it tough to find accommodations. The Comfort Inn, Hampton Inn and Suites and Holiday Inn Express in Crawfordsville are already booked.

The closest options for Boilermaker parents will be in the city of Lebanon, Indiana, a 40-minute drive from Purdue's campus.

As of publication deadline. The Quality Inn and Suites currently has several rooms available at \$114 a night, according to its website.

Even Lebanon is not unaffected, as the Hampton Inn and Holiday Express are sold out for parents weekend, according to their websites.

There are also several options in Northwest Indianapolis for hotels.

Hotels are more available on other football weekends and will likely be cheapest on weekends without football.

The weekend with the second-most demand appears to be Homecoming on Sept. 24. Unless one is willing to stay two nights for upward of \$500, almost all hotels in West Lafayette do not have rooms available.

On non-football weekends, one should be able to find a hotel from \$100 to \$200 a night, according to local hotel's websites.



EXPONENT FILE PHOTO

Holiday Inn on South Street in Lafayette.

according to a Purdue news release.

The weekend also has caused many of the local hotels in Greater Lafayette to sell out. The front desk of the Hilton Garden Inn and the Hampton Inn and Suites in West Lafayette said they are already sold out for the weekend. The Purdue Union Club Hotel on campus and the Best Western Plus hotel in Lafayette are also sold out.

All Marriott-, Hilton-, Drury- and InterContinental Hotels Group-owned hotels in Greater Lafayette are also sold out, according to their websites.

Surprise your student with food from afar

STAFF REPORTS

If there's one thing that nearly all college students enjoy it's free things, and even better, free food. If you find yourself missing your student and want to send a treat, here's a compiled list of convenient services available for parents of homesick students.

But before you do, make sure to double-check the address and room or apartment number of your student, just to make sure your surprise gets to the right person.

Packages

Mail them a good, old-fashioned care package. This option may require more work on your end, gathering the gifts and sending them yourself, but sometimes a box of goodies with a handwritten note can mean the most.

Some popular things to send students may be their favorite candy, snacks, extra pens or other school supplies. Consider adding some cold essentials, like cough medicine, vitamin C or ibuprofen. If you're feeling extra generous, you can even include a gift card to somewhere like CVS or Target, which are located within walking distance of campus.

Insomnia Cookies

This chain provides treats until late in the night. The shop offers a variety of freshly baked cookies and accompanying bottles of milk or pints of ice cream. This is a great choice if your child seems stressed with exams or just needs a small pick-me-up between midnight and 3 a.m.

GoPuff

You can choose from an assortment of sweet and salty snack options, household items or frozen meals and send them to your student quickly through the GoPuff delivery app.

Pizza

Order them a pizza from one of the many nearby options. From Papa John's to HotBox Pizza to Mad Mushroom, there are many options for sending your student a quick meal — especially on Sunday nights, when campus dining options are slim.

Amazon

You can send goodies or basic supplies they might need via Amazon straight to one of the two pickup locations on campus, in the Krach Leader-



EXPONENT FILE PHOTO ILLUSTRATION



EXPONENT FILE PHOTO

An Amazon pickup location on campus is located in the Purdue Memorial Union.

ship Center or the Purdue Memorial Union.

Door Dash and other services

Nowadays, you can have almost anything delivered relatively quickly for a fee, from restaurant food to drug store goods. Just make sure your student will be home to accept delivery and, again, that the address and instructions are specific.



EXPONENT FILE PHOTO

THE EXPONENT

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foam noodle over her bed frame to stop her roommate from hitting her head, then we went to go get a pizza.”

Planning ahead

Tribble said students' dorm rooms will be smaller than they think. He said Natalie insisted on bringing a cabinet full of makeup. The cabinet is now filled with teaching supplies for her job as a kindergarten teacher.

“Don't buy too much stuff,” Kelley said. “You can always buy it later and it's harder to carry it there.”

However, Kelley said Target and Walmart are sold out of pretty much anything you need on move-in day, leaving smaller businesses and Amazon as students' best options.

Kelley said students should consider buying vacuum bags to store their winter clothes so that they take up less space.

Once the student is moved in and parents are back at home, the true test of college readiness begins.



To keep each other in the loop, Wetli suggests families form a “communication plan” that outlines how often they should call or text. She also said students should let their parents know whether they are looking for advice or merely a “sounding board” when they call.

Kelley said Harrison texted her less during his freshman year than he does now. Currently, he calls her about once a week.

“Think back to your college experience: Did you want your parents all up in your business?” Tribble said. “I didn't hover.”

“College is a time for personal growth,” Wetli said. “Let their student take the lead on how to resolve their challenges and allow them the space to make mistakes.”

Potential problems

But if parents sense that something is wrong, Wetli said they should submit a “Student of Concern Report” using the Parent and Family Connections website.

“A member of the Student Support Specialist Team will connect with the student to request a time to talk through what may be bothering them,” Wetli said.

“It's always in the back of your mind that something could happen,” Tribble said. “You just have to have faith that it won't.”

When it comes to academics, Wetli said many students think that the way they studied in high school will be sufficient to pass college courses. Many students struggle on their first exam. Wetli said students should use academic resources such as tutoring early on in the

semester.

“Academics are very student-dependent,” Kelley said. “(Harrison) is an open book, but he did not share his grades.”

Harrison ultimately did well in his first year, completing first year engineering and moving on to mechanical engineering.

“At the end of the day, he's an adult,” Kelley said.

“If you're smart in high school, you may not be that smart in college, and if you're bad at high school, you might do great in college,” Tribble said.

“My daughter was incredibly average in high school,” Tribble said. “But she got into Purdue.” Tribble said receiving bad grades and making mistakes will help college students grow.

“Let your kids fail,” Tribble said.

In addition to earning a degree, Kelley said students are in college to make lifelong connections. Harrison started college during the pandemic, when there were restrictions on campus that could limit socialization.

“We were concerned people weren't going to connect,” Kelley said. “Relationships are everything.”

Kelley said Harrison, a “social guy,” made his “good group” of friends through his learning community based in his dorm.

Natalie made friends in her sorority. Among college students, alcohol might be used to turn a good time with friends into a great time with friends. Kelley said she doesn't broach the topic often with Harrison.

“He's surrounded himself with people who don't get knocked up,” Kelley said.

“If you're old enough to fight for your country, you're old enough to have a beer, as long as you use your head,” Tribble said.

Tribble said Natalie is a goody-two-shoes, so he doesn't worry about her drinking too much.

Kelley isn't an empty-nester, or a “free bird,” as she prefers to call it, but she will be soon. Her youngest daughter will leave



for college this fall. She and her husband, both retired, are planning on traveling as much as possible when they are free birds.

Tribble has a 14-year-old daughter, so it will be a while before he and his wife have the house to themselves.

Jerilyn Jones Kind said in a Facebook post that parents should also be mindful of younger children struggling with their siblings moving away.

Growth spurts

The best way to catch up with your student is in person, and many parents come to Purdue for sports games or Parents' Weekend. For those events, it can be virtually impossible to travel through West Lafayette by car.



When asked for any advice for parking during Parents' Weekend, Kelley said, “Walk.”

“Plan a visit in October or so, but maybe not during Parents' Weekend when it's crazy,” Karen Hickey said in a Facebook post.

