

## October 2024 Newsletter

This newsletter is shared with organization Presidents, Advisors, and Council Officers. Other officers or members may find this information useful so please feel free to copy and paste important parts into your meeting minutes or into emails to share the knowledge, announcements, and important dates.

### 1. Halloween Reminders

#### a. Make The Call; Ask For Help

- i. The primary concern of Purdue University in all cases, including those cases of intoxication and/or alcohol poisoning, is the health and safety of the individuals involved. Recognizing that the potential application of Disciplinary Sanctions could be a factor that deters students from making the responsible decision to seek medical attention for themselves or others in cases of student intoxication and/or alcohol poisoning, the University has instituted the Purdue Community Alcohol-Related Emergency Situation (PurdueCARES) Program and adopted the [Medical Amnesty for Student Intoxication policy](#).
- ii. When in doubt, **make the call**. When someone is hurt, **make the call**.
  1. Regardless of your location, **make the call to 911**.

#### b. Party Themes

- i. Costumes and theme parties are what makes Halloween such a fun and exciting time of year. We want to remind you to be mindful of the impact of themes and costumes when it comes to another culture than your own.
  1. Is it offensive to any race, religion, culture, belief, or group of people?
  2. Does it mock/make fun of/or represent a certain group of people/culture/belief?
  3. Does it reinforce stereotypes?
  4. Did people from the other culture endure negative experiences that people from your culture have not?
  5. Do you think that because your favorite celebrity/icon/whoever is wearing it, that makes it okay?
  6. Why are you "borrowing" this?
  7. What is the source? What does this item mean to them?
  8. How respectful is this to the culture? What would someone from that group feel about it?

### 2. Programs

#### a. New Member Course

- i. The new member course is [available on Brightspace](#) and required for any new member that has accepted a bid to join your organization. This course serves as an introduction for New Members of Fraternity, Sorority, and Cooperative Life (FSCL) organizations. It provides a general overview of the Fraternity, Sorority and Cooperative community, valuable resources and important information that will assist you in your member experience. Completion of this course is a required component of the new member experience.

### 3. Health & Safety

#### a. Well-Being Highlighted Practice: Sleep

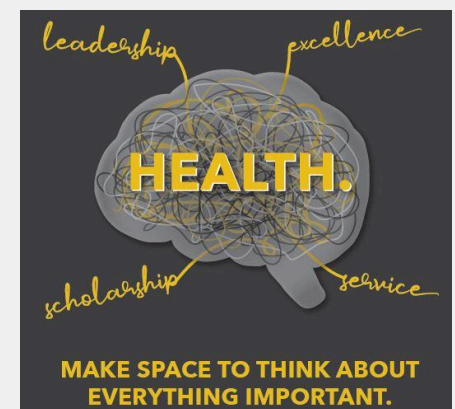
- i. College students typically do not get the recommended amount of sleep as [research shows 60% of college students have poor quality sleep](#). In partnership with Purdue iData, the well-being initiative, using a standardized assessment measure, found that 55% of Purdue students report poor to fair sleep last year.
- ii. Please share this information (on the last page of the Newsletter) with your members and leadership to support well-being conversations and/or event planning.

#### b. House Passes Bipartisan Legislation to Combat Hazing on College Campuses

- i. Education and the Workforce Committee Chairwoman Virginia Foxx (R-NC), Ranking Member Robert C. “Bobby” Scott (D-VA), Representative Jeff Duncan (R-SC), and Representative Lucy McBath (D-GA) issued [the following statements](#) after the House passed H.R. 5646, the bipartisan Stop Campus Hazing Act, which combats hazing on college campuses and protects students across the nation.
- ii. The bipartisan Stop Campus Hazing Act:
  1. Combats Hazing and Protects Students: This bill requires that universities report hazing incidents under the Clery Act and creates a clear and consistent definition for hazing statistics across all postsecondary institutions.
  2. Educates and Prevents: The bill requires institutions to provide comprehensive hazing prevention programs for faculty and students to avoid hazing before it occurs and cultivate a culture of respect on campus.
  3. Leaves Room for Flexibility: The new reporting and educational requirements for institutions are balanced by respect for existing anti-hazing processes at the institution and state levels.

