



UNIVERSITY of
LOUISIANA
LAFAYETTE®

**Office of First-Year
Experience**

**Parent Newsletter
February 2019**

Freshman Spotlight!



Bethany Sistrunk

Where are you from?

"I went to high school in Kaplan, LA and that's where my family is from. I'm originally from Lafayette, and I lived in Texas for 8 years."

Why did you choose UL?

"I chose UL because I was inspired by proud Ragin' Cajun graduates and current students to make this university my home. I have truly found a family at this university, and I can't imagine being anywhere else."

What is your major and what type of career are you looking to have?

"My current major is Political Science with a concentration in international relations. I want to get my masters in nonprofit management

so I can work with nonprofit organizations and possibly one day manage my own."

What has been your greatest memory so far this year?

"It's so hard to pick one greatest memory! I think I have to say though that making orientation staff will always be unforgettable. I've already made lifelong friends, and we're all one big family! And I know so many more amazing memories will be made this summer when we meet all of the incoming freshman!"

What have you become involved in since arriving at UL Lafayette?

"I'm a member of the honors program, I'm a freshman senator in the Student Government Association, I'm a member a Phi Mu Sorority, and I'm an orientation leader on the 2019 student orientation staff. I knew

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(Freshman Spotlight Continued)

when I started my first semester that I wanted to get involved on campus, and I have been so lucky to be a part of these amazing organizations."

Tell us a funny story that has happened this year.

"Roller skating with my big in Phi Mu dressed up as cactuses for our sisterhood retreat! We were dancing, singing, and roller skating all while dressed up as cactuses. Best halloween costume ever. My best laughs always happen with my sisters!"

What would you tell a senior in high school looking to attend UL for Fall 2019?

"Make new friends and step out of your comfort zone! Get involved and find your family on campus. The

new friends you make as a freshman will change your entire experience here at UL. Don't forget though that your education is the main reason why you're here!"

If you had 3 words to describe yourself, what would they be?

"Passionate, ambitious, and enthusiastic."

What else would you like us to know about you?

"I love my Ragin' Cajun family! I'm so grateful for everything UL has already given me! Geaux Cajuns!"

Bethany was nominated by her Peer Mentor to be the Freshman Spotlight for February. If you think your student should be spotlighted, email Taylor at taylor.mccauley1@louisiana.edu and tell us why! We would love to hear from you.

ENCOURAGE STUDENTS TO PLAY TO THEIR STRENGTHS — When children are students in middle school and high school they are taught that there are certain ways to study and learn. Due to the uniformity schools try to teach at these ages they often dictate which ways to learn. Once your child reaches college they tend to maintain the belief that they have to continue to study and learn in that fashion. On the contrary, college is a time for students to discover themselves socially and intellectually, and they should choose the method that best works for them. There are three main ways that students tend to compute information: by sight, by sound, and by touch.

When a student is a visual learner, he or she performs best when viewing pictures, graphs and diagrams, and demonstrations. This type of student is best served by reading through a text, notes, etc. Students who are auditory learners best attain and retain information through hearing it. The biggest strength for this student is class lecture, where a professor can vocally relay the information. [The Academic Success Center](#) suggests all students practice the traits of [LADDER Listening](#), especially auditory learners. And finally, tactile learners are those students who best learn through physical contact, whether that be writing information in the form of notes or partaking in role-playing demonstrations. It is likely that each student will want to engage in all of these at some time.

Another variable that can greatly effect how your child learns is his or her personality. The standard method for characterizing personality is the [Myers-Briggs Personality Type Inventory \(MBTI\)](#). This test will identify a student's predisposed personality characteristics in four groups: [social orientation](#) (extrovert vs introvert), [information processing](#) (sensor vs intuiter), [decision making](#) (thinker vs feeler), and [achieving goals](#) (judger vs perceiver). Once determined, the Myers-Briggs test will assign a combination of four letters that are specific to the personality traits of each individual person.

College is the place for students to decide for themselves how best they learn and to apply those methods to their study habits; yet the process is often hindered by lessons taught in primary and secondary education. As a parent, you have the influence over your children to nurture their creativity and individuality. It falls to us, their teachers, and you, their parents, to promote the idea that they do not have to go about studying in the same way as the person to their left or the person to their right.

