

October 2015

Page 1

Inside this issue:

| | |
|-----------------------------------|----------|
| Fall Advising | 1 |
| Success at Your Fingertips | 2 |
| Grades First Check Up | 2 |
| Making Healthier Students | 3 |
| Getting Involved | 4 |
| Homecoming 2015 | 5 |
| College Binge Drinking | 6 |
| Cajuns Going Global | 7 |
| September in Review | 8 |
| In Theory | 9 |

Fall 2015 Calendar

Oct 19: Academic Advising for Spring 2016 Begins

Oct 24: The Big Event

Oct 30: Academic Advising for Spring 2016 Ends

Nov 26-27: Thanksgiving Break

Dec 4: Last Day of Classes

Dec 7-11: Final Exams



Fall Advising

Advising for the Spring Semester will be October 19-30. This means that during that period your student will need to meet with his/her advisor to arrange a spring class schedule. Encourage your student to contact their advisor now and make an appointment within the appropriate time frame if they have not already done so. Students may check 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 prepare for the advising meeting. Additional tips on [academic advising](#) can be located through the Academic Success Center.

Below is a 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

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

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.

October 2015

Page 2

RESOURCES**Academic Success Center**

Lee Hall
Rm 115
Call: 482-6818
asc@louisiana.edu

Writing Center

H.L. Griffin Hall, Rm.
107-108
Hours: Mon-Thurs 9AM -
3PM; Fri 9AM -12PM
Call: 482-6447

Counseling & Testing Center

Saucier Wellness Center
in O.K. Allen Hall
Call: 482-6480
counseling@louisiana.edu

Office of Disability Services (ODS)

Conference Center, Rm.
126
Call: 482-5252
ods@louisiana.edu

Student Support Services

DeClouet Hall
Rm. 106
Call: 482-6828
specialservices@louisiana.edu

STEP Computer Labs on Campus**Student Affairs Division**

Martin Hall
Rm 211
Call: 482-6266
studentaffairs@louisiana.edu

Success at Your Fingertips

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 Lafayette 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. 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 8:00 a.m. - 8:00 p.m. Mon-Thurs, and 8:00 a.m. - 12:00 p.m. on Fridays. Students can call 337-482-6583 or walk in to schedule an appointment. Tutoring is offered in Math, Biology, Chemistry, Physics, Accounting, Psychology, Engineering, Spanish, and many more subjects. See their [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 student to form study groups, to read ahead of class, meet with their instructors during office hours, and increase the amount of time they are studying.

Grades First Checkup

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 the standing grade in a course, encourage her or him to visit the instructor during office hours. Office hours are stated on each student's course syllabus.

As part of the [GradesFirst](#) initiative, instructors are about to complete the **second freshman grade check** between October 22nd and 29th. Students will receive 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. Also the 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.

October 2015

RESOURCES

Office of Student Health Services

Saucier Wellness Center
220 Hebrard Blvd
Phone: 337-482-1293
Fax: 337-482-6428
shs@louisiana.edu

Counseling & Testing Center

Saucier Wellness Center
220 Hebrard Blvd
Phone: 337-482-6480
counseling@louisiana.edu
testing@louisiana.edu

Bourgeois Recreation Center

225 Cajundome Blvd
Font Desk: 337-482-6159
Aquatics: 337-482-2782
Intramurals: 337-482-6158
Fitness Center: 337-482-1881
dave@louisiana.edu

Department of Dietetics

Hamilton Hall
Room 117
Phone: 337-482-6577
Fax: 337-482-1115
rriehard@louisiana.edu

Office of the Dean of Students

Student Union
Room 169
Phone: 337-482-6276
mperez@louisiana.edu

Division of Student Affairs

Martin Hall
Room 211
Phone: 337-482-6266
studentaffairs@louisiana.edu

Making Healthier Students

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.
- ✿ Encourage them to plan healthy meals in advance. Packing a healthy lunch the night before and sticking it in the fridge to grab on their way out can let them rest and relax during their lunch hour instead of standing in line for food.
- ✿ Get a hobby. All work and no play can cause physical and mental burn out. 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.
- ✿ They are funded by a student membership fee which is collected each semester.

Services They 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.
- ✿ Please see their [website](#) for a Comprehensive List of Services and Clinic Hours.

How They Work:

- ✿ SHS follows the "University Hours of Operations" throughout the year. SHS operates utilizing a combination of appointment and walk-in services.
- ✿ Patients are triaged by a nurse prior to being seen by a clinician.

