

Jennifer Salton

Literature Review:

Identity

They find out their own identify during these years of school from various areas. There is personalization. The first thing a student does upon entering their dorm room is to set it up the way they want, reflecting their own personality. In The University of Massachusetts Dormitory Experiment: An Examination of the Influence of the Direct Living Environment on the Attitudes and Behavior of Residents in High Rise Dormitories ran an experiment to revise a room to give students freedom to make their rooms "a comfortable, interesting home." They stripped the room of existing furniture and built-in cabinetry and placed movable furniture that can be assembled in many different ways, calling it a dormi suite. Having environments like this allow students to figure out what they like and don't like. This is also done through the new experiences that they live through from the type of rooms they live in to the foods they eat. In general, they find out who they are and where their next step after college is.

Socialization

Students also learn how to get out of their comfort zone through socialization. College is not just a time for one's education, but also for learning social skills. For most people, when going off to college, they won't know anyone there and no one will know them. For some students, they would have never a roommate before this point. It is here where they learn to make new friendships and maintain them as a student's new best friend could easily be their roommate or someone who lives down the hall, or a different floor or building. The article "Social Adjustment of College Freshmen: The Importance of Gender and Living Environment" states that residence hall climates have been likened to families, in terms of rules, boundaries, and an atmosphere of care and concern for other members including new friends and roommates. This climate of warmth, supervision, and order can influence a student's positive adjustment to college, providing an environment where students can grow personally and socially.

Independence

If a student *does actually move away* to college, they will be without their parents. Ergo, students have to do everything on their own and become more independent as a result. This includes things like shopping, preparing food, managing time, laundry, and finding the balance between schoolwork and relaxation. In addition, if they live a suite style room as opposed to a traditional dorm and thus have a bathroom, it is their responsibility to clean it and maintain it. An article entitled, "Transitional Experiences of First-Year College Students Who Were Homeschooled" looks the accounts of students and how they adjust to their new surroundings like independence. All five of the traditional students that were interviewed indicated the positive effects of their newfound independence. They enjoyed not

having to help with chores at home and being able to determine their own schedule. In addition, they felt overwhelmed but enjoyed the many food choices given to them in the dining hall for each meal.

Architectural Aspects of Residence Halls

In the articles and studies regarding architectural aspects of dormitories, it goes into whether students are satisfied with their residence halls. They are asked about various features (usually through survey) including their bedroom, amenities, and even whether traditional dorm rooms or suite style rooms are better. It is interesting of what was discovered within these surveys. For example, the articles "In the Eyes of the Beholder: Students' Degree of Satisfaction with Traditional versus Suite Style Residence Halls" and "Examination of Student Housing Preferences, Their Similarities and Differences" have opposing opinions on the subject of traditional or suite style rooms. The former says traditional is better due to size of the room and furniture and the number of roommates. *"Early in the morning everybody is in rush to get ready to attend the classes, and it is difficult to use toilet and bathroom."* A student said in the article. In the latter, it was the opposite. It said the main reason these students choose suite style was due to their demand for privacy, larger spaces and increased control over their personal space.

Psychological behavior

When it comes to psychological behavior, as said before, this is a transitional period. For freshmen, they are adjusting to college and sometimes that can be difficult. This can lead to stress, depression, or other conditions. The article "Stress at College: Effects on Health Habits, Health Status and Self-Esteem," states that stress has been associated with a variety of negative outcomes in the adolescent population including suicide ideation, smoking and drinking. Research has also documented that females and student athletes are more likely to perceive higher levels of stress. The effects of excess stress on healthy behaviors is less well researched within the college-aged population. So, knowing what they feel and how they act upon it is important for designing an environment to make them feel comfortable.

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