

August 2015

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RESOURCES

[Writing Center](#)

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

[Computer Labs on Campus](#)

[Counseling & Testing Center](#)

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

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

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



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.



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Fall 2015 Calendar**Aug 12:** Deadline to pay tuition and fees.**Aug 19:** Move-In Day**Aug 20-21:** Cajun Connection**Aug 24:** All Other Classes Begin**Sept 7:** Labor Day**Sept 12:** Freshmen Red Run**Oct 1-2:** Fall Break**Oct 8:** Last day to drop classes with a “W”**Oct 9-10:** Family Weekend**Oct 19:** Academic Advising for Spring 2016 Begins**Oct 24:** The Big Event**Nov 26-27:** Thanksgiving Break**OFYE Staff****Director:**

Dr. Jenny Faust

Assistant Director:

Dana Bekurs

Associate Instructor:

Ericka Haynes

Associate Instructor:

Bridget Hester

Associate Instructor:

Christie Maloyed

Associate Instructor:

Christine Williams

Associate Instructor:

Mike Williams

Follow OFYE on Social Media**What is OFYE?**

The [Office of the 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.

Being a College Parent

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](#)
(22 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)

Starting college is an exciting and sometimes daunting experience to every student, whether they like to admit it or not. Freshman year is finally the time where we give our children the reigns 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. 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](#)

From Parenting to Partnering

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.

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!



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Cajun Connection

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Cajun Connection Recreational Activities

- Intramural Soccer
- Intramural Volleyball
- Comedy Shows
- Ragin' Cajun' Varsity Home Soccer Games
- Open Mic Night
- Movie Night
- Dodgeball Tournament
- Rock Climbing
- Yoga Sessions
- Zumba Sessions
- Greek Yard Show
- Karaoke & Games
- A Wish for Change
- Ragin' Cajun Fan Day
- Back-to-School Bash
- Swamp Party
- Greek Life Info Sessions
- Religious Life on Campus Info Session

Follow OFYE on Social Media



As previously mentioned, helping students successfully transition from high school to college and helping them build a solid foundation for future success in college is the very heart of what we try to do in OFYE. Sadly annual results from colleges around the country continuously show that high school does not adequately provide students with the life skills they need to succeed in college. To offer those preparatory skills OFYE will be implementing a new transition to UL Lafayette program in the Fall of 2015 called [Cajun Connection](#).

Our program is being modeled after one of the most successful programs in the country, the [Gateway Program](#) out of the University of Colorado at Colorado Springs. The idea is to offer incoming freshmen a more one-on-one interaction with UL Lafayette before the remaining 15,000 students arrive on campus. Cajun Connection is a portion of the mandatory [University 100](#) course, and as such your student will be assigned to a group consisting of the same students he or she will be taking UNIV 100 with during the semester. We feel that this will allow students to more adequately transition into the college life through a better understanding of the high level of academic performance the college classroom asks, developing support networks through relationships with classmates and professors, and allowing students to better express themselves through the 115 majors offered at the university.

As part of the UNIV 100 class, Cajun Connection is mandatory in order to pass the class. While most classes start on a Monday, this program will begin on the preceding Thursday, offering two full days of intensive sessions on UL 101, "Learning Strategies," and "Getting It Done!" As UL Lafayette enrolls over 18,000 students, sessions will also be offered on how to recognize, interact with, and respect various kinds of diversity your student may not have been faced with in high school. Beyond academics, more fun and interactive sessions will be offered such as a campus wide scavenger hunt and a health fair at the [Bourgeois Recreation Center](#).

To supplement the academic content of the program, fun and relaxing activities are being planned to follow the course at night and on the weekend. Student panel discussions will be held on topics such as "What to Expect in the First Year" and "10 Things Every Freshmen Should Know." Please view the left hand column for a more detailed list of the recreational activities offered during Cajun Connection. Should you have any questions or concerns regarding your student's involvement in Cajun Connection, please feel welcome to visit our office in Lee Hall 106 or contact by phone at 337-482-6599 or [email](#).



WEAR RED

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.



Follow OFYE on Social Media



Welcome Week

The [University Program Council](#) (UPC), a student organization that plans campus events, hosts Welcome Week, one of the many traditions held during the first week of classes every Fall. It consists of activities meant to greet students as they come back to campus or arrive for the first time. These activities include a Fruit and Donut give-away at the corner of Rex Street and St. Mary Blvd, provided by the university's administration, athletic coaching staff, and student leadership.



