



UNIVERSITY of
LOUISIANA
LAFAYETTE®

**Office of First-Year
Experience**

**Parent Newsletter
November &
December 2018**

ONE SEMESTER DOWN!

The end of the Fall 2018 semester is upon us and your first-time freshman is probably exhausted at the end of their first semester in college. It is a big adjustment from high school, as well as a lifestyle change. They have endured a long 14 weeks of lectures, quizzes, assignments, presentations, and group projects, and they still have finals.

When they return home, they might be quite a different person than who they were just 4 months ago in August (expect an exhausted student when they arrive home for their extended stay during the winter break). They will need and appreciate sleep, and want to be allowed to just relax for a couple of days. Be sure to inform them of any family plans in advance so that no surprises interrupt their time to unwind.

Listen and communicate. One of their critical needs at this point is care and comfort that can only be offered by family. They might be reserved with telling you their stories and their experiences, but ask them to share. Be supportive and assuring.

As you know, course grades will be submitted after finals week. While some students may be ecstatic to receive their grades, others may not be. Sometimes changing their major may be necessary if your student is unhappy with where they are. Finding their interests is part of the process that each college student goes through, and choosing a major that they are passionate about is one of the keys to future success.

Enjoy your time with your student during the winter break!

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U L L A F A Y E T T E

HOLIDAY OFFICE HOURS

CLOSED: FRIDAY, DECEMBER 14, 2018 @ 12:30PM

RE-OPENS: WEDNESDAY, JANUARY 3 @ 7:30AM

FINALS ARE SOON

Your student, if at risk, has already received their second [Grade Check](#) of the semester.

The next grade they receive will be the final grade that will count towards their GPA. With just a few weeks left of the semester, it is still important for your student to be diligent in their studies.

Final projects will be due – many of which might make up a large portion of the grade for that class. Final Exams are approaching quickly; they are the last week of the semester. Click here to see the [Fall 2018 exam schedule](#).

After Thanksgiving break, your student has only a week of classes left before Final Exams. Encourage your student in these last few weeks to plan their time well and seek out assistance from both a tutor and their professors. It is important for your student to spend their time studying.

In planning for Final Exams, it is important for your student to remember to eat healthy, exercise, and get sleep. Planning their time will enable your student to achieve a level of healthy stability during a stressful time. [Here are twelve tips to help your student get a handle on Final Exams](#).

Also keep in mind that the Academic Success Center offers [individual tutoring](#), [study groups](#), [supplemental instruction](#), and [online tutoring](#) to all students, and that the best time to make use of their help is before students realize they need the help. If you have noticed your student is struggling in some area, please encourage him/her to contact the Academic Success Center by phone at 337-482-6818 or by email at asc@louisiana.edu.

FALL & SPRING CALENDAR

November 22-23
Thanksgiving Break

November 28-December 2
Dead Days

November 30
Last Day of Fall Classes

December 3-7
Final Exams

December 7
Semester Ends

December 14
Fall Commencement

January 9
Deadline to Pay Tuition

January 16
Classes Begin

January 21
MLK Day (Offices Closed)

January 23
Last Day to Add/Drop Class

March 4-6
Mardi Gras Break

March 13
[Majors & Minors Fair](#)

March 18-29
Advising Session

April 22
Last Day to Drop with a "W"

April 15 - April 19
Easter/Spring Break

May 1 - May 5
Dead Days

May 3
Last Day of Classes

May 6-10
Final Exams

May 10
Semester Ends

[UL Events Calendar](#)

ACADEMIC PROBATION: WHAT DOES IT MEAN?

Academic Probation occurs when a student's cumulative grade point average (GPA) is below a 2.0. A student may attend the University while on academic probation, but with the following stipulation: **they must earn a 2.0 semester or better GPA.** This means that a student who is placed on probation at the end of the Fall 2018 semester must earn a 2.0 GPA for the Spring 2019 semester.

If on academic probation, your student will remain on probation until a cumulative grade point average of 2.0 or better is achieved. When your student has earned a cumulative grade point average of 2.0 or better, he/she will be placed in academic good standing. If your freshman student is on Academic Probation after this Fall semester, they are **required** to enroll in the class: ACSK 100, Fundamentals of College Learning.