“Parents' Weekend shows that Purdue has a great, strong family environment,” Tribble said. “Pick a different weekend.”

Whether parents first see their student again during an official weekend or when their student comes home for break, they may find they are “not the same student.”

“They have run their own schedule and may have their own idea on how they want to spend their break,” Wetli said. “Have an open conversation on expectations while they are home.”

Wetli says many students spend their breaks sleeping and catching up with high school friends.

Kelley said the passage of time was more obvious when she didn't see Harrison for extended periods.

“You realize they're changing, their faces change,” Kelley said. “That's shocking.”

Tribble said college made Natalie mature quickly.

“It was really fun to watch her grow up,” Tribble said.

“The greatest joy as a parent is seeing your child become an adult,” Kelley said.

Asked whether she has advice for students, Kelley said they should learn as much as possible. When asked for advice for other parents, Kelley laughed and said she didn't think of herself as qualified to give that.

“I try to give grace,” Kelley said. “Parenting is the long haul and I'm not walking a mile in their shoes.”

Back in 2020, when Kelley had just finished helping Harrison move into his dorm, she had tears in her eyes as they said goodbye. After their last hug, Kelley watched him walk away.

He didn't look back.

“That's how I knew he was ready, how I knew he was going to be OK,” Kelley said.

Parents may take comfort from something Maria De Lourdes Quintero said in a Facebook post. “When you drop them off, remember Mrs. Armstrong felt the same way,” she wrote, “when she watched (young Neil) walk into his dorm.”

ADVICE

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and watch as they go back to the dorm without looking back.

Michelle Arseneau Gilhooly: Encourage your student to find at least one club/activity to join. Great way to make friends.

Jennifer Mannion: Let them figure it out on their own.

Amy Alka: Quit trying to figure things out for your student!

Jerilyn Jones Kind: Let the student call/text you first. This is not about you!

Pam VanZuilen: Do join the Facebook page for your child's class. This was invaluable to me. Also, if they're not doing well in their major, the sooner they change or go to the Exploratory Studies program the better. The staff in Exploratory Studies is fantastic.

Leslie Pakulski: This is the student's college experience, not the parents'. Let them figure things out by themselves. They are young adults, they are fully capable if you only let them. Be there to answer a question or give advice (but only when asked) and give support, but don't do things for them.

Students can meet with their advisers on their own. They can work out their schedules on their own. They can figure out how to get to class on their own. They can navigate the food courts on their own. They can decorate their own dorm rooms on their own.

It doesn't mean you love your child any less if you allow them to figure things out by themselves.

Dave Schaller: Help them prepare their first professional resume given their jobs and awards during high school. Get them set up on LinkedIn and connected to your friends they know. Buy them interviewing clothes. Encourage them to find a summer internship that is a step toward their future career. Many kids earn degrees. The best leave with a great path to a successful career. If they are great at Purdue, they might graduate with a six-figure starting salary. It happens every year.

Anna Sousa: Allow your newly minted Boilers to fledge. Let them learn how to find their own answers by navigating life, the Purdue website, their laundry, friendships, classes, and all else of life in college on their own. They got into Purdue on their

“You've done a good job getting them to this point, now it's their turn to take the reins. If they stumble, help them up and get back on track.”

- Teri DeMaria

own. That means you gave them the tools to succeed. Allow them free rein to use them. They will thank you. They will make mistakes and become better equipped for the real world by learning from them. Let them fly. They've earned their wings.

Shannon Davis Brier: BS '94 and parent of, hopefully, BS '25. Let them fly. Let them find their way. Listen when they talk. Let them breathe. You don't need to fight their battles. You need to let them prepare, more, for adulthood. You are a backup plan at this point and that is FINE and how it is meant to be.

If you are an alum, like myself, share your experiences and your love of being a Boilermaker, but let them make their own memories and don't overwhelm them with yours.

Above all else... HAIL PURDUE! BOILER UP!

Gary Eppenbaugh: Harry's Chocolate Shop doesn't sell chocolate.

Pattie PQ Quackenbush: My family told me: if you're gonna be dumb, then you better be tough. Sage advice.

Teri DeMaria: Boiler Gold Rush is defi-

nately worth considering sending your incoming freshman to. They move into dorms, meet their roommates and learn the lay of the land before the other students arrive. They can get their books at the bookstore with guidance and it's definitely less hectic at that time.

Next, help your freshman understand the importance of joining clubs, student activities, going to athletic events. Perhaps purchase a pass for them as a gift to all the games. It allows them to choose to go to games without the stress of not having a ticket. Definitely worth it.

Also, make sure your freshman feels comfortable going to speak to the counsel-

“Enjoy the ride and let your kids find what makes them excited. It might not be what makes you excited.”

- Jeremy Ryan

ors (adviser), the student health center and their professors. Each of them are there to help, support and guide. And believe me, they really do care.

Finally, encourage them to sit up front in class. Let your educators see your face, get to know who you are. They each offer times for students to come speak to them if help is needed. Tell them it's OK to ask questions, and ask for help.

I remember being you, excited for your freshman to start the next educational journey. Nervous that they find their way and make good choices, forever friends. You've done a good job getting them to this point, now it's their turn to take the reins. If they stumble, help them up and get back on track. Support them, encourage them and set them free. Enjoy watching their journey; it's definitely something to behold.

Keri Johnson: From a parent of a soon-to-be junior and moderator of a Purdue parent page for our kids graduating class of 3,600+ members: Join the parent pages and support groups. Ask questions, search for the information and TALK to your student.

Dionne Maniotes Hulsey: Breathe. You don't need to “buy” everything right now. Be sure to give your Boilermaker space. If you need to be a hover parent, then maybe your young adult should not be going away to school. And by all means do NOT be buying winter clothes and bring them to a dorm in August.

Jeremy Ryan: Enjoy the ride and let your kids find what makes them excited. It might not be what makes you excited. For both students and parents: Student loans are not simple interest like car loans. They are closer to mortgages, and they can get away from you quickly. Use the minimum and work hard to get rid of them.

Julie Van Horn: Industrial Roundtable is great, but your freshman will likely not find an internship there year one. Encourage them to go check it out and learn the ropes, but don't stress them out about having a resume and interviewing. It's not as big of a deal as you want to think it is, for freshmen and sophomores, anyway.

Adrienne Bransky: Don't bother with family weekend. Come a different weekend. Hotels are overpriced, your kids will still have to study, and they sit somewhere else for the football game.

Kim McGovern: Don't buy EVERYTHING on the “list” — they will not need it. And get a fridge and microwave for sure.

George Stephens: Ignore the donation phone calls that start in October, and don't panic when you see Purdue on Caller ID.

Janet Pace: Your new Boilermaker will make lifelong friends and possibly meet their future spouse during Boiler Gold Rush. My son (2018) still hangs out with his friends he met that week (and we do, too) and married the love of his life.



PHOTO PROVIDED/
Linda Tarkington, front left, and Christy Preston, front right, along with some other local moms, put together treats for fall finals in 2019.

TOWNIES

Continued from Page 1.

the student had multiple exams that day and couldn't move out, Booth said. Townie moms went to the rescue.

“So we dropped off tubs and told him we pick them up on Thursday and move them Thursday night,” she said. “So it's stuff like that. ... We don't do it every week, but we've moved a lot of kids or answered questions about storing their stuff over the summer.”

