



UL Lafayette Parents & Family

October 2019 Newsletter

Advising & Registration

It's time for your student to schedule an appointment with their academic advisor to be advised for the **Spring 2020** semester. The academic advising period is **October 21-November 1, 2019**. Please remember that it is now the student's responsibility to get advised and schedule their classes. There are a variety of resources available to help with this process, including the [Registration Guide](#). This document contains nearly everything that your student needs to know about course registration.

REGISTRATION QUESTION CHECKLIST

To ensure that your student is prepared for advising and registration, ask them the follow questions:

- **“Have you scheduled a meeting with your advisor?”** Before students can register for classes each semester, they must meet with their academic advisor. Your student can find their advisor's name and contact information on the “Academics” tab in ULink. Share these [tips about preparing for advising](#) with your student.

- **“Have you started planning your Spring 2020 schedule?”** The [Schedule of Classes](#) and [Academic Catalog](#) are helpful resources that your student can use as they plan for the upcoming semester.

INSIDE THIS ISSUE

| | |
|----------------------------|------------|
| <u>Grade Check</u> | <u>2</u> |
| <u>Student Health</u> | <u>3-4</u> |
| <u>Student Life</u> | <u>5</u> |
| <u>FAFSA</u> | <u>6</u> |
| <u>Study Abroad</u> | <u>6</u> |
| <u>The October Student</u> | <u>7</u> |
| <u>Parent Advice</u> | <u>7</u> |

- **“Have you checked your registration status?”**
Each student is assigned a specific date and time that they can log into ULink and schedule their classes. Students can access their [registration status](#) on the “Registration” tab in ULink.
- **“Do you have any holds on your account?”**
All students will have an advising hold until they meet with their academic advisor. [Any other holds](#) though, should be taken care of now to ensure that your student is not prevented from registering for classes. [Click here](#) to view the different types of registration holds.
- **“Do you remember how to register your classes?”** Some students may need a refresher on how to register for classes. If your student needs assistance, [share this guide with them](#).

Helpful Registration Resources

- [Registration Guide](#)
- [Registering for Co-Requisite Courses](#)
- [Registering for Linked Courses](#)
- [Common Pre-Registration Errors](#)
- [Common Registration Errors](#)
- [General Registration Information](#)
- [General Advising Information](#)
- If your student is having trouble getting in touch with their advisor or needs additional assistance, encourage them to meet with an Academic Counselor at the Academic Success Center located in Lee Hall, 115.

FALL 2019 ACADEMIC CALENDAR

October 21– November 1

Advising Sessions for Spring 2020 Begins

November 7

Last Day to Drop Class with a “W”

November 28–29

Thanksgiving Holiday

December 4–8

Dead Days

December 6

Last Day of Fall Classes

December 9–13

Final Exams

December 13

Semester Ends

December 20

Fall Commencement

Grade Check

Many parents and students alike are concerned with academic progress, especially in the first semester. Most students have completed several graded assignments and one or two tests in each course. Some instructors post grades on Moodle and others hand back graded work and expect students to keep track of their grades. If your student is not sure about his or her current grade in a course, encourage them to visit the instructor during office hours. Office hours are stated on each instructor’s course syllabus.

As part of the [GradesFirst](#) initiative, instructors will complete the second freshman grade check between October 23–30th. Students will receive an email from their instructor if they are at risk of failing a course. The Academic Success Center is offering helpful [workshops](#) that freshmen are encouraged to attend. Your student also has the opportunity to ask for guidance from their UNIV 100 instructor or Peer Mentor for any type of issue that he or she may currently be dealing with.

Student Health

HEALTHY HABITS – Encourage your student to take a moment to breathe amid the stress of college life!

An unmanaged schedule, lack of sleep, and improper

nutrition can have negative effects on your student's mental and physical health. Here are some steps your student can take to maintain well-rounded health this semester:

1

Plan ahead. If your student feels like they lack control, order, and structure, encourage them to create a weekly schedule. Students were provided with academic planners at the start of the semester.