If your student is put on academic probation, they will be contacted by the University through their [UL email](#). For more information contact the [Academic Success Center](#), or email asc@louisiana.edu.

FERPA: FAMILY EDUCATIONAL RIGHTS & PRIVACY ACT

The [Family Educational Rights and Privacy Act](#) of 1974 (sometimes referred to as the Buckley Amendment) was designed to protect the privacy of educational records and to establish the rights of students to inspect and review their educational records. It also provided control over the release of educational record information. The original intent of this legislation was to keep elementary and high school records private and to give parents access to their student's school records.

Once a student turns eighteen, or attends school beyond secondary school, the rights of access to the student's records transfer to the student. This means that all academic information regarding your college student goes directly to the student unless the student has given specific, written permission to release that information to someone else. The exception to this law occurs if parents document in writing that the student is still claimed as a dependent for income tax purposes. The college may require you to submit your most recent tax forms in order to support this claim.

What does FERPA mean for you as a college parent? Generally FERPA rules mean that student academic information such as grades or academic standing (GPA, academic transcript, academic warning, academic probation, or discipline records) will be given to the student and not to the parents. College students are considered responsible adults who may determine who will receive information about them. College representatives are prohibited from discussing information about the student's academic record with parents. [Click here to read "What FERPA Means for You and Your College Student."](#)

ACADEMIC PROBATION

FERPA



UNIV 100 students toured the Hilliard University Art Museum in September.

MAJOR

QUICK TIPS FOR PARENTS OF UNDECIDED STUDENTS —

The career development process can be brand new to most UL Lafayette students when they arrive on campus and the options and pressure can be overwhelming. As your student

begins to explore and establish their major goals and career interests, here are a few ways you can help and support your student to keep healthy in today's hectic world:

1

Encourage them to visit the Major & Career Exploration Center in Career Services that provides:

- [Career assessments](#)
- [Major & career individual meetings](#)
- [Career planning guidance](#)
- [Majors fair](#)
- [Career fair](#)
- [Workshops and seminars](#)

2

Be there:

- Talk to them about their interests, skills, and values.
- Listen to what your student might be considering and try to be receptive to hearing what makes their considerations compelling.
- Help them recognize their strengths and career possibilities without letting your personal biases carry much weight.

3

Foster connections:

- If you know someone in a field related to their interests, mutually facilitate an informational interview or "shadow day."
- Inspire them to investigate majors and careers based on their strengths.

[CAREER SERVICES](#) | [MAJOR & CAREER EXPLORATION CENTER](#)

337-482-1444 | EXPLORE@LOUISIANA.EDU

MAJORS OFFERED AT UL — With over 70 undergraduate majors, UL Lafayette provides as much educational diversity as possible in order to not only provide our students with the skills they need to enter the work force but the chance to follow their passions wherever they lead.

- [Majors by alphabetical order](#)
- [Majors by college](#)
- [Majors by interest](#)

WHAT CAN I DO WITH MY MAJOR? —

Whether your student is exploring multiple majors or searching for information about their chosen field, this site will help them connect majors to careers. Learn about the typical career areas and the types of employers that hire people with each major, as well as strategies to help make students more marketable. Encourage your student to research majors and careers. [Click here to see what your student can do with his/her major.](#)

DOUBLE MAJOR OR ADD A MINOR? — One reason

your student may decide to double major is because they are having difficulty deciding on a single major in which they are interested or there may be difficulty in narrowing their choices down to one major. Whether double majoring is a good choice or not depends on the student and their reasoning for double majoring.

MAJOR

Your student will want to be sure to gather all of their information before making a decision to double major. Double majoring will require a lot of work, coordination and time management. Keep in mind that it is possible that completing two majors may add extra time to your student's college career. It will probably also involve summer classes or winter intercession classes. Your student will need to consider whether that extra time is worth it and whether it is financially feasible. Because of the extra work involved in a double major, and the potential sacrifices involved, one should be completely committed to the decision.

