



UL Lafayette Parents & Family

November & December 2019 Newsletter

ONE SEMESTER DOWN!

The end of your freshman's first semester of college is almost here. Your student is likely feeling exhausted at this point in the semester. They've experienced large adjustments from high school and a variety of lifestyle changes. They have endured many weeks of lectures, quizzes, assignments, presentations, and group projects, and still have finals to face.

When your student returns home for winter break, they might be quite different from the person they were just 4 months ago in August. They will need and appreciate sleep after a busy week of final exams and projects. Give your student time to relax and rejuvenate for a couple of days. Be sure to inform them of any family plans in advance so that no surprises interrupt their time to unwind.

After finals week, instructors will submit students' final course grades. Students will access their final grades through ULink. While some students may be ecstatic to receive their grades, others may feel nervous or uneasy. It is common for students to explore the idea of changing their major after finishing their first semester. Encourage and support

your student as they explore their interests and strengths so they can choose a major that they are passionate about.

Enjoy your time with your student during the winter break! Happy holidays!

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PREPARING FOR FINALS

Your student, if at risk, has already received their second [Grade Check](#) of the semester. The next grade they receive will be the final grade that will count towards their GPA. With just a few weeks left of the semester, it is more important than ever for your student to be diligent in their studies.

After Thanksgiving break, students have only one week of classes left before final exams. If your student is struggling in any of their classes, now is the time for them to ask for help. During these last few weeks, encourage your student to manage their time well, seek assistance from a tutor at [The Learning Center](#), and meet with their professors during office hours.

If your student has any final projects, they will be due soon and often make up a large portion of the grade for that class. Final exams week (December 9-13) is also approaching quickly. Keep in mind that your student's final exam schedule is often different from their standard class schedule. Click here to see the [Fall 2019 Examination Schedule](#).

In planning for Final Exams, it is important for your student to remember to eat healthy, exercise, and get enough sleep. Encourage your student to get ahead with their studies so they can avoid those dreaded "all-nighters." Stability and health are key to a successful finals week. [Here are twelve tips to help your student prepare for final exams.](#)

ACADEMIC CALENDAR

FALL 2019

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

SPRING 2020

January 8
Deadline to Pay Tuition & Fees

January 15
Classes Begin

January 20
MLK Day Holiday

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 Spring Classes

May 4-8
Final Exams

May 8
Semester Ends

MAJOR CHANGES

QUICK TIPS FOR PARENTS OF UNDECIDED STUDENTS –

The career development process is brand new to most freshman students. The options and pressure can feel overwhelming. As your student begins to explore and establish their major goals and career interests, here are a few ways you can help support them:

1

Encourage them to visit the Major & Career Exploration Center in Career Services which provides:

- [Career assessments](#)
- [Major & career individual meetings](#)
- [Career planning guidance](#)
- [Major fairs](#)
- [Career fairs](#)
- [Workshops and seminars](#)

2

Be there for them:

- Talk to them about their interests, skills, and values.
- Listen to what your student might be considering and be receptive to what makes their considerations compelling.
- Help them recognize their strengths and career possibilities without letting your personal biases carry much weight.

3

Foster connections:

- If you know someone in a field related to their interests, mutually facilitate an informal interview or “shadow day.”
- Inspire them to investigate majors and careers based on their strengths.

CAREER SERVICES | MAJOR & CAREER EXPLORATION CENTER

337-482-1444 | EXPLORE@LOUISIANA.EDU

MAJORS OFFERED AT UL – With over 70 undergraduate majors, UL Lafayette provides as much educational diversity as possible to provide our students with the skills they need to enter the work force while following their passions.

- [Majors by alphabetical order](#)
- [Majors by college](#)
- [Majors by interest](#)

WHAT CAN I DO WITH MY MAJOR? – Whether your student is exploring multiple majors or searching for information about their chosen field, this site will help them connect majors to careers. Learn about the typical career areas and the types of employers that hire people with each major, as well as strategies to help make students more marketable. [Click here to see what your student can do with his/her major.](#)

SPRING 2020 FYI'S

PARKING PERMITS – Both residential and commuter students who park on campus must obtain a new parking permit each semester. Parking permits for the Spring 2020 semester will be available through ULink in December. For parking-related questions, contact the [Office of Transportation Services](#) at 337-482-6858 or parking@louisiana.edu. Click here for [parking zone listings and maps](#).

HOUSING APPLICATION – The online Housing Application for the 2020-2021 school year is now available! Share these helpful reminders with your student:

- Students will access the 2020-2021 Housing Application through ULink. Specific instructions are available in the portal guide on the [housing website](#).
- Roommate Groups give students the flexibility to pick their roommates and select a room preference.
- The sooner a student signs up for housing, the better their chances are of selecting their desired room type.
- Please note that housing on campus requires entering a 10-month legally binding contract with UL Lafayette Housing that runs continuously from August through May. Students are not required to move out over winter break.



