

# October 2014

## Parent Newsletter

October 2014

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## The Fall 2014 Academic Calendar

**October 13**  
**Last Day to drop**  
**With grade of W**

**October 20-31**  
**Advising Session**  
**for Spring**

**November 27-28**  
**Thanksgiving**  
**Holiday**

**December 5**  
**Last Day of Class**

**December 8—12**  
**Final Exams**

**The Academic Calendar may be found**  
[here.](#)

### ADVISING

#### Advising Session for Spring Runs **October 20-31**

Advising for the Spring 2015 semester is underway. This means that your student will need to meet with their advisor to arrange a spring class schedule. Encourage your student to contact their advisor now and make an appointment within the time frame, if they have not already done so. Students may check the times when they can register through [ULINK](#) (see below). Your student should already know who their advisor is and have introduced themselves. If your student has not met their advisor encourage them to meet them before the advising period and ask what they should do to in preparing for the advising meeting. [Here](#) are some more advising tips for your student.

Below is also screenshot of the Student ULink page, on the Student Tab and arrows pointing at what is important for students to know for advising:

**Advisor Information**— Students can click [here](#) to get their advisor's name, office location, office phone number and email address.

**University Holds**— Before a student can register for classes, all holds must be lifted from the student's account. Types of holds can include Advising, Financial, Disciplinary, Parking Tickets, etc. When your student meets with their advisor, the advisor will lift the advising hold. For any other holds they need to have lifted, the student must visit the appropriate office on campus.

**Registration Appointment**— After meeting with their advisor, and having all holds lifted, students will be allowed to schedule classes starting at a specific time and date. This starting time and date can be found here. We highly recommend scheduling classes as soon as the appointment opens up so that a class they want or need to take does not fill up before they have a chance to schedule it!

**Student Information System**

<b>Financial Information</b> <ul style="list-style-type: none"><li>• Financial Aid</li><li>• Statement of Account(Bill)</li></ul>	<b>Grade Information</b> <ul style="list-style-type: none"><li>• GPA Estimator</li><li>• Grade Report</li><li>• Attendance and Grade Checks (All Freshmen, Sophomores &amp; Athletes)</li><li>• Transfer Credit</li><li>• Unofficial Transcript</li><li>• Grade Transcript Request Form</li></ul>
<b>Personal Information</b> <ul style="list-style-type: none"><li>• Advisor Information</li><li>• Student Online Advising (ONLINE MAJORS *ONLY* - contact Advisor first)</li><li>• Official Addresses</li><li>• University Holds</li><li>• Emergency Notification System</li><li>• Campus Volunteer Registration</li></ul>	<b>Registration Information</b> <ul style="list-style-type: none"><li>• Registered Classes</li><li>• Registration</li><li>• Registration Appointment</li></ul>

**Student Links:**  
What textbook does my course use?

**Attention Mac Users:** Early (pre 2.0) versions of the Safari web browser are not compatible with these programs. Please ensure that you are using Safari version 2+, or use a different web browser.

*Remaining Seminars  
Located in Lee Hall  
Room 110*

### Procrastination

10/29 @ 12:30 PM

10/30 @ 12:00 PM

### Save your Semester

11/11 @ 2:00 PM

11/12 @ 10:30 AM

### Finals Review Develop

11/24 @ 2 PM

### Finals Review Develop

11/25 @ 1:30 PM

Click [Here](#) for More Information

## RESOURCES

- [Writing Center](#)  
H.L. Griffin Hall, Rm. 107-108  
Hours: Mon-Thurs 9AM - 3PM; Fri 9AM -12PM  
Call: 482-6447
- [Computer Labs on Campus](#)
- [Counseling & Testing Center](#)  
Olivier Hall, Rm. 212  
Call: 482-6480  
[counseling@louisiana.edu](mailto:counseling@louisiana.edu)
- [Office of Disability Services \(ODS\)](#)  
Conference Center, Rm. 126  
Call: 482-5252

## ACADEMIA: Success is at Your Finger-tips

Students traditionally underestimate the amount of time they will need to schedule to do well in classes. Around midterms, many first-year students begin facing the realities that college is more difficult than they expected and they may experience a variety of academic difficulties.

October is Tutoring Month! Four types of FREE tutoring are offered to fit the varying needs of UL students: [Individual tutoring](#) sessions which last 30 minutes; 1 hour-long [Study Groups](#); 2-hour [Supplemental Instruction](#) (SI) sessions led by specialized tutors who also attend lecture with the students; and an [Online Tutoring](#) chat available by visiting The Learning Center [website](#).