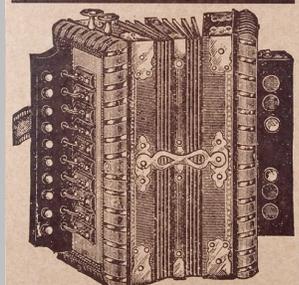
-  Allow time for completing and/or updating personal data each semester.
-  If you have any insurance coverage, please bring your insurance card each visit.



October 2015

Getting Involved

Student involvement on campus and in the community is an important aspect of college success. Research shows that students who are engaged perform better academically than those who are less involved. As such we do all we can to offer a variety of opportunities for UL Lafayette students to find their comfort zone. Below are some events available to students for the remainder of the month of October:



| <u>Date</u> | <u>Event</u> | <u>Start Time</u> | <u>Location</u> |
|-------------|--|-------------------|---------------------------------|
| Oct. 15 | Rhythms on the River | 5:30 pm | River Ranch Town Square |
| Oct. 15 | The U After Dark: Casino Night | 7:00 pm | Student Union Ballroom |
| Oct. 16 | UL Lafayette World Cup | 5:00 pm | Charles Tilman Arena |
| Oct. 16 | International Rice Festival | 6:30 pm | Crowley, Louisiana |
| Oct. 16 | Volleyball vs. Georgia St. | 7:00 pm | Earl K. Long Gym |
| Oct. 16 | Soccer vs. Texas State | 7:00 pm | Ragin' Cajun Soccer Complex |
| Oct. 17 | Andouille Festival | 6:00 pm | LaPlace, Louisiana |
| Oct. 17 | Soul Creole Sugar Jam | 6:00 pm | Sugar Mill Pond, Youngsville |
| Oct. 17 | Volleyball vs. Troy | 7:00 pm | Earl K. Long Gym |
| Oct. 18 | Soccer vs. Appalachian St. | 1:00 pm | Ragin' Cajun Soccer Complex |
| Oct. 18 | Angola Rodeo | 2:00 pm | Angola, Louisiana |
| Oct. 20 | Louisiana Cotton Festival | 3:30 pm | Ville Platte, Louisiana |
| Oct. 20 | Football vs. Arkansas St. | 7:00 pm | Jonesboro, Arkansas |
| Oct. 23 | Downtown Alive! | 5:30 pm | Downtown Lafayette |
| Oct. 23 | Beaux Arts Ball | 7:00 pm | Student Union: Atchafalaya Room |
| Oct. 24 | Farmer & Artisans Market | 8:00 am | Horse Farm: 2913 Johnston St. |
| Oct. 24 | Hub City Farmer's Market | 8:00 am | 427 Heymann Street |
| Oct. 24 | Rougarou Festival | 10:00 am | Houma, Louisiana |
| Oct. 27 | LAGCOE Career Fair | 8:00 am | Cajundome Convention Center |
| Oct. 27 | School of Music Halloween Concert | 7:30 pm | Ducrest-Gilfrey Auditorium |
| Oct. 30 | South Louisiana Blackpot Festival & Cook-off | 6:00 pm | Vermilionville |
| Oct. 31 | Homecoming Game vs. UL Monroe | 4:00 pm | Cajun Field |

October 2015

Page 5

Top University Spots to Check Out

1. Student Union
2. Cypress Lake
3. Welcome Wall
4. Century Oaks
5. Dr. Stevens Memorial
6. Martin Hall
7. Walk of Honor
8. Quad Fountain
9. Pillars of Excellence
10. Echo Chamber
11. Dupré Library
12. Ernest Gaines Center (Inside Dupré Library)
13. Trébuchet
14. Beau Soleil Home
15. Girard Park
16. Twin Towers Memorial Site
17. Hilliard University Art Museum
18. Red Zone Store
19. Bourgeois Hall
20. Lamson Park
21. Greek Row
22. "Tigue" Moore Field
23. Cajun Field
24. LITE Center
25. National Wetlands Research Center

Locate these iconic locations on the university maps below!

[Main Campus](#)

[University Common](#)

Numbers 1 - 17 are accessible by foot, however we suggest using a personal vehicle for Numbers 18 - 25.

Homecoming 2015

[Homecoming](#) is a special time for alumni and current students to share in the experience of being a Ragin' Cajun. Below are events planned by the [University Program Council](#) (UPC) and the [Alumni Association](#) to make the Homecoming Week both special and memorable. For more specific information, please visit their websites directly.