2

Make time for exercise. Physical activity is important for all students. The [Rec Center at Bourgeois Hall](#) offers fitness and aquatic centers, fitness classes, personal training, and much more!

3

Eat healthily. Pizza and Chick-Fil-A are fine in moderation, but it's important for your student to eat a variety of well-balanced meals. Challenge your student to try new foods and get out of the junk food rut.

4

Make time for hobbies. All work and no play can cause physical and mental burnout. Encourage your student to find something they enjoy doing and set aside time each week to do it. They'll feel better and have more energy to do what has to get done.

5

Know when to seek help. If your student does become sick or is feeling down, remind them of the free health services available on campus. They can't perform at their best if they aren't feeling well.

STUDENT HEALTH SERVICES – [Student Health Services \(SHS\)](#) provides quality, accessible, and cost-sensitive primary medical care to UL Lafayette students. All students taking six or more hours in the Fall/Spring and three or more hours in the Summer have been assessed the student membership fee and are SHS members. SHS, located in the Saucier Wellness Center in O.K. Allen Hall, offers a [variety of services](#) to students and is open during [University business hours](#).

COUNSELING & TESTING CENTER – Your student's mental health is just as important as their physical health. [The Counseling and Testing Center](#), also located in the Saucier Wellness Center, offers free counseling services for students. [Visit their website](#) to learn more about the types of counseling and other services offered.

ALCOHOL & DRUG ABUSE – A student's first year of college often brings many new freedoms, most of which are positive experiences that provide opportunities for self-sufficiency and growth. Sometimes though, college students take their newfound freedom down a destructive path and begin experimenting with substances that can have detrimental effects to their health. As the parent or guardian of a college student, it's important to know the warning signs of substance abuse as well as the campus resources available to help if needed.

WARNING SIGNS OF AN ALCOHOL OR DRUG PROBLEM

- Developing a tolerance: needing increased amounts of the drug or alcohol to reach desired effects
- Emotional changes: becoming more irritable, moody, fatigued
- Sleep disturbances: either a decreased need for sleep or difficulty with insomnia
- Changes in eating behaviors
- Loss of interest in previously enjoyed activities in favor of spending time consuming alcohol and/or drugs
- Missing classes and not turning assignments in
- Neglecting personal hygiene
- Hanging out with a new and different group of friends
- Using any excuse to consume alcohol and/or drugs
- Conversations centering on being high and/or drunk
- Inability to stop using once started
- Inability to cut back or quit using
- Becoming secretive about their usage or using in secret



If you notice these or other warning signs in your student, please know that help is available. Encourage your student to visit the [UL Lafayette Counseling & Testing Center](#) for information regarding alcohol and drugs, screenings for alcohol/drug dependence disorders, or for help in dealing with alcohol and drug use problems. The center offers an unlimited number of sessions, **free of charge**, to all students. Click here to read [UL Lafayette's Student Alcohol & Drug Policy](#).

Collegiate Alcohol Awareness Week: October 21–25, 2019

Sponsored by [SLIDDE](#)

Lei Off the Drinks: Monday, October 21 | 10 AM – 2 PM | Student Union
CUSP Geaux Karts: Tuesday, October 22 | 10 AM – 2 PM | Boucher Street
Gleaux Sticks: Wednesday, October 23 | 12 PM – 2 PM | Front of Library
Legal Jell-eaux Shots: Thursday, October 24 | 10 AM – 2 PM | Union Porch

Student Life

ROOMATE ISSUES – Many students have difficulties living with roommates, whether they were friends prior to move-in day or complete strangers — it happens often. Sharing a room with someone who has a completely different lifestyle or schedule from your student might feel like the end of the world, but fear no more... here are some tips to share with your student:

- [Living with a Roommate: 10 Tips for a Good Roommate Relationship](#)
- [How to Set Up a Roommate Agreement](#)
- [What to Do If You Hate Your Roommate](#)
- [What to Do If Your Roommate Uses Your Stuff](#)
- [Things to Consider Sharing with Your Roommate](#)
- [10 Types of College Roommates & How to Cope](#)



A piece of advice to give to your student is simply to give it time. Remind your student that it is only October and only two and a half months have passed so far during this school semester. While this might seem like forever for your student, remind them a lot can change even in just a week or two after discussing their problems with their roommates. Roommates don't have to be a problem - often they can be the opposite: a supporter, friend, confidant, and study buddy, as long as communication is open!

