

***Did You Know?*** A bimonthly column from:  
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***Did you know that family problems are common for everyone of us at one time or another?***

The word, ***family***, may mean different things to each of us, but what we all have in common is that a family is much more than a collection of people who share the same address. We have ties with our family members that are deep and life long, and these bonds are made up of good and not so good experiences. We also know that there is no “perfect family.”

Family problems come in all shapes and sizes. Some of these issues don't last long and are easily managed. Others problems are more chronic and difficult to handle. When these problems arise, families have their own ways to cope, some ways work better than others.

Unsuccessful coping can be recognized by some of the following characteristics:

- \* Poor communications: family members may avoid talking with each other or have not learned to listen well to what others are saying either verbally or non-verbally.

- \* Inadequate assignment of tasks: Families often have not decided how family responsibilities will be divided among family members. This leads to chaos and tasks not being done.

- \* Poor problem-solving: sometimes family members have a difficulties deciding what the priorities in the family are.

- \* Not enough emotional support: family members need different kinds of supports from each other when different kinds of problems occur.

- \* Family members don't show their appreciation to one another.

When your family life begins to interfere with school or work, it may be time to seek professional help. If you have any questions or concerns about this or other personal issues, please contact ***your student assistance counselor. The services are free and confidential to all UConn Waterbury students.***