HAS YOUR CHILD CONTACTED YOU ABOUT A PROBLEM?

REMEMBER THE OLD ADAGE: STOP, DROP & ROLL

TOGETHER WE CAN PROMOTE INDEPENDENCE THROUGH STUDENT PROBLEM-SOLVING

STOP, DROP & ROLL

...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

Adapted from Wake Forest University’s Office of Family Engagement