

August 2016

Inside this issue:

Welcome to College	1
What is OFYE?	2
Being A College Parent	3
From Parenting to Partnering	4
The Red Dot Discount	4
TOPS Workshops	5
Support Your Cajuns	5
Direct Deposit	5
Family Weekend	6
Student Safety	7
Semester Preview	8
In Theory	9

RESOURCES

[Writing Center](#)

H.L. Griffin Hall, Rm. 107-108
Hours: Mon-Thurs 9AM - 3PM; Fri 9AM -12PM
Call: 337-482-6447

[Computer Labs on Campus](#)

[Counseling & Testing Center](#)

Saucier Wellness Center in
O.K. Allen Hall
Call: 337-482-6480
counseling@louisiana.edu

[Office of Disability Services \(ODS\)](#)

Conference Center, Rm. 126
Call: 337-482-5252
ods@louisiana.edu

**Follow OFYE on
Social Media**



Page 1

Welcome to College

A college education is one of the greatest transformative experiences in a young person's life, and we are deeply honored that you have chosen to trust us to provide that experience for your child. It is the great joy of all the members of the Office of First-Year Experience (OFYE) to have a positive impact in the life of young adults here at the University of Louisiana at Lafayette, and we look forward to doing so in the coming semester! We are immensely aware of the love and energy you have invested in your child to get them to this point in their life, and we are dedicated to serving both the students of this university and you, their parents. We are proud to be Ragin' Cajuns and we are proud that you and your child have chosen to be members of our UL Lafayette family. We look forward to building a relationship with you which will provide the support your child needs to be successful in college. We hope to see you on campus over the coming months. In the meantime, you are more than welcome to let us know how we can help you and your child.



August 2016

Page 2

Fall 2016 Calendar

Sept 3: Freshmen Red Run
Sept 5: Labor Day
Sept 16-18: Family Weekend
Oct 5: Last day to drop classes with a “W”
Oct 6-7: Fall Break
Oct 17: Academic Advising for Spring 2016 Begins
Oct 22: The Big Event
Nov 24-25: Thanksgiving Break
Dec 2: Last Day of Classes

OFYE Staff**Associate Director:**

Dana Bekurs

Assistant Director:

Christie Maloyed

Associate Instructor:

Ericka Haynes

Associate Instructor:

Bridget Hester

Associate Instructor:

Christine Williams

Associate Instructor:

Mike Williams

Instructional Support**Program Manager:**

Michelle Fournet

What is OFYE?

The [Office of First-Year Experience](#) (OFYE) is pleased to support your student during the exciting and challenging transition period of the first year. OFYE supports freshmen in a multitude of ways. Academically, we offer the UNIV 100 course, which allows students to gain or improve skills needed for success in the higher education environment. We collaborate with the [Academic Success Center](#) in offering a safety net to students identified as at-risk through the Grades First reporting system (more on that in the September newsletter).

OFYE is also committed to the personal development and enrichment of our newest Ragin' Cajuns by offering and promoting many opportunities for engagement. You can help promote your students' engagement in campus life—whether your student is a commuter or campus resident. Encourage your student to attend campus activities and explore student organizations in the first semester. If your student is living in campus housing and within driving distance of home, encourage him or her to stay for a weekend or two during the first month rather than drive home every weekend. This encourages making friends on campus by giving them time to socialize.

If your student is a commuter, he or she can be very engaged in campus life. Encourage your student to stay on campus for at least some late afternoons, even if the class schedule ends earlier. Mid-to-late afternoon is when many student organization meetings are held. This also allows time for students to attend tutoring, participate in study groups, and visit professors. Students who are engaged in their learning and in campus activities are more likely to finish their degrees and to graduate with a higher GPA than those who are not engaged.

**Follow OFYE on Social Media**

August 2016

Page 3

Tips To Be A Good College Parent

- Think about your parting words.
- Resist the urge to “save” your student.
- Don’t obsessively check your student’s grades.
- Encourage competence, not confidence.
- Help students develop goals — theirs, not yours.
- Don’t change your student’s room.
- Support them, don’t pressure them.
- Regardless of the circumstances, don’t call the president of the university.