When the pandemic began, a lot of what the townie moms did changed.

“There's a lot of people that their child needs to go to an ambulance,” Booth said. “They don't know that the ambulance is free for the student to go there. ... A lot of times before COVID, we would go and meet the student at the hospital if something happened to them. ... But since COVID, you're obviously not allowed in there or can't do that. So that has changed.”

Booth and Preston said they used to do all sorts of volunteering before COVID, such as



SCREENSHOT
A list of frequently asked questions on the Townie Moms Facebook page, updated in June 2018.

passing out flowers on Valentines Day, or, during Boiler Gold Rush, helping students move in and passing out water and tissues (as a joke for parents' tears).

“We have questions every day that come into our Facebook page,” Preston told an Exponent reporter. So that hasn't changed.

“Townie Moms” is a popular page. Purdue has apparently reached out to the administrators and offered to share information with them, because they know how many people use it.

Purdue University Student Health Services just two months ago, Booth said, “reached out to us and said, ‘Hey, would you come over and take a tour of PUSH and we will tell you all, there is the services that they provide here and then when you get asked those questions on

your page, you'll know more to refer them, what we have available, we've got these services or this is what we can do, or this is what we can't do.”

Stacey Kelley, a Purdue mom and an administrator for a Purdue parent Facebook group, endorsed “Townie Moms.”

“They were just an incredible lifeline during COVID, too,” Kelley said. “If Purdue has a, you know, citizens of the year kind of thing, I would nominate that group in a heartbeat. They were dropping things off at the COVID

dorm if needed.

“They have a one-pager that's like a parent's resource. If you need to know where the closest urgent cares are, where some dental practices that are close, those types of things. And so they're extraordinary human beings, and I'm grateful.”

More recently, the moms have been able to start doing more volunteer work as COVID restrictions lessen.

This past spring, Booth and Preston were invited to participate in a panel for incoming parents. They apparently introduced themselves and answered questions about their Facebook page as a resource.

“Hopefully things will start swinging back to normal,” Booth said, “to where we can do a lot more participating.”

Most recent stats from Greek, co-op groups

STAFF REPORTS

Membership in fraternity, sorority and cooperative life grew in the Spring 2022 semester compared to a year earlier, while grades dropped for most of the organizations during those periods.

There were 6,507 students in the system, a 6% growth from Spring 2021. The 2022 total represents 18.5% of the undergraduates at the university.

Average GPAs for the organizations dropped, but a year ago grades were inflated during the Covid times when classes could be held virtually.

The FSCL community averaged 3.18, compared to 3.31 a year prior.

This is the Spring 2022 average (compared to year before) and cumulative average (compared to year before):

- All-undergraduate semester 3.13 (3.26), cumulative 3.26 (3.30)

- All-men's semester 3.07 (3.18), cumulative 3.22 (3.25)

- All-women's semester 3.22 (3.36), cumulative 3.32 (3.36)

The FSCL is comprised of five governing groups (number of members, individual groups in that council): Interfraternity Council (3,222 members, 40 groups), Multicultural Greek Council (202, 10), National Pan-Hellenic Council (64, 7), Purdue Cooperative Council (336, 11) and Panhellenic Association (2,683, 21).

This is the FSCL Spring 2022 (prior year) and cumulative (prior year):

- Interfraternity Council semester, 3.05 (3.18), cumulative 3.20 (3.23)

- MGC 3.08 (3.26), 3.32 (3.30)

- NPHC 2.65 (2.94), 3.07 (3.15)

- PCC 3.23 (3.35), 3.34 (3.37)

- PHA 3.34 (3.45), 3.42 (3.43)

- All-sorority 3.33 (3.44), 3.42 (3.42)

- All-fraternity 3.05 (3.18), 3.20 (3.23)

During the Spring 2022 semester, the FSCL community contributed 11,128 hours (1.71 hours per member) and philanthropic money raised \$441,924 (\$67.92 per member). The service hours totals are 73 percent less than Spring 2019 (41,277 hours), pre-Covid. But the Spring 2022 philanthropic money raised was 32.8 percent more than Spring 2019 (\$332,669).

The undergraduate ethnicity within the FSCL community with 78.9% white compared



EXPONENT FILE PHOTO

Members from dozens of Purdue fraternities and sororities gather for Phi Mu's annual dance competition, Miracle Mania, benefiting the Children's Miracle Network and Riley Hospital for Children.

to 62.1% of the undergraduate population. The biggest discrepancy between the FSCL community and the average undergraduate is among international students. The average undergraduate population is 11.4% international while the FSCL community is 2.1%.

Other ethnic breakdowns differences between the FSCL community and the undergraduate population:

- Asian, 6.5% FSCL (11.9% average undergraduate)

- Hispanic/Latino 5.3 (6.1)

- Two or more races, 4.5 (4.4)

- Black or African American, 1.3 (2.5)

- Unknown, 1.2 (1.3)

The FSCL community has a much higher graduation rate than the general student population.

- Four-year graduation rate, FSCL 73% (65% undergraduate rate)

- Five-year graduation rate, 87 (80)

- Six-year graduation rate, 89 (83)

This is how individual organizations ranked among their peers:

- No. 1 Cooperative semester GPA (36 members), Glenwood, 3.54

- No. 2, Cooperative semester GPA (39 members), Ann Tweedale 3.44

- No. 1 Cooperative service hours, Circle Pines (52 members), 206

- No. 2 Cooperative service hours, Shoemaker (42 members), 204

- No. 1 Cooperative philanthropy dollars raised, Circle Pines, \$6,089

- No. 2 Cooperative philanthropy dollars raised, Twin Pines (27 members), \$1,663

- No. 1 National Pan-Hellenic Council GPA, Delta Sigma Theta (11 members), 2.82

- No. 1 National Pan-Hellenic service hours, Alpha Phi Alpha (eight members), 305

- No. 1 National Pan-Hellenic philanthropy dollars raised, Zeta Phi Beta (seven members), \$850

- No. 1 Panhellenic Association GPA, Kappa Alpha Theta (147 members), 3.50

- No. 2 Panhellenic Association GPA, Kappa Delta (157 members), 3.48

- No. 1 Panhellenic Association service hours, Delta Zeta (137 members), 2,304

- No. 2 Panhellenic Association service hours, Gamma Phi Beta (136 members), 1,187

- No. 1 Panhellenic Association philanthropic dollars raised, Zeta Tau Alpha (143 members), \$133,237

- No. 2 Panhellenic Association philanthropic dollars raised, Alpha Phi (138 members), \$19,279

- No. 1 Interfraternity Council GPA, Sigma Phi Epsilon (24 members), 3.53

- No. 2 Interfraternity Council GPA, Lambda Chi Alpha (33 members), 3.31

- No. 1 Interfraternity Council service hours, Zeta Beta Tau (184 members), 2,074

- No. 2 Interfraternity Council service hours, Pi Kappa Phi (151 members), 1,777

- No. 1 Interfraternity Council philanthropic dollars raised, Sigma Chi (123 members), \$66,500

- No. 2 Interfraternity Council philanthropic dol-

lars raised, Pi Kappa Phi (151 members), \$41,484

- No. 1 Multicultural Greek Council GPA, Sigma Lambda Gamma (13 members), 3.37

- No. 2 Multicultural Greek Council GPA, Delta Phi Lambda (28 members), 3.34

- Largest Cooperative Council group, Circle Pines (52 members); second largest, Shoemaker (42 members)

- Largest National Pan-Hellenic Council group, Alpha Kappa Alpha (17 members); second largest, Delta Sigma Theta (11 members)

- Largest Panhellenic Association group, Kappa Delta (57 members); second largest, Alpha Chi Omega (148 members)

- Largest Interfraternity Council group, Zeta Beta Tau (184 members); second largest, Pi Kappa Phi (151 members)

- Largest Multicultural Greek Council group, alpha Kappa Delta Phi (51 members); second largest, Kappa Phi Beta (39 members)

Some additional overall statistics:

- Interfraternity Council has 40 chapters with an average size of 81 members.

