

UL LAFAYETTE

PARENT & FAMILY NEWSLETTER



► FINDING STRENGTH IN STUDY SKILLS

Middle and high school students are typically taught that there are certain ways to study and learn. College though, is a time for students to explore their intellectual strengths and practice study methods that work best for them.

When a student is a **visual learner**, they perform best when viewing pictures, graphs, diagrams, and demonstrations. Visual learners tend to retain information best when they reread notes and texts, color-code their notes, and organize information in an attractive manner. Students who are **auditory learners** best retain information when they hear it.



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The biggest strength for this student is class lecture, where a professor can vocally relay information.

Tactile learners are those students who best learn through physical contact, whether that be writing and rewriting their notes, partaking in role-playing demonstrations, or developing hands-on projects.

Time and **place** are other important variables to consider as your student explores their study habits. Some students find that they focus best in the mornings before class while others feel more energized in the evenings. If your student tends to feel that infamous “[afternoon slump](#),” encourage them to take a break at that time rather than force unproductive study. Students will vary in their preferred study locations as well. Whether it’s a coffee shop, the park, or the silent third floor of [Dupre Library](#), encourage your student to find a space where they can truly get into the study zone.

Challenge your student to mix up their study habits so they can figure out what works best for them.

SPRING 2022 ACADEMIC CALENDAR

(Subject to change)

February 28- March 2

Mardi Gras Holiday

March 14-25

Advising Session

March 31

Last Day to Drop Class with "W"

April 15-24

Spring Break

April 27 - May 1

Dead Days

April 29

Last Day of Classes

May 2-6

Final Exams

May 6

Semester Ends

► ACADEMIC SUPPORT

GRADE CHECK

Student alerts are conducted through the [Student Success Manager](#) (SSM) system*. SSM is a web-based student performance monitoring system that provides automated student services and communication between faculty, students, and support staff. At UL Lafayette, the SSM system is used to notify students at key times throughout the semester if they are at risk of failing a course. If identified by faculty and staff, automated email alerts are sent directly to academically at-risk students' University email with important resources for student success.

*Please note, not all faculty submit grade alerts. It is ultimately the student's responsibility to stay informed of their grades

**SPRING 2022 ALERT
CHECK DATES:**

• **FEBRUARY 14**
• **MARCH 14**

Students should contact the [Academic Success Center](#) in Lee Hall, room 115 immediately if they receive an email identifying them as academically at-risk by their professor in order to set up an Academic Improvement Plan. Additionally, students should take advantage of free tutoring and peer academic coaching on topics such as: time management, note taking, and study tips provided by [The Learning Center](#). Students may also use SSM to help streamline questions they may have about tutoring, scholarships, financial aid, or just getting help in general.

PEER ACADEMIC COACHING

The Learning Center (TLC) offers [Peer Academic Strategies Coaching](#) to undergraduate students.

Peer academic coaches are available to meet with students to review a variety of academic topics including time management, goal planning, note taking, study strategies, and test taking. Peer academic coaches are not able to assist with course specific concepts, rather they are available to provide general advice focused on academic success strategies. Students seeking assistance with course concepts can schedule time with a peer tutor.

Along with peer tutoring and Supplemental Instruction, peer academic coaching is a free service.

Students interested in meeting with a peer academic strategies coach are encouraged to [schedule an appointment by contacting TLC](#).



► STUDENT HEALTH

SUICIDE PREVENTION

Suicide is one of the leading causes of death among college students nationwide. Parents and family play an important role in suicide prevention by recognizing the symptoms and getting their student help. It is important to regularly communicate with and speak to your student about their friends, classes, and weekend activities. When talking to your student, listen for symptoms of depression, anxiety, stress, or grief.

The number one cause of suicidal tendencies is depression, however, there are other mental health issues that may cause suicidal tendencies. Any combination of depression, anxiety, stress, or grief may cause your student to experience suicidal thoughts and tendencies.

Symptoms of suicidal tendencies include but are not limited to:

- **WITHDRAWAL FROM FRIENDS OR ACTIVITIES**
- **DRASTIC CHANGES IN BEHAVIOR OR MOOD**
- **PREVIOUS ATTEMPTED SUICIDE**
- **NEGLECTING PERSONAL APPEARANCE**
- **IRRATIONAL OR IMPULSIVE ACTIONS**
- **FEELINGS OF HUMILIATION, FAILURE, SHAME, ETC.**

Symptoms of depression may include low motivation level, avoiding friends, changes in eating or sleeping patterns, unpleasant negative thoughts, or loss of energy. Symptoms of stress, anxiety, and grief can be manifested physically, emotionally, or in behavior.