Academic Colleges at UL Lafayette

- [College of the Arts](#)
(23 Majors)
- [College of Business Administration](#)
(8 Majors)
- [College of Education](#)
(20 Majors)
- [College of Engineering](#)
(7 Majors)
- [University College](#)
(1 Major)
- [College of Liberal Arts](#)
(27 Majors)
- [College of Nursing & Allied Health](#)
(6 Majors)
- [College of Sciences](#)
(21 Majors)

Being a College Parent

Starting college is an exciting and sometimes daunting experience for every student, whether they like to admit it or not. Freshman year is finally the time where we give our children the reins to their own lives, with some supervision. Unfortunately, letting go is often harder for parents than it is for students.

- **Information:** Busy college students tend to minimize the amount of information they share with their parents. Accordingly, parents turn to the university to inquire about their child’s progress. Unfortunately, as our students are typically over the age of 18 UL Lafayette is mandated by federal laws such as [FERPA](#) and [HIPAA](#) to protect the privacy of its students, even from their parents. Though the university does all it can to assist parents it tends to be a frustrating situation for them. Talking to your child will always be the most direct way to know how they are doing in school.
- **Altercations:** Your child will face many altercations in college, whether it be with a teacher, a classmate, a roommate, or a friend. The best way to help them learn how to deal with these situations is to support them from afar. The UL campus provides numerous resources to help students in each of these types of situations. Allowing them to learn how to resolve conflict at the beginning of college will be one of the most important skills they will need for the rest of their degree.
- **Grades:** The type and amount of information students are tested on in college is considerably more difficult and comprehensive than in high school. It takes time and experience to learn the appropriate study and test taking habits students need to succeed. Don’t be alarmed if grades aren’t exactly what they were in high school in the beginning. Offices such as the [Academic Success Center](#) specialize in helping students adjust to the academic difficulty of college.
- **Maturity:** Remember that development takes time. Professor Marshall Duke of Emory University produced an informative [video](#) on parenting college students where he stresses that freshman are not quite college students, merely high school students in college. They will act much like they did in high school and make many of the same mistakes. It won’t be until somewhere in the sophomore year that you see intellectual changes in your child, where they are mature enough to face college as a true adult.

College is a time of change for students and parents. The Office of First-Year Experience (OFYE) is here to help both you and your child make the transition. For additional material, please read the Washington Post’s [9 tips on how to be a good college parent](#).

Top University Spots to Check Out

1. Student Union
2. Cypress Lake
3. Welcome Wall
4. Century Oaks
5. Dr. Stevens Memorial
6. Martin Hall
7. Walk of Honor
8. Quad Fountain
9. Pillars of Excellence
10. Echo Chamber
11. Dupré Library
12. Ernest Gaines Center
(Inside Dupré Library)
13. Trébuchet
14. Beau Soleil Home
15. Girard Park
16. Twin Towers Memorial
17. Hilliard University Art Museum
18. Red Zone Store
19. Bourgois Hall
20. Lamson Park
21. Greek Row
22. "Tigue" Moore Field
23. Cajun Field
24. LITE Center
25. National Wetlands Research Center

Locate these iconic locations on the university maps below!

[Main Campus](#)
[University Common](#)

Numbers 1 - 17 are accessible by foot, however we suggest using a personal vehicle for Numbers 18 - 25.

From Parenting to Partnering

Partnerships of learning are an important part of the message we give to students and parents during our annual New Student Orientation programs. The idea of a partnership, that we all have a joint interest in the success of our students, is an important one for parents to think about as your son or daughter begins their first week of classes at UL Lafayette. How will you partner with your Ragin' Cajun, as well as with our university, to ensure that your student has optimal academic, social, and personal success during their time here? Parent Perspectives is part of the university's commitment to partnering with parents of our students for their success. Our monthly newsletter will aim to give you timely information on the university, your student's adjustment, and insights into how you can be a partner with us to ensure a positive experience for your son or daughter. Contact us at any time with your thoughts, comments, questions or concerns by [email](#) or phone at 337-482-6599. During the first few weeks of school, it is important to ensure that your child is achieving balance. Ask them about their time management skills, what organizations they are getting involved in, and how much sleep they are getting. For every 3 credit hours in which they are enrolled, encourage them to spend at least 5 hours per week reading, studying, and completing assignments. Students who are most successful completing a full-time course load spend 20-30 hours a week on homework, reading, and studying for tests.