#### c. Mental Health Checkup

- i. As organizational leaders, your plates are consistently more full than empty. You're juggling classes, work, a social life, and fraternity/sorority/cooperative obligations. It's important to not only focus on physical health but also take time to ensure that your mental health is getting the attention it deserves.
  1. [CAPS](#), Counseling and Psychological Services, has same-day or next-day appointments. Contact 765-494-6995 to make an appointment. Services are brief in nature. There are no predefined session limits. Crisis services are available 24/7. Call 911 if your crisis is life-threatening. After-hours support is available by calling the CAPS main number and pressing 1.
  2. [TAO](#) offers self-guided resources including short videos, brief exercises and self-reflection tools to help overcome anxiety, depression, loneliness and other concerns and to assist with topics including social support, relaxation and problem-solving. To enroll, click on the link and log in using your Purdue credentials.



- ii. We encourage you to also look out for your brothers/sisters/siblings in your community by asking tough questions. Many times, there are obvious signs that someone is struggling and maybe they need someone to genuinely ask how they are. Be that someone.
  1. **Student of Concern**: Worried about another student? Report your concern through the Student of Concern Report.
  2. **QPR Suicide Prevention Training**: Question, Persuade, Refer training helps Purdue community members learn to recognize the warning signs for suicide, assist those in need, and review helpful Purdue resources.
    - a. Additional Resources
      - i. [988 Suicide & Crisis Lifeline](#)
      - ii. [National Suicide Prevention Lifeline](#): 800-273-8255 (TALK)
      - iii. [National Suicide Prevention Lifeline Online Chat Services](#)
      - iv. [Crisis Text line](#): Text IN to 741741 for free, 24/7 crisis counseling. We're here for you.
      - v. [Trevor Project Lifeline](#) (confidential suicide hotline for LGBTQ+ youth): 866-488-7386
        1. [TrevorChat](#)

#### d. Navigating Conflict

- i. As we are entering the middle of the semester members of your organization may share that they or someone they know are experiencing interpersonal conflict. To support our Boilermaker community, Steps to Leaps in partnership with the Office of Diversity, Inclusion and Belonging developed a learning module to strengthen the way an individual navigates conflict. To learn more about this, visit: <https://www.purdue.edu/stepstoleaps/resources/learn/conflict-competence.php>.

#### 4. What is Happening on Campus

- a. **FSCCL 150th Anniversary Steering Committee**: As you may know, we're coming up on 150 years of FSCCL at Purdue and we're beginning the planning phase of celebrating this milestone. The Steering Committee will consist of Current Students and Alumni Volunteers, and it will help plan both in-person and virtual alumni engagement programs. We are looking for students who enjoy networking with peers and distinguished alumni and have a desire to give back to the FSCCL Community. This is a high level student engagement opportunity that is relatively low-maintenance and low-commitment. The committee is responsible for planning and hosting the 150th Anniversary celebration at Purdue and selecting and recognizing the 150 most influential FSCCL alumni! The celebration is planned to take place in the Fall of 2025 and preparation will take place throughout the rest of this school year and into the summer. We encourage everyone to apply and are looking to involve students from every class and organization to participate in this unique networking experience!
  - i. ALL WHO ARE INTERESTED IN BEING A COMMITTEE CHAIR OR INVOLVED IN HELPING SELECT OUR MOST INFLUENTIAL ALUMNI - [APPLY HERE](#)

**b. CARE Honor Walk**

- i. October is Domestic Violence Awareness month. Did you know that individuals aged 18-24 experience relationship violence at a higher rate than any other age group? As Boilermakers we can make a difference through education, being a good bystander, and showing support to survivors. **Scan the code at the end of this newsletter** to learn how to participate in the 2nd annual honor walk. Grab some friends or come as an organization and join us in shining a light in the darkness. Together we can end domestic violence and make a safer community for all!

**c. The Kappa Alpha Theta Chapter at Purdue received a Golden Kite Award!** This award is given to the most outstanding Kappa Alpha Theta chapters for their progress and success over the biennium. Congratulations on this achievement.

<https://www.kappaalphatheta.org/blog/fraternity/chapter-awards-announced-at-grand-convention-2024>

**d. The Delta chapter of Alpha Gamma Rho received recognition at their National Convention** this summer! The men of Alpha Gamma Rho were awarded Gold Chapter (the national fraternity's highest honor) and received the highest honor for continued alumni engagement. Their chapter advisor, Nathan Manges, was also awarded honorable mention for Chapter Advisor of the Year. Congratulations, gentlemen!