FALL & SPRING CALENDAR

March 4-6
Mardi Gras Break

March 13
[Majors & Minors Fair](#)

March 18-29
**Advising Session for Summer/
Fall 2019**

April 22
Last Day to Drop with a "W"

April 15 - April 19
Easter/Spring Break

May 1 - May 5
Dead Days

May 3
Last Day of Classes

May 6-10
Final Exams

May 10
Semester Ends

May 17
Spring 2019 Commencement

[UL Events Calendar](#)

THE FEASIBILITY OF PART-TIME JOBS IN

COLLEGE — Your student is now nearing completion of his or her second semester in college. An important preparation for life after college that can easily be done now is gaining practical experience in the work force! A large majority of students in college hold down part-time [student jobs](#) that can range anywhere from 5 to 20+ hours a week. Whether it is to gain knowledge of the working world or simply to have some extra spending money, having a job is an important part of life in college.



UNIVERSITY OF LOUISIANA AT LAFAYETTE
OFFICE OF CAREER SERVICES
Student Affairs Division

The [Office of Career Services](#) is a division of [Student Affairs](#) whose mission is to provide services to UL Lafayette students and alumni in developing and implementing their career goals by providing skill enhancement, career and employer information, and maintaining quality university-employer relationships that provide a link between students and potential employers.

Career Services maintains an online database called [Handshake](#) where university students can view openings for part-time jobs, internships, and [co-ops](#) for course credit. These openings cater to students who live on-campus with numerous university positions, but also cater to commuter students by offering numerous positions in the Lafayette and surrounding areas.

Career Services also provides cover letter and [resume-writing tips](#) as well as work with students on how to professionally approach the interview process. Besides its online database, Career Services also organizes [career fairs](#) throughout the year where they bring in anywhere from 80 to 100+ businesses and post graduate organizations. All UL Lafayette students and recent alumni are encouraged to attend.



[UL Major & Minors Fair](#)
[Spring 2019](#)
March 13, 2019
Student Union Ballroom
10 A.M. - 1 P.M.

PARENT ADVICE



"Read the newsletter. Also, help your student to be independent, even when it comes to finances, studying, grades, etc."



"Patience! Give your student space and always be there to allow them to vent on their own terms."



"Be prepared to allow your child to make decisions. Also, be prepared to help guide them and offer plenty of love and support throughout the year."



"It is repeated over and over again that your student is an adult now. It is still important to stay very active in their life. They still need a parent's guidance, kind words, and advice. This will help in their success during their big transition in life."

LETTER OF REC

THE ART OF ASKING FOR A LETTER OF RECOMMENDATION —

By Amy Baldwin. At this time of the year, when scholarships and internships are open for application, I get about a dozen or so requests from students to write them letters. Some of the emails, like the one above, come after I explicitly tell students from previous semesters to let me know if they need me to write one for them. And I am honored to do so, as I know many students struggle to find someone who can write about them in specific, concrete ways that allow their strengths to shine. I truly like writing them. Really, I do.

But there are ways to ask and then there are *ways to ask* for a letter. Here is a typical response from me for an email request as the one to the right:

Dear Ed,

Of course, I will be honored to write you a letter of recommendation, but I need to know a few things first so I can write one that allows your true, wonderful self to peek through. Can you provide me with the following as soon as possible?

Dear Dr. Baldwin,

Can you write me a letter of recommendation for a scholarship that I want to apply for?

Thanks,

Excited Ed

- **Name of Person/Committee/Organization that I will be addressing.** It always helps to craft a letter that specifically names the person or entity.
- **Where it will be sent and how.** Will I receive an email with a link to upload the letter? Will I need to mail it myself? Will you need to pick it up and submit it with other application materials? This will help me be on the lookout for an email from an unknown party or to know that I need to buy some stamps (more on that further down in the list).
- **Information about the type of scholarship to which you are applying.** Is it merit-based, need-based, or other? This information will help me determine what kind of details I will emphasize.
- **Due date.** This is perhaps the most important of all because it helps me manage my time. If you need something quickly, you can still ask, but I will need to assess whether or not I am able to produce it on time.
- **Copy of your resume or brief list of your accomplishments and your long-term goals.** In other words, what else can I highlight about you that may have changed since we last talked. I don't want to write about your dreams of being a veterinarian, as you told me last semester, when you are now interested in marketing.
- **Other materials.** In the event that the recommendation letter needs to be mailed, can you provide me with addressed, stamped envelope(s) to mail the letter? This is a common courtesy and expedites the process.

As you can see, the original email was rather thin on details that I needed to determine if I could write a letter (This is why the due date is important!) and to determine the quality of a letter I could write. I would also add that if the student had been one of mine from a few years ago, a current photo would also have been helpful to jog my memory. If the goal is to get a good letter of recommendation, then a little time and attention to details will help the recommender (if that is even a word).

But, wait! There's more. Once the agreement is secured and the information has been provided, the recommendation process does not end when the letter is sent. The student has two additional tasks that will forever solidify their place in the heart of anyone who writes them a recommendation letter:

A note of gratitude. Yes, I said it: The student needs to (must?) write a thank you note to the person

who spent considerable time and energy making them look good to others. A handwritten, mailed note is always preferable, but a sincere email may also suffice. A mere “thanks” in person, over the phone, or in a text is nice, but not the same.