Other plans throughout the week include Get on Board Day where

students can learn about campus organizations in the Quad. Students, faculty and staff also get a chance to enjoy Rec Fest at Bourgeois Hall, followed by the annual Block Party. Encourage your student to attend and enjoy these events and to join the tradition that has been around for years and will be for many years to come!

Family Weekend

The [University Program Council](#) (UPC), along with OFYE and the Office of Orientation, also created [Family Weekend](#) to give incoming freshmen as well as their parents a sense of belonging in the Ragin' Cajun family. Family Weekend, held October 9-

10th, 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 a dessert reception, an entertainment show, a movie night, Brunch by the Bayou, and a walk through the



[Hilliard University Art Museum](#)! All events will lead up to the Ragin' Cajun football game against the [Texas State Bobcats](#). Other events offered by the City of Lafayette that weekend include [Downtown Alive!](#), [Festivals Acadiens et Creoles](#), the [Lafayette Farmer's Market](#), and the [Hub City Farmer's Market](#). For more information about Family Weekend please [click here](#)!

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Ragin' Cajun Athletics

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2015 Soccer Home Schedule

- Aug 14: Southeastern
- Aug 21: Sam Houston St.
- Aug 23: Nicholls St.
- Sept 6: Northwestern St.
- Sept 18: Grambling
- Oct 2: South Alabama
- Oct 4: Troy
- Oct 16: Texas State
- Oct 18: Appalachian St.

2015 Football Home Schedule

- Sept 12: Northwestern St.
- Sept 26: Akron
- Oct 10: Texas State
- Oct 31: UL Monroe
- Nov 21: New Mexico St.
- Dec 5: Troy

2015 Volleyball Home Schedule

- Sept 4: Jackson State
- Sept 5: Nicholls State
- Sept 5: Houston
- Sept 8: Southern University
- Sept 25: UL Monroe
- Oct 2: Arkansas State
- Oct 3: Appalachian State
- Oct 16: Georgia Southern
- Oct 17: Troy
- Nov 6: UT Arlington
- Nov 7: Texas State
- Nov 13: Georgia State

The University of Louisiana at Lafayette has experienced immense athletic success in recent years which has helped to cement pride in our institution. Serving as a member of the [Sun Belt Conference](#) since 1991, the Ragin' Cajuns field 14 varsity



teams including: baseball, men's and women's basketball, men's and women's cross country, football, men's golf, women's soccer, softball, men's and women's tennis, men's and women's track and field, and women's volleyball. Lead by coach [Mark Hudspeth](#), the [football team](#) was a conference co-champion in 2013, and has won

the [New Orleans Bowl](#) four years in a row by defeating [San Diego State](#), [East Carolina](#), [Nevada](#), and in-state rivals [Tulane](#). The [baseball team](#), along with head coach [Tony Robichaux](#), recorded the schools' first ever #1 national ranking in 2014

along with winning the conference regular season title. They also won the [Houston Regional](#) in 2015 advancing to Super Regionals for the second year in a row. Coached by [Michael Loteif](#) the Lady Cajuns [softball team](#) has been consistently ranked in the top ten nationally, and appeared in the [Women's College World Series](#)



in 2014 along with winning the conference title. Coach [Bob Marlin](#) and the [men's basketball team](#) won the 2014 Sun Belt tournament title and advanced to the NCAA Tournament Round of 64 to play Creighton University. The Lady Cajuns [basketball team](#) and Coach [Garry Brodhead](#) advanced to post-season play in 2015 and defeated four teams, including in-state rivals [McNeese State](#), en route to winning the [Women's Basketball Invitational](#) title.

All students attend athletic events [for free](#), and we not only ask students to



take advantage of their free admission, but we encourage you as their parents, when possible, to join your student in cheering on the Ragin' Cajuns to victory via student accessible [escort tickets](#). We take pride in our Ragin' Cajun family, and you the parents are just as much members of that family as are our enrolled students. [Join us](#) to celebrate the successes of the UL Lafayette Ragin' Cajuns!

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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](#).

Contact the ULPD

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



Joey Sturm

UL Lafayette
Chief of Police

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.

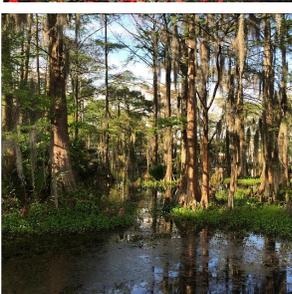
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Semester Preview

- 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 24 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 9 home soccer games, 6 home football games, and 12 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 26-31.
- 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.

Additional information detailing these events can be located by clicking the corresponding picture to the right.





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 the 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
Office of the First-Year Experience