If you are concerned for your student, or suspect they are experiencing grief, stress, or anxiety, speak with your student about your concerns and make them aware of assistance available both on and off campus. For on-campus resources, the [Counseling and Testing Center](#), located on Hebrard Blvd., provides free and unlimited professional assistance to students. For additional information or assistance with getting your student help, please call the [Counseling Center](#) or the [Dean of Students Office](#).

The [Jacob Crouch Suicide Prevention Services](#) consists of local suicide awareness and prevention education programs as well as survivor support groups. For additional information for parents and family members, including risk factors, warning signs, do's and don'ts, and other local resources, please [click here](#).



OTHER IMPORTANT RESOURCES

[National Suicide Prevention Line](#) - 1-800-273-8255 (Talk)

[Crisis Text Line](#)- text "Home" to 741741

[Crisis Connection Center](#) - 337-232-4357 (Help) or 337-205-6010

[National Alliance on Mental Illness \(NAMI\) Acadiana](#)

► CAREER

PART-TIME JOBS IN COLLEGE

An important preparation for life after college is gaining practical experience in the work force! A large majority of students in college hold part-time jobs ranging anywhere from 5 to 20+ hours per week. Whether your student is looking to gain knowledge of the working world or simply have some extra spending money, having a job is an important aspect of college life.

The [Office of Career Services](#) helps UL Lafayette students and alumni develop and implement their career goals by providing skill enhancement, career and employer information, and maintaining quality university-employer relationships that provide a link between students and potential employers.

Career Services maintains an online database called [Handshake](#) where UL Lafayette students can view openings for part-time jobs, internships, and [co-ops](#). Positions include on-campus student jobs as well as a variety of openings around Lafayette and the surrounding area.

Additionally, Career Services provides cover letter and [resume-writing assistance](#), [job search preparation](#), [interview practice](#), and the [Career Closet](#) which provides students with free, gently-used professional clothing items. Visit the [Career Services website](#) to read about all of these services and more!

SPRING 2022 CAREER FAIRS

STEM Career Fair

Wednesday, February 16
9:00 AM - 1:00 PM
Student Union Ballroom

Business, Arts, Liberal Arts, & General Career Fair

Wednesday, March 16
9:00 AM - 1:00 PM
Student Union Ballroom

DON'T MISS IT!

For more information about career fairs, [visit this website](#).

CAMPUS RESOURCES

[Academic Success Center](#)

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

[Student Health Services](#)

Saucier Wellness Center
O.K. Allen Hall
337-482-1293
shs@louisiana.edu

[Counseling & Testing Center](#)

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

[The Writing Center](#)

H.L. Griffin Hall 107-108
337-482-5224
writingcenter@louisiana.edu

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

Agnes Edwards 126
337-482-5252
ods@louisiana.edu

[Dean of Students](#)

Student Union, 168
337-482-6276
deanofstudents@louisiana.edu

► THE FEBRUARY STUDENT

YOUR STUDENT IN FEBRUARY

Here are a few things your student can expect or may be experiencing in February during their second semester:



Mardi Gras - Mardi Gras is one of the most festive times of year in Lafayette! Students will be off February 28 - March 2 in observance of the holiday. Share the [2022 Acadiana Mardi Gras Schedule](#) with your student for fun things to do in the area. Please encourage your student to participate in festivities safely and responsibly.



Midterms - Midterm exams are coming up. Check in with your student on their stress level and make sure they are staying on top of studying and assignments. Encourage them to be proactive and start preparing for midterms early.



Spring Break Planning - As Spring Break (April 15-24) approaches, your student may be thinking about how to spend their extra days off from school. If your student is staying local this year, share the [Lafayette Travel website](#) with them for fun things to do nearby. Please encourage your student to make smart and safe decisions to ensure that they return from spring break safe, healthy, and ready to finish up the semester strong.



Care Packages - Have you sent your student a care package yet this semester? Students love receiving unexpected gifts from their support system!

► PARENT-TO-PARENT ADVICE

Here's what former freshman parents and guardians have to say:

"Read the newsletter. Also, help your student to be independent, even when it comes to finances, studying, grades, etc."

"Patience! Give your student space and always be there to allow them to vent on their own terms."

"Be prepared to allow your child to make decisions. Also, be prepared to help guide them and offer plenty of love and support throughout the year."

"It is repeated over and over again that your student is an adult now. It is still important to stay very active in their life. They still need a parent's guidance, kind words, and advice. This will help in their success during their big transition in life."