Being proactive about coming in for tutoring certainly helps students take learning into their own hands, and besides understanding the content better, tutors also share study tips and habits, test-taking strategies specific to particular courses, etc.

The results of tutoring have been impressive: students who come to SI sessions can earn an average of up to one letter-grade higher than students taking the same course who did not attend SI. The Learning Center had 5,877 student visits in Fall 2013. Please encourage your student to take advantage of this valuable resource!

The Learning Center is located in Lee Hall on the 2nd floor and is open for tutoring from 8am-8pm Mon-Thurs, and 8am-12pm on Friday. Students can call 337-482-6583 or drop in to schedule an appointment. Tutoring is offered in Math, Biology, Chemistry, Physics, Accounting, Psychology, Engineering, Spanish, and many more subjects. See the [website](#) for the full list of courses.

An important message to send to your student if they are struggling academically is that it is not too late to do well this semester. Aside from The Learning Center, encourage your son/daughter to form study groups, to read ahead of class, meet with their faculty during office hours, and increase the amount of time they are studying.

## Academic Update

Many parents and students alike are concerned with academic progress 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 the standing grade in a course, encourage her or him to visit the instructor during office hours.

Instructors have just completed the **second freshman grade check**. Your student will have received an email from their instructor if he or she is at risk of failing a course. Please remember that we have [tutoring](#) available in many courses and that both individual and group tutoring is available. Academic Success Center is continuing to offer **workshops on academic goal setting and time management**. First-Year students will be encouraged to attend these skill-building [workshops](#).

Your student also has the opportunity to ask for guidance from his or her **UNIV 100 instructor or Peer Mentor** for any type of issue that he or she may be dealing with currently.

## Student Health Services

Call for:  
Appointment  
(337)-482-1328,  
Nurse (337)-482-5464  
Billing (337)-482-5919  
Student Insurance  
(337)-482-6826

Location:  
Saucier Wellness Center  
O.K. Allen Bldg  
220 Hebrard Blvd  
Lafayette, LA 70504

More information can be found [here](#).

### Wellness Wednesday

A clinic for students, faculty and staff run by nursing students.

We Offer:

1. Blood pressure screenings
2. Pulse and oxygenation screenings
3. Blood glucose screenings
4. Osteoporosis screenings
5. Hearing screenings
6. Vision screening
7. Cholesterol screenings for faculty and staff only
8. Body composition analysis
9. Personalized education plans
10. Updated web links for the latest health information

[See More](#)

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## Student Health Services:

### MAKE THE TIME FOR A HEALTHIER YOU

Encourage your student to take a moment to breathe amid the stress of college life! When life gets crazy, we don't have to let it make us sick. Here are some things your student can do to keep healthy in today's hectic world:

- Simplify, simplify, simplify. Sit down with their weekly schedule. Are there some things that just aren't as important as that trip to the gym? Encourage them to just say no when their schedule is full. And make their workout time a priority appointment.
- Plan healthy meals in advance. Pack a healthy lunch the night before and stick it in the fridge to grab on their way out so they can relax during their lunch hour instead of standing in line at the sandwich counter.
- Get a hobby. All work and no play can cause physical and mental burnout. Encourage them to find something they enjoy doing and set aside a couple of hours each week to do it. Stress relief strengthens the immune system. They'll feel better, get sick less often, and have more energy to do what has to get done.

### PLEASE SHARE THE FOLLOWING INFORMATION WITH YOUR STUDENT

- **Student Health Services** strives to provide quality, accessible, cost sensitive, primary medical care and active health promotion to the students within the campus community.
- We are funded by a student membership fee which is collected each semester.

Services We Offer:

- Students with membership will receive consultation for any illness, minor injuries, and general physicals.
- Faculty and staff members may obtain blood pressure and weight checks to assist their practitioner in managing their care.
- For a Comprehensive List of Services and Clinic Hours Visit Our [Website](#).

How We Work:

- SHS follows the "University Hours of Operations" throughout the year. There is a general staff meeting every Tuesday & Thursday morning.
- SHS operates utilizing a combination of appointment and walk-in services.
  - \* Patients are triaged by a nurse prior to being seen by a clinician.
  - \* Allow time for completing and/or updating personal data each semester.
  - \* If you have any insurance coverage, please bring your insurance card each semester.