Your student should speak with their academic advisor about all of the requirements involved in double majoring. They should also discuss whether or not the same thing can be achieved with one major and one minor. Your student also might talk to several professors in the chosen fields of study. This will help the student to understand what the professionals in the field will be looking for in a college graduate, or what graduate schools will want to see on a transcript. Participating in some informational interviews with people working in their chosen field might also help your student in making the decision. Weighing the advantages and disadvantages, your student should consider their reasons carefully and honestly. An informed decision requires knowing the reasons, the pros and cons, the implications and sacrifices, and the potential benefits. For more information, read ["4 Decisions to Make About a Double Major."](#)

DOUBLE MAJOR. DOUBLE TROUBLE. — To [Double Major](#) means your student will complete two majors in one baccalaureate program. This means that when your student graduates they will have one bachelor degree, but comprised of two fields of study. To earn a degree as a Double Major, the student is required to complete all requirements of their primary degree program. In the secondary degree program, the student is required to complete all major courses (including all pre-and- co-requisites and other designated courses). More information can be found in the [UL Lafayette Online Catalog](#), or via a representative in the [Academic Success Center](#). You may also see the [student resources page](#) for academic strategies and topics. Read ["Does it Pay to Double Major?"](#) by the Wallstreet Journal.

A MINOR — The University offers students a wide variety of minors that enrich their course of study while completing their undergraduate degree. Minors may expand a student's knowledge and skills in an area that increases preparation for a particular career. Other students may choose to enroll in a minor simply to learn more about an area of personal interest. One of the most popular minors offered by the university is a [Leadership Studies minor](#). The Leadership Studies minor became available in Spring 2014, and is available to students of any major. The minor was student-developed with the goal of creating well rounded students who can communicate effectively. Freshmen wishing to declare a minor must go to Academic Success Center in Lee Hall, room 115. [Click here to see a full list of minors offered at UL Lafayette.](#)



Freshmen students attended the UL Career Fair in September.

PARENT ADVICE

FROM PARENT TO PARENT —

Here is some advice from parents to parents to help you and your student get through the months of November and December.



"The first semester will be a wake-up call to students. No one will make sure they get to class on time, or tell them they need to study. They will figure it out as they become more responsible and self-confident."



"It is difficult to let go, but in the end it is worth it. Students at UL get amazing support!"



"Don't hesitate to ask questions or contact UL Lafayette employees whether via phone, email, snail mail, or personal visit."



"Help your student de-stress. Don't add to their stress. Give them opportunities over the break to do fun, relaxing things with you."



"Give them space, listen (let them talk) and encourage, encourage, encourage!"

FINANCIAL AID

FOCUSING ON FINANCIAL AID — [Satisfactory](#)

[Academic Progress \(SAP\)](#) is the term used to denote a student's successful completion of coursework toward a degree. Students who fail to achieve minimum standards for grade point average

(GPA) and completion of classes could lose their eligibility for all types of federal and state aid (includes grants, work-study, Direct, PLUS and Perkins loans). For further information please visit the [Office of Financial Aid](#) website. [Click here to see how the SAP evaluation affects your student.](#)

TOPS — To maintain TOPS eligibility, a student must earn a cumulative Fall GPA of a 2.0 and be registered as a full-time student by the 15th class day of the Spring semester.

***NEW* FINANCIAL EDUCATION COURSES —** We're here to give your student a leg up on their financial education via an online program called [Financial Avenue](#). The idea is to provide your student with smart resources to help demystify the world of personal finance. Trust us – getting a handle on money doesn't have to feel overwhelming or restrictive. With the Money Mascot, the Knowl, as your trusty guide, your student will have access to **ten short online finance courses**, with videos, interactive tools, and customized action plans at the end of each course.



COURSES — College & Money, Debt & Repayment, Earning Money, FAFSA, Credit and Protecting, Foundations of Money, Future of Your Money, Loan Guidance, Psychology of Money, Spending & Borrowing

Your student can **get started by signing up your FREE private account at [FinancialAvenue.org](#)**. Click the "Login" link at the top of the page to sign up as a student with their UL email address. The access code to sign up is **xg4d62**.

Follow the Knowl at @MoneyKnowl and #Knowl. He'll be sure to make it worth your while by sharing tips, resources and strategies to help your student become a Money Mastery Ninja.