The Red Dot Discount

The [Red Dot Discount Program](#) was created to help students become more aware of the many businesses that support the University of Louisiana at Lafayette and its students, by offering discounts and/or special offers. The Red Dot Discount Program is a partnership between community businesses and the UL Lafayette [Student Government Association](#). The partnered businesses give students and faculty a discount for products or services. In turn, the Student Government promotes and advertises for the company. It's a win-win situation for all parties involved. To receive a discount, the student must show his/her current identification card ([Cajun Card](#)). Without their current I.D. card, students WILL NOT receive the discount specified in the contract. For a list of all businesses in Red Dot partnership, please [click here](#). Encourage your son or daughter to visit these business to save money and to support the local community!



August 2016

Page 5

2016 Soccer Home Schedule

Aug 21: Alcorn State
Aug 28: Southern Miss
Sept 2: Lamar
Sept 4: Southeastern LA
Sept 9: McNeese State
Sept 16: Georgia State
Sept 18: Little Rock
Sept 30: Texas State
Oct 7: Arkansas State
Oct 16: ULM

2016 Football Home Schedule

Sept 3: Boise State
Sept 10: McNeese State
Sept 17: South Alabama
Oct 12: Appalachian State
Nov 5: Idaho
Nov 26: Arkansas State

2016 Volleyball Home Schedule

Aug 30: Northwestern State
Sept 2: Air Force
Sept 3: Alabama A&M
Sept 3: Nicholls State
Sept 6: McNeese State
Sept 23: Georgia State
Sept 24: Georgia Southern
Oct 5: Southeastern LA
Oct 8: ULM
Oct 14: Arkansas State
Oct 16: Little Rock
Nov 4: Troy
Nov 6: South Alabama
Nov 11: UT Arlington
Nov 12: Texas State

TOPS Workshops

If a student has been awarded TOPS, it is mandatory to attend a TOPS Information session. During Cajun Connection, there was a TOPS Session offered; if a student attended that session, they will not need to go to an additional session. For more information, [click here](#). All first-time freshmen receiving TOPS must attend a TOPS Workshop in the fall semester. Choose one 30 minute session to attend. All workshops are located in 103 Moody. Below is the TOPS Sessions schedule:

Friday, September 23: 11 am, 11:30 am

Monday, September 26: 11 am, 11:30 am, 1 pm, 1:30 pm, 2 pm, 2:30 pm, 3 pm, 3:30 pm

Tuesday, September 27: 11 am, 11:30 am, 1 pm, 1:30 pm, 2 pm, 2:30 pm, 3 pm, 3:30 pm

Wednesday, September 28: 11 am, 11:30am, 1 pm, 1:30pm, 2 pm, 2:30 pm, 3pm, 3:30 pm

Thursday, September 29: 11 am, 11:30 am, 1 pm, 1:30 pm, 2 pm, 2:30 pm, 3 pm, 3:30 pm

Support Your Cajuns

You can support your son or daughter and the University of Louisiana at Lafayette by wearing red each Friday! Encourage your son or daughter to wear red on Fridays as well. It shows support for our university.

Still need that Ragin' Cajun gear? Check out the wide array of apparel available at the [University Bookstore](#). Bookstore locations include the Student Union, the Tent on St. Mary Blvd., and the Red Zone on Johnston Street.



Direct Deposit Information

Get your student's financial aid refunds and work study paycheck FASTER by setting up DIRECT DEPOSIT. If your student uses checks, he/she needs a voided check that is preprinted with their name on it. If your student doesn't use checks, you can get the bank to give you a DIRECT DEPOSIT FORM that has the student's name, the type of account (checking or saving), routing number, and account number on bank letterhead. The account MUST be in the STUDENT'S name. No starter or temporary checks and no accounts in the parent's name. Drop off at the Student Cashier/Disbursement Center in the Student Union, Room 135. For more information on direct deposit, [click here](#), or call 337-482-6367.