IT'S CARE PACKAGE TIME – Homesickness is a common feeling among college students. After the initial excitement of newfound freedom and living without parents wears away, students may feel homesick, lonely, or worried. While this is completely normal and not cause for worry, here are several [tips for helping with homesickness](#). Some actions to avoid when supporting a homesick child are allowing too many trips home and not keeping your distance. Your student's life is ahead of them - give them the time and freedom to embrace that.

Another idea is to send them [care packages](#) so your student knows that they are loved, cared for, and supported in hard times. Some things to include are their favorite magazines, snacks, pictures, school supplies, or anything that will bring a smile to their face and encourage them to push through hard times! [Click here to view more ideas for care packages!](#)

Campus Resources

[Academic Success Center](#)

Lee Hall, 115
337-482-6818

asc@louisiana.edu

[Student Health Services](#)

Saucier Wellness Center
O.K. Allen Hall
337-482-1328
shs@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
mperez@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
337-482-5224

2020-2021 FAFSA – The [Free Application for Federal Student Aid \(FAFSA\)](#) for the 2020-21 academic year is now open. Current college students receiving financial aid must reapply each year by submitting the FAFSA and any other forms required by their school. The [Financial Aid Office](#) recommends filing by March 1 and May 1 is the filing deadline for priority financial aid processing. UL Lafayette's FAFSA code is **002031**.

Study Abroad

RAGIN' CAJUNS GO GLOBAL – The [UL Lafayette Study Abroad Program](#) provides students an opportunity to earn three - nine course credit hours while studying in a foreign country. Various programs are coordinated during the summer semester, including long-standing programs in Paris, France; Florence, Italy; London, England; and San Jose, Costa Rica. Students who participate in these programs, return with life changing experiences and a much wider view of the world. Our courses are rigorous, having been approved both by the appropriate department heads and by the UL Lafayette Study Abroad Program Committee.

Contact Pat Mouillé, Study Abroad Coordinator, at (337) 482-5438 or studyabroad@louisiana.edu for more information.



“

One's destination is never a place, but a new way of seeing things.

”

The October Student

During the month of October, students living on campus will need to begin thinking about where they want to live next year. The UL

Lafayette Housing Application for 2020-2021 will be opening soon. Academically, students may be going through mid-term exams or have just finished mid-term exam week. This can be a relief for many, but can bring added stress when mid-term grades come out.

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



Discuss their current living situation, highlighting the good and bad. If your student wants to live off-campus next year, it's important that they understand added stresses that they may encounter, like landlord or new roommate issues. Additionally, if they do not wish to continue on the University's meal plan, they will have added expenses with groceries.



Encourage your student to be proactive in planning and studying for their classes. Just because mid-term week is over doesn't mean that classes are over! Due dates for projects, papers, and more exams are just around the corner.



Encourage your student to establish a budget - they may be having difficulties with finances as they are still trying to figure out the freedom of college living.

Parent Advice

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

"Be sure that your student knows where Lee Hall is and what services are provided. Support your student but encourage him/her to address issues promptly and responsibly."

"Listen to your child. Show them love and patience. Let them grow so they can be responsible and independent adults."

"Communication is key during this time. Allow your child the freedom to grow and adapt to their new way of life but always be ready to help. Sometimes they need a little guidance and small reminders (although they may not want to admit it)."

"Just ask your student how things are going. Do you need help? Are you getting around well? Are you interacting with others? Are you taking advantage of things offered?"