



# UL Lafayette Parents & Family

## SECOND SEMESTER: FRESH START

Your student completed the first semester of college. *Congratulations!*

Second semester is an opportunity for a fresh start. Your student can build on their successes from last semester, but they may also need to re-evaluate and readjust based upon lessons learned.

### WHAT CAN I EXPECT AS MY STUDENT STARTS A NEW SEMESTER?

Returning to school for second semester is a very different experience from going to college for the first time. Students bring their newly-acquired wisdom and their mistakes along. There may be less anxiety, since they know what to expect, or anxiety may be high...since they know what to expect!

### BE PREPARED FOR MIXED FEELINGS.

There is less build-up and excitement than there was in the fall, so returning to school may seem a bit of a let-down. Some of the novelty has worn off. Your student understands the realities of college life, so the road ahead may look longer and harder than it did in the fall. This is a more thoughtful return to college.

### YOUR STUDENT MAY BE WORRIED ABOUT THEIR ABILITY TO SUCCEED.

If first semester was less-than-hoped for, your student may be concerned about how to make this next semester better. They may or may not be able to express these worries.

## January 2020 Newsletter

### YOUR STUDENT MAY HAVE CONFIDENCE THAT WASN'T THERE IN THE FALL.

They have confidence in their ability to make friends, to navigate the college community, to get to class, to talk to professors and to do what needs to be done.

### YOUR STUDENT MAY BE OPTIMISTIC ABOUT THIS NEW BEGINNING.

Just as we are all encouraged by the possibilities of a new year in January, your student may be energized at the prospect of a fresh start.

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## START A CONVERSATION

It can be difficult, as a parent, to know how to help. If you're too involved, it feels as though you are not respecting your student's growth and allowing them to experiment with newfound independence. But stepping back entirely may make you feel as though you're not doing your part to guide your student. Second semester is a perfect opportunity for some conversations. Plant a few seeds, offer food for thought, and gently remind your student of your trust and support:

- **Reinforce the opportunities that a fresh start brings:** new classes, new professors, perhaps new friends, and new activities. Encourage your student to take advantage of a new perspective.
- **Remind your student of how much they know now that they didn't in the fall — both about college life and about themselves.** Help them find areas of strength and build upon confidence gained.
- **Ask about your student's goals for this semester.** What do they hope the next four months will bring? What will be required to accomplish those goals? Putting goals into words makes them more tangible. Thinking about what will be required to reach those goals will provide your student with a plan of action.

## WHAT CAN MY STUDENT DO TO PREPARE FOR A GREAT SECOND SEMESTER?

1. **Attend to any unfinished business from fall semester.** Is your student carrying over any incomplete grades? Is their spring schedule complete? Are there outstanding financial issues?
2. **Create a budget for spring semester.** Your student now has a better idea of their day-to-day living expenses. A budget provides a sense of control; they'll spend less time worrying about finances.
3. **Decide if they will work.** Having completed a budget, your student can assess whether or not they need to work. If they intend to get (or continue) a part-time job, you can help them consider how many hours of work a week will be manageable given their other responsibilities as a college student.
4. **Commit to time management.** [Time management](#) is one of the most important life skills for student success. Take some time now to set up a system (using a print calendar or planner or an app) and start plugging in dates in order to be ready to go.
5. **List specific changes for the new semester.** Whether or not fall semester was a good one, some changes can enhance the new term. Will your student try out some new activities — or drop one or two? Will they spend more time studying, or sleeping? What's the plan to make that happen?

No matter what year your college student is, the new semester is a chance for a fresh start, and you can guide them in setting realistic expectations and goals. They'll be one step closer to maturity and independence. You will be more comfortable taking a step back and watching them grow.

Nelson, V. (2018, January 03). Second semester fresh start. Retrieved from <https://www.collegiateparent.com/academics/second-semester-fresh-start/?sharing=true>

## SPRING 2020 ACADEMIC CALENDAR

**January 22**

**Last Day to Add/Drop Classes**

**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**



# UNIV 100 SHOWCASE

The Office of First-Year Experience presents the UNIV 100 Showcase, a display of the best student projects from our Fall 2019 seminar courses! Students, families, and friends are invited to view the projects.

- When: **January 13, 2020 - February 14, 2020**
- Where: **Edith Garland Dupre Library, First Floor**

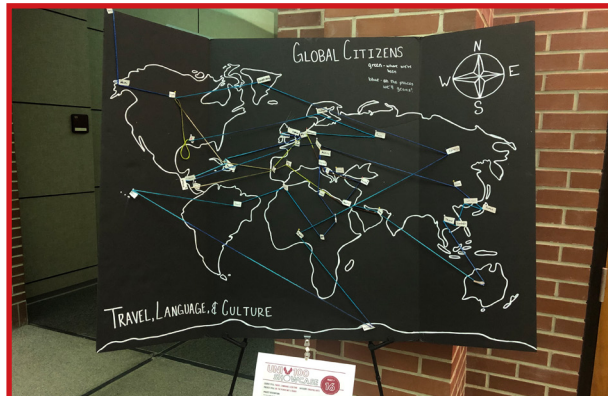
Topics this year include We are Z!, 20/20 Visions, Insonomia-Educare, Puddle Protectors, Global Citizens, and many more!