DINING – Meal plans for students who live on campus will auto-default onto their fee bill for the Spring 2020 semester. Commuter students who wish to purchase a meal plan may do so by logging into ULink and following the commuter meal plan links found in the Housing Portal. Should you have any questions or concerns, please contact Campus Food Services directly at 337-482-2871 or by email at campusfoodservices@louisiana.edu.

Campus Resources

[Academic Success Center](#)

Lee Hall, 115

337-482-6818

asc@louisiana.edu

[Student Health Services](#)

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, 169

337-482-6276

deanofstudents@louisiana.edu

[Counseling & Testing Center](#)

O.K. Allen Hall

337-482-6480

counseling@louisiana.edu

[The Writing Center](#)

H.L. Griffin Hall, 107

337-482-5224

ulwritingcenter@louisiana.edu

ACADEMIC REMINDERS

GRADE POINT AVERAGE – GPA is calculated every semester as well as cumulatively after a student has more than one semester of academic history. Students have access to an easy-to-use GPA calculator through ULink. [Click here to read more about calculating GPA.](#)

ACADEMIC PROBATION – Academic Probation occurs when a student's cumulative GPA is below a 2.0. A student may attend the University while on academic probation but must earn at least a 2.0 semester GPA the following semester. This means that a student who is placed on probation at the end of the Fall 2019 semester must earn a 2.0 GPA for the Spring 2020 semester. If a freshman student is on academic probation after this fall semester, they are required to enroll in ACSK 100: Fundamentals of College Learning. If your student is put on academic probation, they will be contacted through their University email. For more information contact the [Academic Success Center](#), or email asc@louisiana.edu. [Read more about academic status in the Catalog.](#)

MAJOR CHANGES – It is common for freshman students to realize that they aren't in the major that is best for them. Don't worry, your student is not alone! Freshmen can change their major in the [Academic Success Center](#) (ASC) in Lee Hall, room 115. If your student is unsure, they should visit ASC to schedule a meeting with an academic advisor to review possible options.

SCHEDULE ADJUSTMENT PERIOD– If your student wants to make changes to their Spring 2020 schedule, they can do so throughout the [Schedule Adjustment \(Drop/Add\) Period](#). Students can add and drop classes on their schedule through the 5th day of class (3rd day for summer session). After that time, students may not drop or add classes through ULink. Encourage your student to keep the academic plan that they developed with their academic advisor in mind when adding and dropping classes.



THE LIBRARY– If your student hasn't already found their perfect "study spot," encourage them to visit Edith Garland Dupre Library (pictured above), located right in the heart of campus on St. Mary Boulevard. The library is bustling every day with students who take advantage of the many services offered. Library services include:

- Knowledgeable librarians
- Computer labs
- Printers
- Large tables for groups
- Private study tables
- Free Wifi
- Jazzman's Coffee Shop
- Copy machines
- Charging lockers/stations
- Audio/video equipment
- Individual & group study rooms
- Extended library hours during finals

Have a question? [Ask a librarian](#)

Learn More at <https://library.louisiana.edu/>.

END OF SEMESTER STUDENT

YOUR STUDENT IN NOVEMBER & DECEMBER –

During the months of November and December, students will be anticipating the holidays and may get caught up

with excitement. It is important to encourage your student to keep an eye on their academic finish line! Academically, students will begin to understand final exam expectations and they should begin finalizing final projects.

As parents, here are a few things you can do to help them:

1

FINAL EXAM PLANNING – Encourage your student to make a final exam study schedule. This will help them to plan ahead and avoid cramming at the last minute. Time management is something that students - especially freshmen - struggle with. Encourage your student to take note of deadlines and final exam schedules for each scheduled class.

2

PERSONAL HEALTH – Students must take care of their personal needs during this busy time. Returning from Thanksgiving break brings the start of finals. They may lose sleep, neglect nutrition needs, and fail to exercise, which does not lead to productivity. [Click here to read an article on how to help your student with their personal health.](#)

3

FAMILY TIME AGAIN – Your student may go home for the holidays. This might cause unexpected stress for you and your student as she/he is used to being independent. Keep this in mind over the holidays to allow your student to maintain their new independence. [Click here to read an article with conversation starters for the Thanksgiving table!](#)

PARENT ADVICE

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

"The first semester will be a wake-up call to students. No one will make sure they get to class on time, or tell them they need to study. They will figure it out as they become more responsible and self-confident."

"It is difficult to let go, but in the end it is worth it. Students at UL Lafayette get amazing support!"

"Help your student de-stress. Don't add to their stress. Give them opportunities over the break to do fun, relaxing things with you."

"Give them space, listen (let them talk) and encourage, encourage, encourage!"

HAPPY HOLIDAYS!