PARKING PERMITS —

If your student parks on campus via a parking permit, whether residential or commuter, access to purchasing all parking permits for the Spring 2019 semester will be made available through [Ulink](#). Students will purchase permits identical to those they purchased at the beginning of the Fall 2018 semester. Should you have any questions regarding on-campus or commuter parking, please contact the [Office of Transportation Services](#) directly by phone at 337-482-6858 or by email at parking@louisiana.edu. [Click here to see the residential parking zone maps](#).

HOUSING APPLICATION — The Housing Online Application is available for the Academic 2019-2020 school year.

- The 2019-2020 Housing Application can be found on your student's ULINK account. Specific instructions will be available through a portal guide available on the [housing website](#).
- Housing offers Roommate Groups which gives the student the flexibility to pick their roommates and select a room preference.
- The sooner a student signs up for housing, the better chances they will have of selecting their desired room type.
- Please note that housing on campus requires entering a 10-month legally binding contract with UL Housing that runs continuously from August through May. It is not required for students to move out over the Winter break.



DINING — Meal plans for students who live on campus will auto-default onto their fee bill for the Spring 2019 semester. Commuter students who wish to purchase a meal plan may do so by logging into ULink and following the commuter meal plan links found in the Housing Portal. Should you have any questions or concerns please contact Campus Food Services directly at (337) 482-2871 or by email at campusfoodservices@louisiana.edu.



CAMPUS RESOURCES

[CAMPUS MAP](#)

Academic Success Center
Lee Hall 115
337-482-6818
asc@louisiana.edu

The Writing Center
H.L. Griffin Hall 107-108
337-482-6447

Counseling & Testing Center
Saucier Wellness Center
O.K. Allen Hall
337-482-6480
counseling@louisiana.edu

Office of Disability Services (ODS)
Agnes Edwards 126
337-482-5252
ods@louisiana.edu

Student Support Services
DeClouet Hall 106
337-482-6828
specialservices@louisiana.edu

Student Affairs Division
Martin Hall 211
337-482-6266
studentsaffairs@louisiana.edu

CALCULATING GPA — A grade point average is calculated every semester as well as cumulatively after a student has more than one semester of academic history. To calculate a semester GPA, first assign quality points to the course grade, and then multiply the total quality points by the total graded credits. Divide the new total by the total number of credits. Quality points are assigned to grades as follows: A = 4, B = 3, C = 2, D = 1, F = 0. **There is also a GPA calculator on ULink for students!**

Course	Grade	Hours	Quality Points
UNIV 100	A	3	12
ENGL 101	B	3	9
HIST 101	A	3	12
MATH 105	C	3	6
		12	39

Calculate Semester GPA average – $39/12 = 3.25$

ACADEMIC REMINDERS

Important Spring Dates

Payment Deadline:
Wednesday, January 9

Classes Begin:
Wednesday, January 16

Last Day to Add/Drop Class:
Wednesday, January 23

ACADEMIC PROBATION CLASS — ACSK 100: Foundation of College Learning:

The University of Louisiana at Lafayette will facilitate a 1 credit hour course focusing on essential academic techniques for all first-time freshmen on probation in Spring 2019. We, at the University, believe that many first-time freshmen on academic probation are capable of making minor changes that will have a big impact on their academic success. The purpose behind this class will be to equip those students with new study strategies, develop time management skills, and check on their academic progress throughout the semester. As per University policy, probation status is defined as any student with a cumulative GPA below a 2.0. All first-time freshmen on probation are **required** to enroll in **ACSK 100: Foundation of College Learning** for the Spring 2019 semester. Students can check section availability via ULink and will be required to self-register under “Register for Classes”. If you have any questions regarding ACSK 100 and how your student can register, please contact academicprobation@louisiana.edu.

WANT TO CHANGE YOUR MAJOR? — It is not uncommon for students to realize during their freshman year that they are in what feels like the wrong major. Don’t worry, your student is not alone! Freshmen can change their major in the Academic Success Center (ASC) in Lee Hall, room 115. If your student is unsure, they should visit ASC to schedule a meeting with an academic advisor to review possible options.