August 2016

Page 6

2016 Family Weekend Schedule

Friday, September 16

7:30 a.m. - 6 p.m. | The Ragin' Cajuns Store will be open
10 a.m. - 7 p.m. | Check-in & pick up your Family Weekend Schedule
10 a.m. - 5 p.m. | Visit the Paul and Lulu Hilliard University Art Museum
11 a.m. - 1 p.m. | Tour the Student Athlete Performance Center*
1 p.m. - 3:45 p.m. | Academic Showcases
4 p.m. - 5 p.m. | Alumni Panel
5 p.m. - 6 p.m. | President's Reception
6 p.m. - 8 p.m. | Dinner on your own / Downtown Alive
7 p.m. - 9 p.m. | Ragin' Cajuns Soccer vs. Georgia State*
8 p.m. - 10 p.m. | Family Activity Student Union
8 p.m. - 10 p.m. | Movie

Saturday, September 17

8:45 a.m. - 1:30 p.m. | McIlhenny's Tabasco Tour *
9 a.m. - noon | Paddle the Martin*
10 a.m. - 5 p.m. | Visit the Paul and Lulu Hilliard University Art Museum
11:30 a.m. - 1 p.m. | Jazz Brunch*
1 p.m. - 3 p.m. | Explore Lafayette
11 p.m. - 3 p.m. | Ragin' Cajuns Soccer vs. University of Arkansas Little Rock*
2 p.m. - 5 p.m. | Family Weekend Tailgate*
6 p.m. - 9 p.m. | Ragin' Cajuns Football vs. South Alabama*

Sunday, September 18

9 a.m. - noon | Church Services
11:30 a.m. - 1:30 p.m. | Jazz Brunch*

*registration or fees required

Family Weekend

The purpose of [Family Weekend](#) is to give incoming freshmen as well as their parents a sense of belonging in the Ragin' Cajun family. Family Weekend, held September 16-18, 2016, is a great way to get parents on campus and involved in some of the same activities as their kids in college. The university will be offering a host of events including the President's reception, academic showcases, a movie night, Jazz Brunch, and a walk through the [Hilliard University Art Museum](#)! Other off-campus events include a tour of the Athletic Performance Center, a tour of Tabasco Pepper Sauce factory on Avery Island, and a chance to kayak the swamps and bayous at Lake Martin. All events will lead up to the Ragin' Cajun football game against the [South Alabama Jaguars](#), and a family tailgate will be held before—all at Cajun Field! Other events offered by the City of Lafayette that weekend include [Downtown Alive!](#), the [Lafayette Farmer's Market](#), and the [Hub City Farmer's Market](#). In addition, there will also be time for you to explore Lafayette on your own—maybe stop by your student's favorite places around town or find something new. There is always plenty to do around Lafayette, a lot for free! For more information about Family Weekend, please [click here](#)!



Photo: Kayaking
Lake Martin.
Tyler Berard,
ULL Class of '16



Avery Island



**Registration Deadline
Monday,
September 12**

Hurricane Preparedness

In the event a hurricane or tropical depression should hit campus, the university does have a preparedness plan in place. Information on that plan can be located through the [Office of Environmental Health & Safety](#). Additionally, we encourage all students, faculty, staff, and parents to sign up for Emergency Notification System (ENS) to get notifications directly to your phone or email. This includes UL closures, hurricanes, and more. To sign up: [click here](#).

Contact the ULPD

Bittle Hall
210 Hebrard Blvd
Phone: 337-482-6447
Emergency Hotline:
337-482-2222
[Department Website](#)
ulpolice@louisiana.edu

Student Safety Is A Top Priority

When you send your child to college, you trust us to provide them with a quality education and numerous positive experiences. What is also expected, but not discussed enough, is the safety and security you expect for your child. The University of Louisiana at Lafayette maintains a 40-member police force which resides on campus, independent of city law enforcement. This police department provides for the peace, safety, and security of persons and facilities affiliated with the university campus.

Though an independent task force, the [UL Lafayette Police Department](#) works closely with the Lafayette Police Department through a partnership called the [City and University Service Program](#) (CUSP).

Through this cooperation, both departments share officers and information regarding the security of both university and city areas that fall within a one mile radius of campus. This allows for quicker response times not only on campus, but to a large portion of the off-campus college housing district.

Beyond emergency response, the UL Lafayette Police Department heads the majority of preventative measures around campus. The department has continuous patrols of campus with both uniform and plain clothes officers. 51 [emergency call centers](#), denoted by a blue light, are scattered throughout campus. These centers directly link any call to the ULPD. They also operate the [Emergency Notification System](#) (EMS). This system allows your child to sign up through his or her [Ulink](#) account, and in the event of an emergency receive notifications and safety tips by phone call and text. Another cellular function is the [Guardian Mobile Safety App](#), which turns any cellphone into your student's own personal safety device. A third measure in place is the [See Something. Say Something](#) initiative. The ULPD asks any person who witnesses an incident or suspects a dangerous situation to call in to the university [Crime Stoppers Tip Line](#). All information gathered through this line will remain anonymous.

