



# UL Lafayette Parents & Family

## 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**, he or she performs 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. The biggest strength for this student is class lecture, where a professor can vocally relay information. The [Academic Success Center](#) suggests all students practice [LADDER Listening](#), especially auditory learners. **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!

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# ACADEMIC SUPPORT

**GRADE CHECKS** - Student alerts are now conducted through the [Student Success Manager](#) (SSM) system (a replacement for GradesFirst). 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. As identified by faculty and staff, automated email alerts are sent directly to academically at-risk students' University email with important resources for student success.



**1st Alert Check: 2/17/20 – 2/28/20**

**2nd Alert Check: 3/30/20 – 4/3/20**



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.

**ACADEMIC SUCCESS CENTER** - The [Academic Success Center](#), located in Lee Hall room 115, provides academic counseling and tutoring. Academic Advisors can assist students with course recommendations, academic success strategies, dropping classes, and changing majors. Tutoring is held in [The Learning Center](#) (TLC) on the second floor of Lee Hall. TLC provides students with free one-on-one tutoring, study group tutoring, supplemental instruction, computer lab assistance, and other services. Tutoring is available for most 100 and 200-level math and science courses as well as accounting, economics, engineering, French, psychology, Spanish, statistics, and more.



## SPRING 2020 ACADEMIC CALENDAR

**February 24-26**  
**Mardi Gras Holiday**

**March 16-27**  
**Advising Session for Summer/Fall**

**April 8**  
**Last Day to Drop with a "W"**

**April 10-19**  
**Spring Break**

**April 29-May 3**  
**Dead Days**

**May 1**  
**Last Day of Classes**

**May 4-8**  
**Final Exams**

**May 8**  
**Semester Ends**

# 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
- neglecting personal appearance
- drastic changes in behavior or mood
- irrational or impulsive actions
- previous attempted suicide
- 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 Lifeline](#) – 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 a 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!

## PART-TIME, INTERNSHIP, & SUMMER JOB FAIR

*March 25, 2020*

**STUDENT UNION; 10 AM – 1 PM**

## UL Lafayette Career Services CAREER CLOSET

*Hours of Operation*

Monday - 1 PM to 5 PM  
Tuesday - 1 PM to 5 PM  
Wednesday - 12 PM to 3 PM  
Thursday - 1 PM to 5 PM  
Friday - CLOSED

## Campus Resources

### [Academic Success Center](#)

Lee Hall, 115  
337-482-6818

[asc@louisiana.edu](mailto:asc@louisiana.edu)

### [Student Health Services](#)

O.K. Allen Hall  
337-482-1328

[shs@louisiana.edu](mailto:shs@louisiana.edu)

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

Agnes Edwards, 126  
337-482-5252

[ods@louisiana.edu](mailto:ods@louisiana.edu)

### [Dean of Students](#)

Student Union, 168  
337-482-6276

[deanofstudents@louisiana.edu](mailto:deanofstudents@louisiana.edu)

### [Counseling & Testing Center](#)

O.K. Allen Hall  
337-482-6480

[counseling@louisiana.edu](mailto:counseling@louisiana.edu)

### [The Writing Center](#)

H.L. Griffin Hall, 107  
337-482-5224

[ulwritingcenter@louisiana.edu](mailto:ulwritingcenter@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 only a couple of weeks away! Students will be off February 24-26 in observance of the holiday. Share the [2020 Acadiana Mardi Gras Schedule](#) with your student, but also encourage them to participate in festivities 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 10-19) approaches, your student may be starting to plan a vacation with their friends. This may give students something to look forward to, while those with financial concerns may feel left out. If your student is staying local this year, share the [Lafayette Travel](#) website with them for fun things to do nearby. Spring Break can also lead to disagreements with family when deciding how and where a vacation may take place. If your student is going on vacation, discuss your expectations, who will be paying for the trip, and why it's important to make responsible choices.



**CARE PACKAGES** — Have you sent your student a care package yet this semester? Students love receiving unexpected gifts from their support system!

## Parent Advice

Here's what last year's freshmen parents 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."