## How serious is binge drinking on college campuses?

As a parent, when your student is away from home for maybe the first time for this length, this might be a probing question. Is a college house party really filled with kegs and drinking games as our pop culture tells us? Is this the exception rather than the rule?

Penn state professor Jeff Hayes says the answer is complex. Data from over 100 colleges, collected by Hayes and colleagues, say that 56 percent of students do not binge drink regularly.

He believes that the key to helping students resist this college drinking culture is to have alternative activities and programs that are attractive. Hayes suggests that many students participate in binge drinking, because it may be a reaction to what might be their first taste of freedom. "I think that there is part of a normative developmental experience of going away to college and experimenting," says Hayes. "They are pushing the boundaries for themselves."

Additionally he says that those who do participate in binge drinking report not remembering what happened the night before, being unable to understand what is expected or feeling guilt or remorse after binge drinking. Many students who binge drink do not see it as a problem. "I see a number of students in my private practice," explains Hayes. "A lot of them are not seeking help for drinking problems. They are seeking help for depression or relationship problems. The alcohol problems are present, but they don't think they have a problem because they don't drink any more than their friends do."

But the silver lining in Hayes' research is that when someone who cares about a student—whether it is a friend or family member—expresses concern about that student's excessive drinking, the message tends to raise the student's own concern. "We don't have to assume a passive role as faculty members, resident assistants, roommates, fraternity or sorority members," says Hayes. "If you are concerned about someone, expressing that concern, difficult though it may be, can put them on a path toward changing their drinking."

*Adapted from Kevin Sliman's article "Probing question: How serious is the binge drinking problem on college campuses?" Read the article [here](#). For more information on UL's policy on drugs and alcohol and for the School Leaders Involved in Drinking & Drug Education (SLIDDE) click [here](#).*

### For Your Information

Binge drinking is defined as consuming 5 or more drinks for men and 3 or more drinks for women per occasion. Moderate alcohol use is defined as up to 2 drinks per day for men; one for women. Engaging in drinking games and participating in funneling are examples of typical binge drinking situations.

If you or someone you know is struggling with problems due to alcohol, free alcohol/drug screenings, information, and counseling can be obtained from the UL Lafayette Counseling & Testing Center. For more information click [here](#).

### Warning Signs of an Alcohol or Drug Problem

Warning signs of a substance dependence disorder include the following: Developing a tolerance, Emotional changes, Loss of interest in previously enjoyed activities in favor of spending more time consuming alcohol and/or drugs, Missing classes and not turning assignments in, Neglecting personal hygiene, Conversations centering on being high and/or drunk, Becoming secretive about their usage or using in secret

The above is just a partial list of substance dependence warning signs. If you notice these warning signs in yourself or in another person, please know that help is available. For further information click [here](#).

## Emergency Notification System

Please register with the [Emergency Notification System](#).

Please encourage your son or daughter to register their communication device with UL's [Emergency Notification System](#).

### General Information

The ENS system is designed to provide immediate notification for emergencies that may threaten harm to people within minutes. Even though the University may utilize the ENS for all emergencies, it is not designed for incidents such as hurricanes, in which there are days to prepare.

All students are automatically enrolled in the University's ENS. Registrants for the ENS are encouraged to update their profile regularly, especially when they change phones or phone service. During an emergency, students and employees can check with the University's hotline at: **(337)-482-2222**

for updated information.

The University runs a full scale test on its ENS at least once every semester.

Any problems or concerns experienced with the University ENS should be directed to [safetyman@louisiana.edu](mailto:safetyman@louisiana.edu).

The University's ENS is compliant with the Jeanne Clery Act.

For instructions to register with UL's [Emergency Notification System](#), click [here](#).

## Greek Life: *Not what you see in the movies*

Greek Life at the University of Louisiana at Lafayette enriches the college experience by encouraging excellence in academics, social skills, leadership, community service and personal growth, as well as fostering collaboration between Greek organizations.

On average, Greeks earn better grades and are more likely to graduate compared to a non-Greek UL student. We also get involved in the community both within the individual

organizations and in collaboration with other Greeks and other campus organizations. And we also promote personal growth, leadership development, networking with professionals, and alcohol and substance abuse education.

We know the stereotypes and it is really difficult to break that stigma. Until your son or daughter experiences it first hand, they will never know how different it is from the movies and they will never get the love, support and encouragement that comes

with the brotherhood and sisterhood of Greek life.

Is your son or daughter interested? Have them visit [here](#) to find out more!