- Multicultural Greek Council has 10 chapters with an average size of 20 members.

- National Pan-Hellenic Council has seven chapters with an average size of nine members.

- Purdue Cooperative Council has 11 groups with an average size of 31 members.

- Panhellenic Association has 21 chapters with an average size of 128 members.

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Opinion: Hail to mothers, even those who can't let go of kids

Editor's note: Purdue President Mitch Daniels is a regular contributor to the Washington Post. He wrote this just before Mother's Day this year.

Can I get something on the record? I love moms. I really love moms. A caring mother provides the best chance, sometimes the only chance, a young person has of turning into a responsible, self-reliant, high-character adult. No mission is nobler.

However. Ahem. Even moms are subject to that fundamental caveat of life: "up to a point." Working daily with and on behalf of tens of thousands of other people's children, as I do as the president of Purdue University, one encounters mothers who, let's just say, carry things a little far.

Like the one who insisted, without ever providing any documentation, that her child was allergic to all monorganic food. She ordered food multiple times a week, accompanied by specially selected spices, and had it delivered to our dining courts with a demand that the staff cook it separately for him, to her specs. (They did, for a year, until the demands, or maybe the "allergies," ceased.)

Or the mom who wrote and called eight times to complain about her daughter's accommodations. She

was sure there was mold (the test she ordered came back negative) and that the water was tainted (she sent it out for tests — negative again). The oven handle was loose. (Has the college student tried using a screwdriver?)

My school often receives helpful advice about adding streetlights or other measures to enhance physical security — on a campus found every year to be one of the safest in the nation. After the university acceded to one mother's demands and moved her daughter to different housing, she continued to complain on behalf of other people's children who apparently hadn't realized the extent of their own jeopardy.

Of course, many of the grievances are justified, and we try to act on them promptly. But after years on the receiving end of such entreaties, I find that the term "helicopter parent" no longer seems adequate to capture the closeness of the hovering. "Mom mowers" might be more descriptive.

This is not to exonerate the fathers. Although paternal complaints make up a much smaller fraction of the campus mailbag, they can be just as difficult. One father was the source of 13 emails and three phone calls about how miserably lonely his son was, insisting he be moved to a different residence. When visited, the student reported having lots of friends, several extracurricular in-

volvements and zero interest in being moved.

Such parent-student disconnects are not uncommon. One mother was persistent and belligerent because her son's bed was too short for his 6-foot-3-inch frame. When visited to see if the university could make a different accommodation for him, he picked up his cellphone, called home and bluntly asked Mom to butt out.

As extreme as such examples are, it is impossible not to empathize with parents who, rationally or not, worry about the physical safety or comfort of their child. More dubious are parents' attempts to shield their offspring from failure or the academic challenges that higher education, if it's doing its job, presents to its young clients.

Like the mother who insisted that we gather all her son's homework assignments daily and fax them to her so that they could work on them together every evening. Or the one who requested an "advance interview" for herself the day before her daughter's own interview regarding a possible academic award, so that she could "explain her daughter's qualifications" for the honor in question.

Or, a personal favorite, the mom who impersonated her son — yes, son — at his teaching assistant's virtual office hours, to present his homework solution and push for a 100 percent grade. Even with the



JAMES KLING | SUMMER JOURNALIST/Purdue University
President Mitch Daniels speaks at this year's commencement.

Zoom camera off, the TA detected the subterfuge.

Years ago, when my wife and I took the eldest of our four daughters to start college, the arrival day's welcome program ended abruptly midafternoon. Parents and kids had attended separate orientation sessions at lunchtime, and when we saw our daughter again it was for only five minutes, before the adults were politely excused. The message was clear: A new era has begun for your child, and that means for you, too.

In a country where so many social sadnesses are the consequence of ir-

responsible, neglectful parenting, one cannot fault those who love their children to the point of overprotection. But protection from challenge — and from the occasional failure that is often the best teacher — can be endangerment of a different kind.

So, bless all the moms, and dads, including those who go a little over the edge. We'll do our best to be responsive. But remember: When your kid graduated from high school, maybe it was time for you to graduate, too.

Commentary: The talk to have before college

BY GRACE GEDYE
Los Angeles Times

Before I went to college four years ago, my parents and I had a "work hard in class" talk and a "safe partying" talk. But we didn't discuss what to do if stress morphed into anxiety or depression.

We should have. The 2017 Healthy Minds Study — a survey of 50,000 students at 54 schools — found that 39 percent reported struggling with some mental health problem.

The study, conducted by researchers based at the University of Michigan, also found that 14 percent had major depression, 10 percent suffered from severe anxiety, and 11 percent had thought about suicide.

Now as a recent college grad, if there is one issue I hope parents, teachers and student counselors talk about with college-bound teenagers, it is mental health.

Absent some sort of foundational conversation, students can be apprehensive about opening up to their parents about depression or anxiety, or seeking the treatment they need.

Even now, one of my close friends wants to start seeing a therapist, but she is covered by her parents' health insurance policy and worries what they will say when they see the bill.

For a 20-year-old, it's hard to appreciate how much lived experience your parents have, or to imagine that they probably faced or helped others through dark times.

At the same time, parents should know that many colleges are ill equipped to meet students' mental health needs.

Large campuses have, on average, one licensed mental health provider per 3,500 students, and 30 percent have no psychiatrist available on campus.

The situation has since improved, though students still talk about the difficulty of getting appointments. A recent survey of 50 col-

leges found that at most campuses, students will wait 10 days to three weeks for an initial intake exam. To an adult, that may sound reasonable, but for college students without family or trusted friends nearby, a bad mood one day can turn desperate the next.

If parents start a conversation about mental health before college, some feelings of isolation might be headed off.

Parents should explain that there will be ups and downs in the next four years. If they've ever experienced depression, anxiety or other mood disorders, this is a good time to share that, too.

During college check-in calls, parents should also ask kids if they know about their college's counseling center, and if they are developing friendships.

Thankfully, my own rough patch in college was relatively short-lived, and I was able to talk to my parents about it. But these conversations



SAN JOSE MERCURY NEWS
don't always come easily.

Here's one place to start this crucial conversation: "30 percent of college students say that at some point in the last year they felt so down that it was difficult to function. Let's talk about what to do if that happens."

CRYPTOQUIP 1

WPNQZ CJBC CJP SMKNQZ SMWWPS
XMQENUPSPU MQP ML JNE BXCNKNCNPE
MLLPQENKP, CJP WBQUNC WBQQU NC.