ACADEMIC STATUS — Students are required to maintain a minimum overall GPA of 2.0. Students who earn less than a 2.0 overall GPA will be placed on academic probation. While on academic probation, students must maintain a 2.0 semester GPA to avoid being placed on suspension. The complete policy is available in the 2018-2019 University Catalog.

COURSE SCHEDULE ADJUSTMENT PERIOD — If your student is looking to make changes to their Spring 2019 schedule, changes can still be made. The Schedule Adjustment Period allows students to add and drop classes on their class schedule through the 5th day of class (3rd day for summer session). After that time, students may not drop or add classes through ULink. Final tuition and fees owed will be based on the registered hours at the end of the Schedule Adjustment Period. Students should always review eligibility requirements for their classes. Course requirements are listed in the 2018-2019 University Catalog (catalog.louisiana.edu).

YOUR STUDENT IN NOVEMBER & DECEMBER —

END OF SEMESTER STUDENT

During the months of November and December, students will be anticipating the holidays and may get caught up with excitement. It is important to encourage your student to keep an eye on their academic finish line! Academically, students will begin to understand final exam expectations and they should begin finalizing final projects.

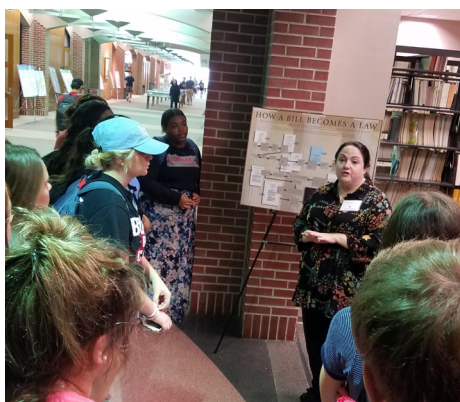


As parents, here are a few things that you can do to help them:

1 FINAL EXAM PLANNING — Encourage your student to make a final exam and study schedule. This will help them to plan ahead and avoid cramming at the last minute. Time management is something that students, especially freshmen, struggle with—encourage your student to know deadlines and final exam schedules for each scheduled class.

2 PERSONAL HEALTH — Encourage your student to take care of their personal needs. Returning from Thanksgiving break brings the start of finals and they may lose sleep, neglect nutrition needs, and fail to exercise, which does not lead to your student being productive. [Click here to read an article on how to help your student with their personal health.](#)

3 FAMILY TIME AGAIN — Your student may go home for the holidays. This could cause unexpected stress for you and your student as your student is used to being independent. Keep this in mind over the holidays to allow your student to keep their new independence. [Click here to read an article with conversation starters for the Thanksgiving table!](#)



UL LIBRARY — If your student hasn't already found their perfect "study spot," encourage them to visit Edith Garland Library (pictured above), located right in the heart of campus on St. Mary Street. The library is bustling every day with thousands of students who go to take advantage of the many services. Students can even request a tour of the library (pictured above). Library services include:

- Knowledgeable librarians
- Computer labs
- Printers
- Large tables for groups
- Private study tables
- Free Wifi
- Jazzman's Coffee Shop
- Copy Machines
- Charging lockers/stations
- Audio/Video equipment
- Individual & Group study rooms
- Extended library hours during finals

Have a question? [Ask a librarian!](#)

Learn more at <https://library.louisiana.edu/>.

FRESHMAN SPOTLIGHT

Freshmen Senators



Student Government Association (SGA) of UL Lafayette has a main purpose to serve the needs of students. SGA is made up of the Executive Branch, the Legislative Branch, and the Judicial Branch. The organization functions as a typical governmental body and seeks to enhance the experience of students at UL Lafayette. Each Fall and Spring semester, elections are held to fill open positions. This Fall, there were four freshman who were newly-elected as Freshman Senators and they have been chosen for the Freshman Spotlight!

From left to right (in the photo above) the Senators are:

Ashton Fremin: Chemical Engineering

Reed Broussard: Public Relations

Bethany Sistrunk: Political Science

Armani Mitchell: Kinesiology



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**Office of First-Year
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**Lee Hall 106
230 Hebrard Blvd.
M-TH 7:30-5; F 7:30-12:30**

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337-482-6599**