The ULPD is located in Bittle Hall on Hebrard Blvd and remains open 24 hours a day. In accordance with the [Jeanne Clery Act](#), the ULPD publishes all crime information associated with the campus under the [Daily Crime & Fire Log](#). They also partner with the [Office of University Housing](#) to provide educational sessions on how to recognize and avoid potential situations involving crime and sexual assault.

For more information, please watch the UL Lafayette P.D. [Campus Safety](#) video or contact their department by email at ulpolice@louisiana.edu, or by phone at 337-482-6447.

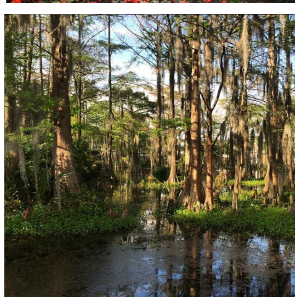
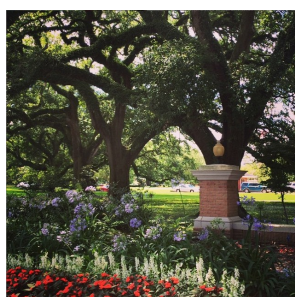
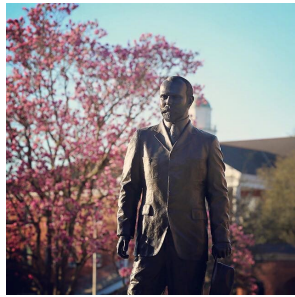


August 2016

Semester Preview

- 1) Celebrate the closing of Welcome Week at the Block Party.
- 2) Officially get to know UL Lafayette and its students at Cajun Connection.
- 3) Join your school mates in giving back to the community on Oct 22 through The Big Event
- 4) Learn about different cultures during International Education Week.
- 5) Keep an eye out for School of Music faculty and students who play music around campus.
- 6) Root for the Ragin' Cajuns during 10 home soccer games, 6 home football games, and 15 home volleyball games.
- 7) Watch as the UL Lafayette Water Ski team tries to make it to the National Championship in consecutive years.
- 8) Celebrate Homecoming events the week of Oct 31-Nov 5.
- 9) Explore possible career paths and maybe even find a part-time job at the Career Fair.
- 10) Kick off the Christmas season with Sneaux Day hosted by UPC.





In Theory – Reflections on the University Experience

Going to college for the first time is a magical adventure where individuals blossom from children into young adults. They are given the chance to truly go out and experience the world on their own. Unfortunately, you as their parents realize that the world is not always a beautiful and fair place. As such, for parents it can be hard to watch them leave home and move on to a different part of their lives. The great Chinese philosopher Lao Tzu said that only when we let go of who our children are do they have the opportunity to become who they will be. You may not want to release them into the harsh reality of the world, but to deny them that opportunity is to deny them the chance to become who they are meant to be.

The staff of the Office of First Year Experience is here to serve as the intermediaries between the structured life of high school and the tempting freedoms college has to offer. We work with entities like the UL Lafayette Police Department, Student Health Services, Academic Success Center, Career Services, and Student Engagement & Leadership to offer freshman all the support they could need while also allowing for that freedom to explore. When they fall, we are here to help them back up and get them right back on the track to success. The ability to do this and watch our freshman grow through college, graduation, and becoming model citizens in our community is what we take pride in.

We know that this process of letting go is not easy; many of our staff members are parents of college students themselves. But we believe in the process, and we believe in the product of that process. In order to facilitate the change we wish to see in our college freshman, we must learn to let go and watch our beautiful flowers blossom. In the words of the German poet Herman Hesse, “some of us think holding on makes us strong; but sometimes it is letting go.” OFYE is here to serve the freshman of the University of Louisiana at Lafayette, but we are also here to serve you, their parents. We are here to support you and your child as you both say goodbye to one way of life, and usher in a new one. Thank you for your support of the freshman experience at the University of Louisiana at Lafayette and Geaux Cajuns!

Phillip C. Arceneaux

2014-2016 Graduate Assistant
Office of the First-Year Experience