Today's Cryptoquip Clue: Z equals G

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals Q, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error. © 2022 by King Features Syndicate, Inc.

CROSSWORD 1

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
		18			19		20			
21	22			23	24					
25			26		27	28		29	30	31
32			33		34	35		36		
37			38		39		40		41	
			42		43		44		45	
46	47	48			49		50			
51				52		53			54	55
56				57					58	
59				60					61	

- ACROSS**
- 1 Perón of Argentina
 - 4 Siestas
 - 8 First light
 - 12 Bud
 - 13 — Major
 - 14 Actor Morales
 - 15 German shepherd
 - 17 Teen hangout
 - 18 Resistance unit
 - 19 Church topper
 - 21 British party
 - 24 Louvre treasures
 - 25 Khan title
 - 26 The "G" of LGBTQ
 - 28 Doesn't buy
 - 32 Clothing store section
 - 34 Gender
 - 36 Stratagem
 - 37 Green sauce
 - 39 Teeny
 - 41 Shriver of tennis
 - 42 Rainbow shape
 - 44 A Karamazov brother
 - 46 Stew flavorer
 - 50 Chi follower
 - 51 Genesis brother
 - 52 Music school concerts
 - 56 Only
 - 57 Sharif of "Funny Girl"
 - 58 Pool unit
 - 59 Contain
 - 60 Commanded
 - 61 Messy room
- DOWN**
- 1 Clean air org.
 - 2 Kilmer of "Top Gun"
 - 3 Losers
 - 4 Eggnog sprinkling
 - 5 "Entourage" agent
 - 6 Unpaid TV ads
 - 7 Dasher's boss
 - 8 Agriculture goddess
 - 9 Pronto
 - 10 Humpty's perch
 - 11 Egyptian river
 - 16 Sashimi fish
 - 20 Goof up
 - 21 Pack (down)
 - 22 Curved molding
 - 23 Airline to Sweden
 - 27 Evergreen type
 - 29 Wedding
 - 30 Despot
 - 31 Big rig
 - 33 Bought time
 - 35 Deleted
 - 38 Tram load
 - 40 Realm
 - 43 Ersatz chocolate
 - 45 Follower (Suff.)
 - 46 Wild party
 - 47 "Peek—!"
 - 48 Holler
 - 49 Disaster aid gp.
 - 53 Scoundrel
 - 54 Long, crosser
 - 55 CIA operative

TRIVIA 1

Geography

©2022 PuzzleJunction.com

- What country's national animal is the giraffe?
(a) Chad (b) Kenya (c) Tanzania
- What state has the most lighthouses?
(a) Maine (b) Michigan (c) Delaware
- What country is NOT considered part of the Horn of Africa?
(a) Ethiopia (b) Somalia (c) Zambia
- What is the easternmost Caribbean country?
(a) Barbados (b) Jamaica (c) Martinique.
- What state is home to the Petrified Forest National Park?
(a) New Mexico (b) Arizona (c) Texas
- What country has the most Michelin-Starred restaurants?
(a) Japan (b) France (c) U.S.
- What is the deepest Great Lake?
(a) Erie (b) Michigan (c) Superior
- What city banned burials in the 1900s?
(a) Miami, FL (b) San Francisco, CA (c) Baton Rouge, LA
- Who named the Pacific Ocean?
(a) Ferdinand Magellan (b) Francis Drake (c) Leif Erikson
- Liverpool is located on what river?
(a) Thames (b) Trent (c) Mersey

SUDOKU 1

Conceptis Sudoku

By Dave Green

	3			5			4	8
6		9	2					7
	1						9	
	5							
3								5
			4				3	
8					3	1		2
7	9			8				5

Difficulty Level ★★★ 7/21

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku is indicated with stars one star being the easiest.

WORD SEARCH 1

Happy Feet

UNISSACOMWOSZISWGN
SOPVATXWRSIPEWUWDQ
NMNTAIAPEYANGLJUGK
OSREPPILSYFDGHUGH
PTLSCLOAFERSDTFMJT
IETLEBOOTSSSELLIHGS
LHOEAAXGFLCGEONEPNR
SGJELUMOKUJYCVIESA
SWDHLIKRHFITNFAENX
BHSHEUTMSFZMNKLTZW
WTPGTSZSESBCAATNVE
STOIXBPXNKLRUNNING
STLHSSQYAPSAOBNOTA
OXFORDSGJFMVDGQFHF
JSPMUDPXAYHKVNNUZOZ
YRIWEDGERTMVLQAENZ
UELGTSKCABGNILSSGH
WBFJWWLDMOTHRQICSJ

BALLET BOOTS BROGUE CLOGS FLATS FLIP FLOPS GHILLIES HIGH HEELS LOAFERS
MARY JANES MOCASSIN MULES OXFORDS PLATFORMS PUMPS RUNNING SADDLE SANDALS
SCUFFS SLINGBACKS SLIP ON SNEAKERS STILETTO THONGS WEDGE WINGTIPS

The Exponent publishes twice a week on Mondays and Thursdays with 3 of each of the puzzles shown here. Be sure and have your student pick up a copy from many locations around campus! For a complete list of pick-up locations visit www.purdueexponent.org and look under the home tab in the top menu.

Answers for Today's Puzzles

WORDSEARCH 1

UNISSACOMWOSZISWGN
NMNTAIAPEYANGLJUGK
OSREPPILSYFDGHUGH
PTLSCLOAFERSDTFMJT
IETLEBOOTSSSELLIHGS
LHOEAAXGFLCGEONEPNR
SGJELUMOKUJYCVIESA
SWDHLIKRHFITNFAENX
BHSHEUTMSFZMNKLTZW
WTPGTSZSESBCAATNVE
STOIXBPXNKLRUNNING
STLHSSQYAPSAOBNOTA
OXFORDSGJFMVDGQFHF
JSPMUDPXAYHKVNNUZOZ
YRIWEDGERTMVLQAENZ
UELGTSKCABGNILSSGH
WBFJWWLDMOTHRQICSJ

CROSSWORD 1

EVA NAP S DAWN
PAL URSA ESAI
ALSATI AN MALL
OHM STEEPLE
TORIES ART
AGA GAY RENTS
MENS SEX RUSE
PESTO WEE PAM
ARC DMITRI
BAYLEAF PSI
ABEL RECITALS
SOLE OMAR LAP
HOLD BADE STY

SUDOKU 1

2	3	7	9	5	1	6	4	8
6	4	9	2	3	8	5	1	7
5	1	8	7	4	6	9	2	3
4	5	2	8	7	9	3	6	1
3	8	1	6	2	4	7	9	5
9	7	6	3	1	5	2	8	4
1	2	4	5	6	7	8	3	9
8	6	5	4	9	3	1	7	2
7	9	3	1	8	2	4	5	6

Difficulty Level ★★★ 7/21

TRIVIA 1

1. c 3. c 5. b 7. c 9. a
2. b 4. a 6. a 8. b 10. c

CRYPTOQUIP 1

Being that the roving robber considered one of his activities offensive, the bandit banned it.



INTRODUCING:

THE PURDUE PARENTS & FAMILIES CLUB

Established through a partnership between Purdue Athletics and Purdue Student Life – this club offers more ways to engage parents, families and students on campus.



