**Minutes**

**Homestead Parent Club Evening Presentation**

**May 4, 2016**

**“Life with Your Teen: Making Sure You Both Have the Tools in Your Toolbox to Be Successful”**

Start time 6:06 pm

**Present:** *Kathy O’Shaughnessy; Elizza Wesner, Secretary; Judy Fehlhaber, Treasurer; Maria Krach, Christine Marcuccilli, Kelly Hutner, Marla Peters, Heidi Raudenbush, Sundeen Kumr (spelling?), Andy & Regan O’Shaugnessy, Dawn White, Johanna Ducker, Megan Milne, Beth Zweig, Neil & Cathy Warner, Peter*

**Welcome** by Kathy O’Shaughnessy, President.

**Guests:** Maria Krach, Registered Dietician, Christine Marcuccili, J.D. IPFW Associate Director of Compliance / Title IX Coordinator Human Resources & Office of Institutional Equity and Dr. Kelly Hutner, PhD. Clinical Psychologist

* This evening’s presentation was born from Steve Lake’s, Assistant Principal, talk titled “Resiliency”. He discussed the research and the need for students to be able to make decisions on their own, to have the confidence in challenging times, and to communicate to parents that it is acceptable for their children to stumble and fail at times.
* Dr. Hutner, began, told the group the “Emperor Moth Story”. Students grow through struggle. It’s better to have this struggle while living at home, with the parents and their support group close by.
* In 1990, the Helicopter Parent emerged: hovers, this parent is counter to the responsibility of a parent.
* Ideas such as these emerged from the Helicopter parent: stranger danger (everyone is dangerous), everyone gets a trophy, overuse of the term bullying (within reason, bullying and teasing is a natural part of growing up), creation of the playdate, children in the USA are not studying enough, cell phones are the world’s longest umbilical cord.
* Tools students need: to breathe—take a deep, cleansing breath first. They need sleep—eight hours a night, most students are sleep deprived.
* Parents need to praise the effort: You are “working very hard”, be very specific in your praise.
* More tools needed: proper nutrition and water, meditation, spirituality, faith. Students need an authoritative structure with clearly defined expectations, exercise, free play, and they need someone to talk to when needed.
* Students need positive people to tell them that setbacks are temporary; students need to learn what they can control and what they cannot control. Gratitude journals are a great start, write happy thoughts and experiences down in the journal.
* Students need to listen to their gut instinct when coming upon obstacles, dangerous situations. They need to stop and think, become instinctual.
* They need a routine and a schedule.
* Students must need to learn to delay gratification.
* Attorney Marcuccili began a discussion on her role as the Title IX Coordiantoar at IPFW. Every college campus is federally mandated to have a Title IX Coordinator on campus and to be accessible to students.
* In college, students have many resources to turn to such as their Resident Advisor, Dean of Students, Office of Conduct.
* Students need help to succeed and the resources are present on every college campus.
* Issues on campus: sexual harassment, sexual violence, discrimination, stalking, dating violence. The Title IX Coordinator can help in all of these areas.

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* Each college campus has an annual security report. This lists crimes on campus. Ask for it.
* Student Affairs Office is a great place to find resources and student support.
* In a social setting and when a student comes upon a situation, students need to learn how to be a positive bystander. Tactics include speak up, distract, step in, then call for help if needed.
* College freshman women are the number one target for sexual assault. This also includes stalking.
* The reality is, with mobile phones, texting and social media: this reduces interpersonal skills among young people. They are unable to read social cues.
* Students are not alone on campus, there are resources available. They need to seek these resources out.
* Maria Krach, Registered Dietician, began her talk regarding the importance of nutritional health for a student.
* Rely on balanced meals in the dorm cafeteria.
* Students need to plan, shop, and prepare healthy meals.
* Living off campus: protein is the one nutrient that is lacking.
* Protein is important for breakfast and do not skip breakfast.
* Ask the dorm cafeteria if they offer box lunches since you will be at class during the lunch hour.
* Avoid caffeine, including Red Bull. If you must have caffeine, only in the morning.
* Students need sustained energy not foods where they will crash from the sugar in 20 minutes.
* They need protein plus fiber. An idea: Greek yogurt, apples, fresh fruit will give you sustained energy.
* Stock the dorm fridge with the following: deli meat, cheese, yogurt, a cheese stick.
* Need the following vitamins: Omega 3, Vitamin D, B12.
* Seek out the Health and Wellness Office on campus.
* Consider room darkening shades for a good night’s sleep, head phones or ear buds to drown out the noises on a dorm floor.
* Keep self-care a top priority: nutrition, exercise, sleep, journal, pray, volunteer work, do something for others on campus. Create a well-rounded experience in college.
* Guideline: for every credit hour, a student should be studying 3X that amount. 13 credit hours for a semester equal 42 hours a week of studying. At a minimum, adjust accordingly depending on the intensity of the course. Treat the studying like a full-time job, 9-5.
* Meeting adjourned 8:20 pm

**Business Meeting:**

* A business meeting was not planned for this evening.