Sunday, October 25th
 Homecoming Mass at Our Lady of Wisdom
 Ragin' Cajuns Bowling





Monday, October 26th
 Allons Manger: Ragin' Cajuns Food Truck Round-Up
 Banner Hanging & Judging
 1920's themed Cajun Karaoke





Tuesday, October 27th
 Cake Giveaway & Spirit Sign Signing
 Movie Showing





Wednesday, October 28th
 Ragin' Cajuns Can Care Food Drive
 Wear Red & Get Fed





Thursday, October 29th
 1980's themed "Yell Like Hell" cheer practice
 Ragin' Cajun Letterman Hall of Fame Reception





Friday, October 30th
 NPHC Greek Expo
 Alumni Tennis Tournament
 Alumni Golf Tournament





Saturday, October 31st
 Alumni Ragin' Road Race
 Homecoming Parade
 Tailgating Begins
 UL Lafayette vs. Texas State





October 2015

Page 6

College Binge Drinking

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 in assignments
- 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 your student or their friends, please know that help is available. For further information click [here](#).

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, says that 56% of students do not binge drink regularly. But this means that 44% do report regular binge drinking.

Hayes 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."

This article was adapted from Kevin Sliman's article [Probing question: How serious is the binge drinking problem on college campuses?](#) For more information on UL Lafayette's drug and alcohol policy as well as 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 your student is struggling with problems due to alcohol, information, counseling, and free alcohol and drug screenings can be obtained from the UL Lafayette [Counseling & Testing Center](#).

October 2015

Page 7

San Jose, Costa Rica



Florence, Italy



Paris, France



Ragin' Cajuns Going Global

Study Abroad Programs provide 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 in Paris, France; Florence, Italy; London, England; San Jose, Costa Rica and others.

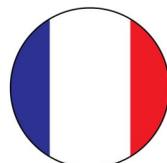
In an age of increased globalization, members of university communities like ours need the experience of living in a different culture. If your student participates in these programs, you will find they will come back with life changing experiences, certainly

having a much wider view of the world than when they first boarded the plane headed to [Costa Rica](#), [England](#), [France](#), or [Italy](#). We have a sizable number of students who learned so much 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. For more information on a specific program please click the corresponding flag below.



Contact: Dr. Gwen Fontenot
Study Abroad Director
(337) 482-6491
Moody Hall 226

Contact: Pat Mouille
Study Abroad Coordinator
(337) 482-5438
Griffin Hall 437



Click the above icons for additional information for each specific destination.

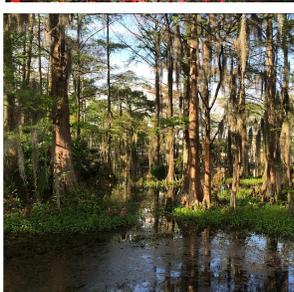
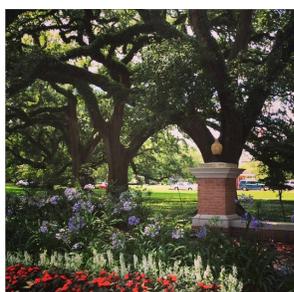
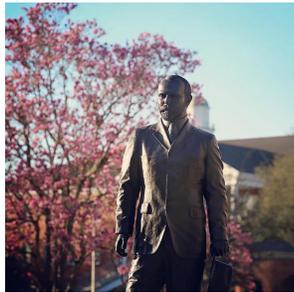
October 2015

September In Review

- 1) The Ragin' Cajun Athletic Department debuted the new Student Athlete Performance Center at Cajun Field.
- 2) Students enjoyed a taste of India's culture thanks to the university's Association of Indian Students.
- 3) Hosted by [UPC](#) & [RHA](#), Ragin' Cajuns got colorful at Splatterbeat: Gleaux Edition with DJ Hef.
- 4) The 2015 Football Season was kicked off in style by students and Coach Hudspeth at Ragin' Roar!
- 5) Alumni, students, and friends of the university broke in new additions to the campus at Opening Weekend.
- 6) The university unveiled the new Ragin' Cajun Ale in partnership with Bayou Teche Brewery.
- 7) UL Lafayette launched it's new monthly newscast called "University Avenue."
- 8) The Ragin' Cajun PETE Team reached the Final Four in the Houston Petrobowl XIV.
- 9) UL Lafayette was recognized by the National Wildlife Federation for its preservation of Louisiana's natural habitat.

Additional information detailing these events can be located by clicking the corresponding picture to the right.





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