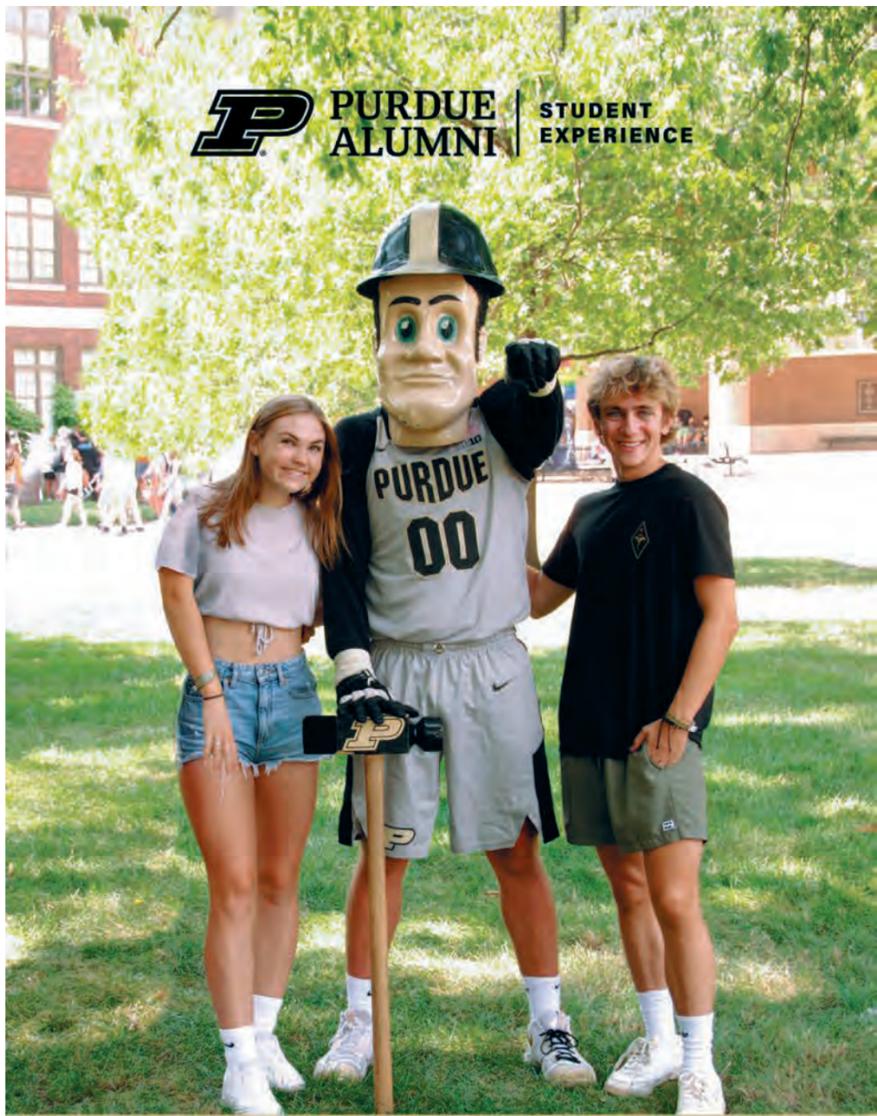
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Lions and fountains and bells,



EXPONENT FILE PHOTO

Legend says walking under the bell tower will lead to not graduating on time. Walk under it at your discretion, but most people advise not to and witnesses might judge. Instead, maybe just take a photo next to it.

Here are some Purdue traditions parents should know about.

STAFF REPORTS

What you should know about some Purdue traditions.

Bell Tower

The Bell Tower is arguably Purdue's most iconic landmark. It is said that walking underneath the bell tower as an underclassman will cause you to not graduate on time. Take a picture of your child during their first year and when they graduate.

Fountain runs

At least once during their time at Purdue, your child will participate in a fountain run on campus. Purdue has a number of fountains, and in the late summer and spring, when the weather allows, students will run through them to cool off.



EXPONENT FILE PHOTO

A Purdue student claps inside one of the many clapping circles on campus.

Clapping Circle

The clapping circle, located between the Union and Heavilon Hall, is a heavily used area of campus. What a lot of people may not realize right away is that if you stand in the middle of the circle and clap, it will sound like it is muffled. It is common to see new students and families clapping at the circle during move-in week.

Purdue sports

Purdue is definitely an athletics school. The students here have a lot of school spirit and enjoy cheering on the various sports teams. Purdue football and basketball games are definitely a sight to behold, and even if your child isn't a fan of sports, it is still worth going to at least one game.

Football and basketball, though the most well known Purdue sports teams, are not all the university has to offer. Purdue volleyball games are sneakily some of the most fun and



EXPONENT FILE PHOTO

The Stone Lions Fountain stands near Stanley Coulter Hall. The fountain was a gift of the Class of 1903 and dedicated in 1904.



EXPONENT FILE PHOTO

When we play Indiana University, it's a rivalry in any sport.

exciting games you can attend here. Regardless of your interest in sports, Purdue has a variety of teams that you can cheer on.

Lion's Head

The Lion's Head Fountain is in the center of campus near the Memorial Mall. It has four lion's heads spouting water from their mouths. It is a Purdue superstition that if you drink from all four heads before an exam, you will ace it. Make sure to remind your child to drink from the fountains before their exams.

Keys at kickoff

At football games, students will take out their keys during every kickoff and shake them around. Obviously the point of this is to generate as much noise as possible.

Many times if students don't have keys they will wave around a shoe, which definitely doesn't make any noise, but it's the thought that counts. If you come to a football game, make sure to join in.

The Boilermaker Special

The famous mascot of Purdue can be seen all over campus. Whether you're here for game day or any other day, you can find the Boilermaker Special somewhere on campus. The Boilermaker Special gives out free rides if you'd like to see Purdue from a train.

Breakfast Club

Looking down the road a bit, one of the biggest traditions for upperclassmen is Breakfast



EXPONENT FILE PHOTO

The Boilermaker Special makes an appearance by the engineering fountain.

Club. When students turn 21, they begin preparing for football game days by drinking at 5 a.m. They will dress up in costumes and go to the bars near campus and begin a long day of partying.

Indiana vs. Purdue

In any sport, Indiana and Purdue is an exciting and intense rivalry, but during football and basketball season, the rivalry is elevated. The two schools meet on the gridiron for the last home football game of the season on Nov. 30.

In the last two years, Purdue has become bowl-eligible due to their wins over Indiana, making the rivalry all the more contentious.

The Big Ten basketball schedule has not been released yet, but the Indiana-vs.-Purdue games never fail to create a buzz on campus. Basketball games in general give parents the opportunity to visit in the winter and spring parts of the academic year.



EXPONENT FILE PHOTO

Purdue students attend Breakfast Club.

Students discuss campus's best Instagram spots

BY BREE DELIO
For The Exponent

From the very first picture parents take when students move into their dorms to a picture of students dressed in caps and gowns in front of the Purdue University arch, campus is full of backgrounds suitable for Instagram.

When logging on to Instagram and searching "Purdue University," a variety of pictures come up. Many themes involve Purdue athletics, and pictures are often taken in or around Mackey Arena and Ross-Ade Stadium.