If you want to find out more, you can visit the parent information [website](#)

Office of Greek Affairs  
Martin Hall 223  
(337) 482-6272



## Student Alumni Association:

The [Student Alumni Association \(SAA\)](#) is the chapter of the Alumni Association open to all students, in any major enrolled at the University of Louisiana. The main purpose of this organization is to instill in its members a life-long sense of commitment and pride for our University. Meetings are held at the Alumni Center's board room located directly behind the Alumni House. Becoming a member of SAA gives students the opportunity to network with members of the Alumni Association, and also provides great résumé development. Networking occurs at events held year round such as homecoming events, tailgating, and the annual Spring Gala, to name a few. Discounts to local and national businesses are offered to members as well. This organization is a great way for your student to get involved and really learn about the University and its Alumni.

Visit the [Facebook page here](#), or the website in the text above to learn more!



## Call To All Parents:

OFYE is putting together a committee to develop a family weekend. We are looking for 4-5 parents willing to serve on this committee. If you are interested please email Dana Bekurs @ [dana@louisiana.edu](mailto:dana@louisiana.edu)

**Want to change your major?**  
[Find out how.](#)

To find out what **Majors** and **Minors** are offered visit our [ONLINE CATALOG](#).

## HOW TO DEAL WITH ROOMMATE ISSUES

Halfway through the semester, your student and their roommate are really learning who each other are. Issues might be arising between them, what they imagined might not have happened and it is frustrating. Paul Bradley, dean of residence life at Northwestern College in Saint Paul, Minnesota says: "So many times we've seen students come into the dorm believing their roommates will be their friends for life, their best buddies. The roommates, on the other hand, may see the room only as a place to sleep since they already have a social network. Then it's a mess; there's hurt, confusion and tension."

### Some Practical Advice for your student

1. Practice common courtesy when it comes to visitation. Establish policies or schedules, setting aside nights for quiet and study time.
2. Keep a balance of rights and compromise. Be flexible, but not at the expense of studies or health.
3. Express issues and develop tactful, effective confrontation skills.

Often times paired roommates are different; there are those who are very structured, social butterflies, or nose-in-the-book academics. And they end up in the same room. Adjusting successfully calls for communication. Bradley says, "Communication is vital to any relationship, even roommates. They need to share openly on such issues as cleanliness, visitation, music, study time, and lights out." Setting these parameters make for an easier, though not necessarily successful, time with your students roommate.

If your student is having roommate problems, encourage them to sit and think about what is really frustrating to them – in a place other than their room encourage them the try writing down what is *the most* frustrating. And to not be specific (i.e. "my roommate finished my cereal again" but instead, "my roommate is not honoring my possessions or space.")

### How to Address It

Once your student has figured out the main issues, they should try to talk to their roommate at a time that is good for both of them, setting a specific time so that "this weekend" doesn't come and go without talking. Chances are the roommate knows that they need to talk also.

If your student doesn't feel comfortable talking to their roommate directly, encourage them to talk to their RA. The issues do need to be addressed.

### Speak Your Mind . . . But Listen, Too

Your student shouldn't attack their roommate using language that would make her defensive; for example, instead of saying, "I can't believe how selfish you are when it comes to my things," try, "It really frustrates me that you borrow my clothes without asking." The more verbally attacked, the more her defenses are going to go up.

Your student should also try to listen to what their roommate has to say *without* getting defensive or interrupting. The only way to get to the bottom of everything is to put it out on the table, talk about it, and see what can be done.

### After the Discussion

Your student should give their roommate a little time to make the changes discussed. But if things just aren't working out, it's not the end of the world. It doesn't mean your student or their roommate did anything wrong. Some people just don't live well together!

If your student decides that they can't stay with their roommate for the rest of the year, encourage them to talk to their RA and go through the appropriate channels. When problems arise, they need to be solved as a room first. No beating around the bush. Be honest, but tactful.

Adapted from "[College Dorm - Roommate Issues](#)" and Kelci Lynn Lucier's "[What to Do If You Hate Your Roommate](#)."



The University of Louisiana at Lafayette, United Way of Acadiana

**THE BIG EVENT 2014**

On [Saturday, Oct. 25, 2014](#), United Way of Acadiana and the University of Louisiana at Lafayette will hosted **The BIG Event**, a day of community service that allows 2,500

UL Lafayette students, faculty, and staff to give back to their community through volunteerism. **The BIG Event** invites UL students, faculty, and staff to make one **BIG** impact in one day. Volunteers will have the opportunity to complete hands-on projects, which may include beautification and landscaping activities, painting, playground refurbishing, cleaning, holiday preparation, project assembly, building projects and projects that allow them to work directly with others on activities that support and improve our community.