You are also invited to the UNIV 100 Showcase Awards and the presentation of the Peer Mentor of the Year on Thursday, February 13, 2020 at 3:00pm at Edith Garland Dupre Library. Awards will be presented in each of the following categories as well as Best in Show:

- |                               |                        |
|-------------------------------|------------------------|
| • Creative / Arts             | • Leadership / Service |
| • Creative Written Work       | • Research Papers      |
| • Humanities / Social Science | • Science / Technical  |

[Click here](#) to view our online projects.

# UNIV 100 SHOWCASE



## 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)

# FINANCIAL AID

## MAINTAINING YOUR STUDENT'S FINANCIAL AID— It's FAFSA time!

Although many families completed the FAFSA last year, you need to be aware that it is an annual process that must be refiled every year that your student is in college. Although the deadline is May 1st, most families try to have all the necessary forms filed by March 1st. [Click here for tips on completing the 2020-2021 FAFSA.](#)

Financial aid programs, including TOPS and Perkins loans, have academic indexes or benchmarks that students must achieve and maintain in order to remain qualified. These requirements are referred to as [Satisfactory Academic Progress \(SAP\)](#) and students who fail to achieve the minimum standards for grade point average (GPA) and completion of classes could lose their eligibility for all types of federal and state aid. Listed below are the SAP requirements:



1. Minimum overall GPA of at least 2.0.
2. Completion of at least 67% of all registered hours.
3. Completion of degree in a timely manner (undergraduates cannot receive aid beyond 180 hours).

\*For additional details, [visit the website.](#)

The Office of Student Financial Aid will review students' academic progress each semester to verify eligibility. With questions or concerns, contact the UL Lafayette Office of Financial Aid at [fnaid@louisiana.edu](mailto:fnaid@louisiana.edu) or 337-482-6506, or visit their office in Foster Hall.

## IMPORTANT TOPS INFORMATION – Here are a few key facts regarding TOPS:

- Students must pass and earn 24 credit hours each school year to maintain their TOPS. The school year is August–July and includes regular fall, spring, and summer semesters as well as intersessions. Advanced placement hours and high school dual enrollment credits do not apply to the 24 hours.
- Students receiving TOPS must maintain [full-time enrollment](#), meaning that they are continuously enrolled as a full-time student (12 credit hours) each fall and spring semester.
- To continue receiving TOPS, students must maintain their required GPA.
  - TOPS Opportunity: 2.3 first year, 2.5 each year after
  - TOPS Performance/Honors: 3.0 each year
- If a student fails to meet the TOPS Performance/Honors GPA they will drop down to the TOPS Opportunity Award, if they earn the minimum GPA for that award. These students can never regain the financial stipend. For more information, please visit the [Louisiana TOPS Program.](#)
- To read the TOPS Rights and Responsibilities, [click here.](#)

## THE JANUARY STUDENT

**YOUR STUDENT IN JANUARY-** During the month of January, students often return from the holidays in one of two ways: feelings ready to take of the spring semester or still stuck in the holidays and not ready to return. It is important to encourage your student to start their semester off strong! Remind them to be prepared for the semester by doing the following:

1

**PAYING ATTENTION TO SYLLABI-** As your student enters their second semester, they may think that the first day or week of class is just “syllabus time,” however, many professors will jump right into their lectures. Encourage your student to read the syllabi for their classes and to add the important dates into their planners now to help get ahead.

2

**KEEPING UP WITH COURSEWORK-** Encourage your student to keep up with their coursework. Many students find that falling behind early in the term is a major cause of stress and failures later on in the term. Encourage effective time management strategies so that academics and social activities are balanced; as well as time for self-care.

3

**SEEKING ASSISTANCE-** Students returning from the fall semester may be satisfied with their first semester grades; if they are, encourage them to keep up the good work! If your student is dissatisfied with their grades, encourage them to use UL Lafayette’s on-campus resources such as [The Learning Center](#) to help them succeed academically.

## Parent Advice

Here’s what last year’s freshmen parents have to say:

“Relax. Your student will figure it out. Offer help or advice only when they seem to be struggling.”

“Be patient. It will all work out. UL Lafayette has an open door policy and your student will have a wealth of support. Take a deep breath because your student is in good hands.”

“Let them go and let them grow. This prepares them for the life ahead of them. And read the newsletter, it also prepares parents for the life ahead.”

“Stay in touch with your student, but let them learn their own. They may not make the best choices sometimes, but they learn from their mistakes in which helps them to grow.”