"Football season gave me and my friends our favorite college pictures so far," said Sydnee Meredith, a freshman in the College of Health and Human Sciences. "We would

take pictures at every game and whether it was day or night, I would always put those pictures on my Insta."

For many students, Instagram posts revolve around events held by their fraternities or sororities. When looking through his Instagram and analyzing his account, Brian Peterson, a junior in the College of Engineering, discussed what made these posts special to him.

"My frat has created a lot of these memories, so it's where I've posted the most pictures," Peterson said. "The environment at Purdue sports games makes Mackey and Ross-Ade a cool place to post pictures too."

Even if students aren't interested in Purdue athletic and Greek life, campus is full of places where, at the

right time, people can capture the perfect Instagram pictures.

"The bell tower or even the Engineering Fountain are amazing," said Tia Sondej, a junior in the College of Science. "If you go at the right time and wait, the light and sky make the background perfect for a picture."

Along with the Engineering Fountain and bell tower, the Gateway to the Future Arch at the corner of Stadium and University streets is commonly captured in the Instagram search feature when looking up Purdue under locations.

The campus is full of various places that can help students and tourists capture a great Instagram picture.

"I'd say the most Instagrammable place on campus is Mackey," said Mateo Chance, a junior in the

Krannert School of Management. for Purdue sports fans, and nothing

"It's honestly such an iconic place

compares to Mackey on game day."



PHOTO PROVIDED

Who can resist taking a photo with John Purdue, the man himself?



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Growth and Transition

Have Peace of Mind by Helping Your New Student Maintain Their Mental Health



Your child's college years are a time of growth and transition. They're a time when comfort zones are challenged, old habits are tested and new doors are opened. Few other periods of life present such drastic (and potentially overwhelming) changes as your child's first few months away from home on campus. Your instinct as a parent is to help ease this transition in any way possible but, as you'll learn shortly, that instinct can be counterproductive. Below are the three major sources of stress for new college students and some advice on how to help your child manage their mental health.

instructor expectations more quickly-freeing up more time for their social life. If your child is feeling stuck under the weight of too much work, gently recommend they reach out for help. There's no shame in asking for help and being a regular at these areas of campus will likely surround them with the more ambitious and dedicated members of their class—students who are also making use of campus resources.



Academic Success

College coursework is often a source of mental stress. For certain classes, the first semester may be especially difficult in order to set expectations for more challenging majors. The first semester may be especially difficult as new students learn the ropes and try to meet higher academic standards. This may leave students feeling isolated as they see older peers enjoying free time and embracing campus life. As students adjust to course loads, they may find themselves rooted in their dorm room or campus library instead of getting that "college experience" they've seen in movies or on social media. Your child may struggle with succeeding academically despite their best efforts, damaging their self-image and deflating their confidence.

Luckily, nobody within the university system wants to see your child fail or remain cooped up. Whether it's working with a tutor at the math lab or workshoping essays in the writing center, utilizing campus resources can help your child meet



Social Acceptance

Colleges strive to create atmospheres that are accepting, but sometimes social situations just don't work out. Your child may end up partnered with a roommate they don't get along with, in a class with peers they don't relate to, or in any combination of socially challenging scenarios. This can be very taxing on your child's mental health, as they may falsely attribute an unfortunate luck of the draw as their own social shortcomings.

Your best tool in this situation is reassurance: remind your child they've had friends in the past and are capable of making new ones again. Reassure them that every semester at college will bring new classmates, new contacts and new chances to connect with other people. And if your child feels like waiting for the next "round" of college is too much to endure, many campuses are equipped with mental health experts for students to talk to. If their campus doesn't have staff to speak with, your child could also find help from local resources like Valley Oaks Health. Sometimes all your child needs to get by is someone outside the family who's willing to listen and validate what they're feeling.



Family Pressure

At Valley Oaks Health, we've come to learn that family can be something of a double-edged sword. On one hand, few people are more supportive and loving to someone than their parents. On the other hand, parents often unwittingly create extra pressure on their children, because a child never wants to disappoint their biggest supporters.

Maintaining their relationship with you is another ball your child has to juggle, so try to be accepting of how much they have on their plate when a few days go by without a call. Rather than set routine communication expectations, try to plan out check-in phone calls or visits with your child with plenty of advanced notice. Your child will respect that you're letting them spread their wings outside the nest, and their mental health will benefit greatly from the improved self-image that independence brings.

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To embarrass, or not to embarrass

A parents' guide to interacting on Purdue's campus

STAFF REPORTS

While bringing your incoming freshman to campus this fall, you'll have a great opportunity to do one of two things: make your mark as a cool parent, or embarrass the hell out of your kid.

If you're looking to do the latter, we've got some tips for you. But if you think you're a cool parent, stay tuned, because we've got some tips for you as well.

Do you even realize you're being embarrassing?

A lot of times, parents will think they're being fun or affectionate, when in reality they're doing the exact opposite.

Take photos at every landmark.

Look, I get it. You want to capture every moment you can and that's good. Great even. Life is meant to be a collage of the memories you hold fondest. But do you really need to take a family picture at every notable landmark on campus? Do you really need your child standing next to various old buildings, squinting in the sun and forcing their best smile in 30 different locations?

You do not. Go take a picture at the Neil Armstrong statue like everybody else. Your kid has the next four years to spend on this campus; let them explore every landmark and take the photos then.

Ask if every friend is their significant other.

This move is a sure fire way to either play matchmaker or make a new friendship awkward for the rest of its existence: the "are you together?" question.

It's a seemingly lighthearted way to poke fun of your child making friends of the opposite sex. Yeah, your kid's been out of your oversight for a little bit of time, so obviously the first thing they did was find the nearest person and ask for their hand in marriage. Sorry, parents, but chances are this didn't happen. Let the kids just be kids, and if they smooch a little on the side, more power to them.

Go to frat parties with them.

I won't lie. Spending quality

time with family is great, but sometimes quality time can turn sour. Sure, I love it when my mom and I go to the park with a packed lunch and catch up on our daily lives before heading to the mall. And yeah, I love going to Cincinnati with my dad and watching the Reds play.

But do I want to watch my own mother, the woman who birthed me, crack open a case of Truly's with Kyle and Connor at Alpha Sigma Chi and see who can shotgun them the quickest? Do I want to watch my peers hold my father by his legs as he tries to become the "keg king"? No. I don't need my parents showing me up on my own party scene.

Hey, you're actually pretty cool.

If you can avoid all the above mentioned things, you're already ahead. Here are a few more ways you can prove that you're a cool parent.

Pass down Purdue apparel.

Whether your kid knows it or not, they want to be the coolest kid on the block. And to be the coolest kid on the block, they must possess one thing: old Purdue merch. As a parent, and especially former Purdue graduates, this is right up your alley. Thrifting is in, and surely, your kid would adore the old sweatshirts you have from your college days.

Apparel designs change with yearly trends, and sometimes, what's new and trendy can't compete with older designs. Coming from personal experience, I always get compliments on my second-hand Purdue gear more than my recently bought merch. Not to say one is better than the other, though. If you're reping the gold and black, you're automatically cool.

Ask to see the spots around campus that are important to them.

If you want to be a cool parent, this step is especially important. This is a new chapter in your kid's life, and they want nothing more than to show you what they've been able to find and love on their own.