Watch the [video](#) of our BIG day!

**A Peek from Last Year:**

**The BIG Event:** October, 2013. Almost 2600 volunteers. Over 7000 hours of service.



**HOMECOMING**

Planning for Homecoming 2014 is underway. This year homecoming week is October 26-November 1, 2014. **This year's theme is Ragin' Cajuns Ever After.** Activities included in Homecoming week are “Yell like Hell” spirit competition, parties, concerts and many other activities that occur all week in anticipation of the big game. The day of Homecoming there is a parade and a tailgating party for all students. [Here](#) is more information.



Homecoming 2013

[Study Abroad](#) provides students an opportunity to earn course credit while studying in a foreign country. Various programs are coordinated during the summer semester, including long-standing programs to Paris, France; Florence, Italy; London, England; San José, Costa Rica and many others.

In an age of increased globalization, members of university communities like ours need the experience of living in a different culture. We have a sizable number of students who learned and enjoyed their time abroad so much that they participated a second time in a different country. Students can earn from three to nine credits over the summer and will find their classes both interesting and challenging. Our courses are rigorous having been approved both by the appropriate department heads and by the UL Lafayette Study Abroad Program Committee.

Pat Mouillé, Coordinator  
(337) 482-5438  
Griffin Hall 437

**Study Abroad Panel/Info Session**  
**November 19th**  
**Moody Hall 103**

For Information and dates for the **STUDY ABROAD FAIRS**, click [here](#).



## University of Louisiana at Lafayette

Office of the First-Year Experience  
109 Lee Hall  
PO Box 41812  
Lafayette, LA 70504  
Phone: 337-482-6599  
Fax: 337-482-5309  
E-mail: [ofye@louisiana.edu](mailto:ofye@louisiana.edu)  
Website: [firstyear.louisiana.edu](http://firstyear.louisiana.edu)

Office of Orientation  
106 Lee Hall  
PO Box 44252  
Lafayette, La 70504  
Phone: (337) 482-1391  
Fax: (337) 482-1494  
Email: [orientation@louisiana.edu](mailto:orientation@louisiana.edu)  
Website: [orientation.louisiana.edu](http://orientation.louisiana.edu)



## In Theory –

### Theoretical Reflections on the University Experience

Recently, I had a conversation with a young woman who is in the first semester of her freshman year. She indicated that she was struggling in one of her courses and she was surprised. As she put it, “I never had to study in high school, and I did fine.”

This story is not unusual – even the best of students can find the transition from high school to college challenging. Dr. David T. Conley, a professor at the University of Oregon and an expert on the concepts of college and career readiness, defines *college success* relevant to first-year students as “completing the entry-level courses at a level of understanding and proficiency that makes it possible for the student to consider taking the next course in the sequence or the next level of course in the subject area.” In other words, the goal is a level of understanding of the subject matter that makes them ready to tackle yet another course in the same area.

The National Assessment Governing Board provides us with a useful concept: *college readiness*. While being *prepared* for college is measured by academic qualifications such as ACT scores, high school GPA, and the like, *college readiness* includes the behavioral aspects of student performance—time management, persistence, and interpersonal skills, for example. These characteristics play a critical role in college success.

Often, first-year students approach their learning in a way that does not facilitate college success—for example, they just want to “survive” that math course. But if your first-year student is majoring in the sciences, nursing, computer science, engineering, or a similar field, the goal is not merely to survive the course but to understand the material (as they will need to apply these concepts in other courses).

The good news is that we have plenty of resources here at UL Lafayette to help them to make the transition from high school (where perhaps they did not have to study, or did not have to study as much) to college (where they cannot expect to succeed unless they invest significant time and effort into learning the material). Earlier in this issue, we provided information on the Tutoring and other services provided by the Academic Success Center, as well as information on stress reduction and wellness.

As a first-year student at UL Lafayette, your child is required to enroll in UNIV 100. This course was designed to foster college success by focusing your student’s attention on the very characteristics that increase college preparedness. In addition, the course focuses on *career preparedness* by helping your student to understand better the link between their career interests and their major (as well as how the General Education curriculum—which fosters such skills as critical thinking and information literacy—will prepare them for a career after graduation).

We are here to help your student make the successful transition to university, both academically and attitudinally.

Dr. Jennifer Faust  
Director, Office of the First-Year Experience