**5. Save the Date**

**a. Health & Safety Initiatives Week - Fall 2024**

- i. Part 2: Wednesday, Oct. 2nd - Thursday, Oct. 3rd

**b. PCC Alumni Summit**

- i. Sunday, October 13th

**c. PCC NMO**

- i. Sunday, October 13th from 10-11 AM

**d. IFC & PHA NMO**

- i. Sunday, October 13th from Noon-4:15 PM

**e. PCC Serenades**

- i. Sunday, October 20th

**f. FSCLi 2024 Cohort Reunion**

- i. Thursday, October 24th from 7-9 PM

**g. FSCLS**

- i. Sunday, November 10th

**h. CPLA**

- i. Friday, January 10th - Sunday, January 12th

**i. End of Semester Reporting Deadline: 12/1/2024**

- i. Rosters/Service/Philanthropy - Instructions will go out the first week of November.

**j. Check out our Full Calendar of Events**

- i. <https://www.purdue.edu/fscl/about/events.html>

## 6. Action Items

- Attend HSI Programming
- Share this newsletter with appropriate officers of my organization
- Update Roster (if applicable)
- Schedule 1:1 Meeting with FSCL Office Liaison

## Well-Being Highlighted Practice: Sleep

1. College students typically do not get the recommended amount of sleep as [research shows 60% of college students have poor quality sleep](#). In partnership with Purdue iData, the well-being initiative, using a standardized assessment measure, found that 55% of Purdue students report poor to fair sleep last year.
2. Please share this information with your members and leadership to support well-being conversations and/or event planning.
  - a. **Why is Sleep Important?**
    - i. Sleep impacts your learning - Poor sleep [impacts concentration, decision making, creativity, and problem solving](#). Less sleep is associated with lower grades – [Every hour of lost sleep is associated with a .07 reduction in GPA](#).
      1. Poor sleep can also reduce your ability to learn by 40%. On other hand, quality sleep enhances learning, [memory](#), and allows the brain to function more effectively. Studies show that a good night's sleep improves learning and problem-solving skills.
    - ii. Sleep impacts your health and mental health - Regular and consistent sleep can [positively impact physical health](#) and mental well-being. [Sleep helps your brain work properly](#). Sleep improves attention, decision making, and creativity. Proper sleep supports your body healing and repairing, as well as decreases your risk of health problems.
  - b. **Suggested Well-Being Habits**
    - i. These suggested habits focus around the [importance of strong sleep hygiene](#) and were provided under the auspice of campus sleep expert Dr. Friedman and the Well-Being initiative committee.
      1. Sleep Consistency: Most adults need 7-9 hours of sleep per day and college students typically do not get the recommended amount (about 60% of college students). Consistency is key - you can't catch up on weekends.
      2. Quantity matters: Most college students need [7-9 hours of sleep](#). If proper sleep quantity cannot be achieved, try to nap 30-45 minutes in the earlier parts of the day.
      3. Schedule and Routines: Establishing a consistent sleep schedule and daily routines can help lay the groundwork for successful sleep.
    - ii. [Stick to a schedule](#): Going to bed and waking up at the same time is critical to sleep quality—ideally variance is kept to less than 1 hour on either side of the equation.
    - iii. Consider using sleep schedule apps as they are included with most smartphones to help with reminders and tracking.

- iv. Healthy Bedtime Routine: [Going to bed and waking up at the same time is critical to sleep quality](#)—try to lay down and wake up within the same one-hour window at night and in the morning. [Unwinding](#) before going to bed can help a person get a better night's sleep. Relaxing activities could include reading, meditation, and listening to music.
- c. Behaviors For Successful Sleep:**
- i. [Daily routines and activities help aid in successful sleep](#). For example, exercising for [20-30 minutes of exercise](#) during the day and consistent meal times can help a person sleep better.
  - ii. Behaviors That Impact Sleep: 3-6 hours before going to bed, avoid caffeine, nicotine, and alcohol. Within 30-60 minutes of laying down avoid bright lights or screens. If screens can't be avoided, use blue screen glasses.
  - iii. [Sleep environment](#) If possible, create a dark, quiet, cool sleep environment. Ideal sleep temperatures are 65-70 F. Utilize ear plugs and/or sleep masks to minimize disruptions.
- d. Resources to Help with Your Sleep:**
- i. [Sleep Handbook](#) - This handbook is designed to give you the foundational tools needed to get the most out of a night's rest. Use this downloadable handbook as a self-help, self-paced resource.
  - ii. [FREE Wellness Coaching](#) - Wellness Coaching can take your sleep goals and turn them into action. Work with your coach to sculpt goals, overcome barriers, and build a lifestyle that meets your sense of purpose.