EXPONENT FILE PHOTO ILLUSTRATION

A mom spies on her freshman daughter as she attempts to make a new friend at Purdue.

Maybe they found a coffee shop on campus that serves the best latté, or maybe they want you to see how Krach Lawn comes to life as the evening nears. For as long as your kid has been alive, you've shown them the things that mean the most to you, whether it was your favorite John Mellencamp song or the woods your parents took you to go explore. And now, it's time for them to return the favor.

Help them find where their classes are before

the semester starts.

Getting lost sucks — especially when it's three minutes before your 7:30 a.m. class. One fun thing to do that lets you explore the campus and help your child figure out where their classes are. This can be one of the most important things to do, because Purdue's campus is pretty big. Almost everybody on campus can recall a time when they had a schedule so poorly made that they were late to all of their classes.



EXPONENT FILE PHOTO ILLUSTRATION

A Purdue student points out the bell tower to her mother, who's visiting for Family Weekend.

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THE EXPONENT

For more information email:
Madison Haynes, madison.haynes@purdueexponent.org
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x = independently organized TED event

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TEDxPurdueU is the student-run organization behind TEDx talks and events held at Purdue. With the mission to stimulate the curious mind, challenge perspectives and spark discussion, they expose our community and global audience to "ideas worth spreading."



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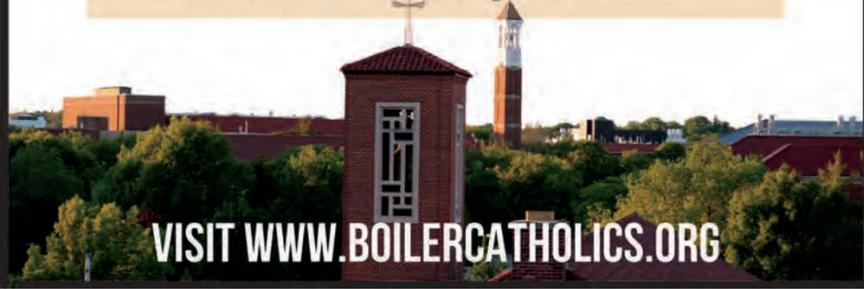
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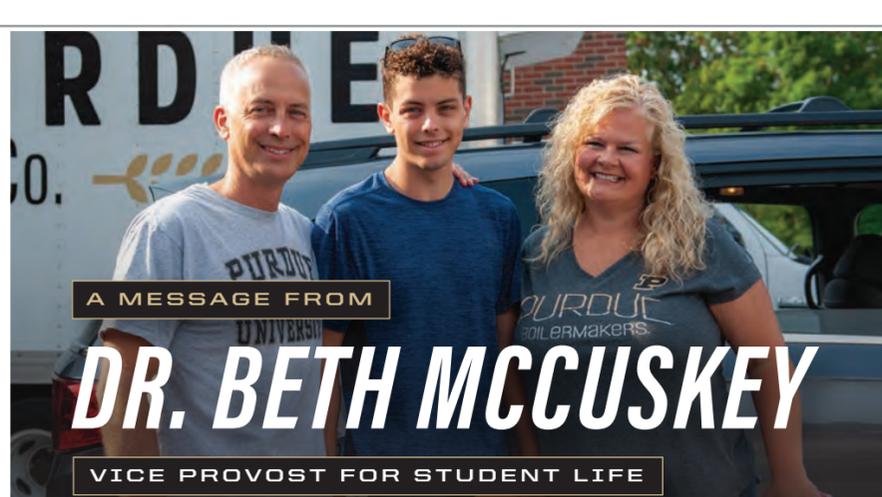
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A MESSAGE FROM

DR. BETH MCCUSKEY

VICE PROVOST FOR STUDENT LIFE

Dear Boilermaker Parents and Families,

On behalf of the Purdue community and Student Life, I am thrilled to welcome you and your student to the Purdue family! Congratulations to your family as you embark upon such an exciting time. The division of Student Life is excited to lead the way in helping your student find their home away from home on campus. In Student Life, we bring together arts, culture, entertainment, leadership, engagement and well-being to create an experience that will impact your Boilermaker the rest of their life.

As you imagine the various aspects of your student's Purdue experience, we know that it is essential to see your student finding support, opportunities and resources. Student Life is a hub for campus engagement as well as resources and support for the growth of students. To share just a few examples, the Office of the Dean of Students offers staff who specialize in student support, students will find opportunities to promote their physical health and overall well-being through Recreation & Wellness, and our Counseling and Psychological Services team offers a variety of professional services. Students can also connect to the vibrancy of campus and begin to build their networks through various opportunities by getting involved in a student organization (we have more than 1,000!), participating in Purdue Bands & Orchestras or Purdue Musical Organizations, joining a fraternity, sorority, or cooperative chapter, or securing student employment right here on campus.

As the parent of a college graduate, I know how strong your impact on your student has been and how you will continue to be part of your Boilermaker's network. Recognizing one's impact and building a network are two of the values we work to develop in every Purdue student through our Steps to Leaps initiative. Steps to Leaps features learning pillars that also include well-being, leadership and grit. As I reflect on my own experiences, I can see how these pillars have manifested in overcoming obstacles to achieve success. The opportunity to watch students develop and flourish in these areas is one of the greatest joys of my role here at Purdue.

The Student Life team is excited to welcome your student, provide opportunities for engagement and fulfillment, and foster growth as they learn and develop during their time at Purdue. I encourage you to learn more about the Steps to Leaps pillars and applications using the QR code below. Here at Purdue, we see family members as some of our most significant partners in student success. We look forward to embarking in this exciting journey with each student and family. Boiler Up!



Dr. Beth McCuskey
Vice Provost for Student Life

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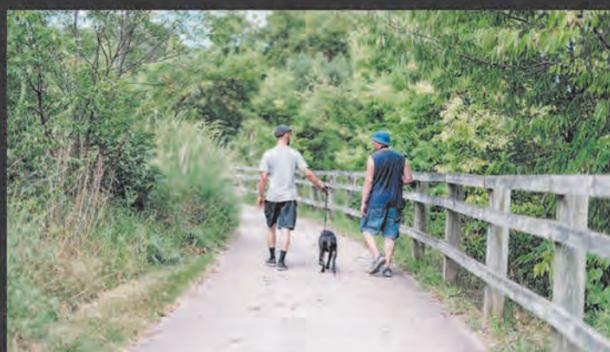
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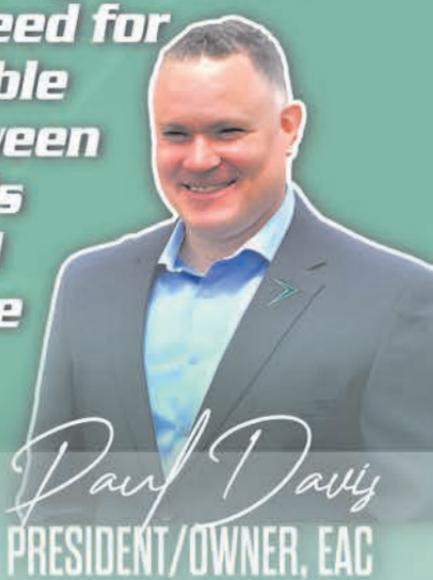
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