A follow-up on the outcome. I, like many who are excited by students’ endeavors, want to know how it turned out. Did they get the scholarship? Were they chosen for the internship? Following up with those who wrote letters of recommendation allows the student and them to create closure as well as prime them in the event that the student may need another letter. This is where a note of gratitude can grease the wheels. I know that I am much more excited to write another letter for a student who has genuinely expressed appreciation for what I did the last time.

*Amy Baldwin writes for HigherEd Parent. She and co-author Brian Tietje have a new book, [A High School Parent’s Guide to College Success: 12 Essentials](#), available on Amazon. She is also the co-author with Brian Tietje and Paul Stoltz of *The College Experience*, *The Community College Experience*, and *The College Experience Compact*, all published by Pearson Education. She and her husband are parents of a college freshman and a high school sophomore.*

GRADES FIRST CHECK — Your student will be getting feedback during the semester on attendance and grades through **Grades First**. Students who have grades below a C and/or excessive absences will receive an email from the Academic Success Center encouraging them to contact the instructor immediately seeking help. The grade checks for Spring 2019 will take place between February 13 - 20, March 13 - 20, and April 10 - 22.

ACADEMIC SUPPORT

ACADEMIC SUCCESS CENTER — The [Academic Success Center](#), located in Lee Hall, provides academic counseling and tutoring. Academic Advisors, located in Room 115, can assist students with course recommendations, academic success strategies, dropping classes (if needed) and changing majors. Tutoring is held in The Learning Center (TLC) on the second floor of Lee Hall.. TLC provides students with free one-on-one tutoring, study group tutoring, supplemental instruction, computer lab assistance, and other services. Tutoring is available for most all 100 and 200-level math and science courses as well as for accounting, economics, engineering, French, psychology, Spanish and statistics. The Academic Success Center also offers FREE [Student Success Workshops](#)! [Click here to view the schedule and register.](#)

Advising for Summer/Fall will take place from **March 18 - 29, 2019**. All students at UL Lafayette are assigned a specific advisor from their academic college unless assigned to the Academic Success Center. If your child does not know who his/her advisor is, the information can be located on Ulink.

- Once logged into ULink, click on the “Academic Profile” tab.
- Once on this page, under the “Academic Profile” section, select the “Spring 2019” term. Advisor(s) will be listed below.

Advisor information will include the advisor’s name, office location, phone number, and email. Students can also view transcripts and any holds that might be on their accounts.

[The Writing Center](#), located in HL Griffin 107, is also a great place to receive academic assistance, particularly for any writing assignments, which includes:

- Enhancing writing skills, and seeing strengths and weaknesses in their writing
- Focusing on writing processes and the value of creating multiple drafts
- Helping students learn to proofread their writing while empowering students to own their writing
- Nurturing creative ideas in students

SPRING TASKS

SPRING SEMESTER ACTION ITEMS FOR YOUR FRESHMAN —

Adapted from [Suzanne Shaffer](#) at [CollegiateParent.com](#).

Students are back on campus following a well-deserved winter break! In addition to coursework and extracurricular commitments (and of course their social life), there are activities and tasks that are unique to the second semester. This Top 5 should be on your student's radar:

- 1. Meeting with an academic advisor** — Your student will soon meet with an advisor to register for fall. That makes NOW the perfect time for a big picture conversation with their academic or major advisor. They should confirm that they are on track to graduate with no unpleasant surprises waiting for them senior year (i.e., coming up a few credits short of what's required to graduate). A meeting with an advisor can also help prepare your student for future course selections and provide a chance to ask questions about their major and electives.
- 2. Visiting the Financial Aid office** — If your student receives financial aid (need-based or merit), they should make an appointment at the financial aid office. Students wishing to [apply for or renew financial aid](#) must complete paperwork (due dates vary, and may involve completing an online form for the school plus the [FAFSA](#) and possibly the CSS). Any loans for the spring semester will need to be signed, and this is a good time to verify the status of grants and scholarships, especially those with academic requirements. While there, your student should get a list of all loans and take inventory of their college debt.
- 3. Diving into Study Abroad tasks** — Does your student hope to [study abroad](#) next year? [UL Lafayette has a wonderful Study Abroad program](#), which includes programs in [Costa Rica](#), [England](#), [France](#), and [Italy](#). Applications for Fall '19 programs are due this Spring semester. If your student has already been accepted to a summer or fall study abroad program, they can [follow this checklist](#) and start completing the required tasks. Waiting until the last minute is not an option! It can take weeks or even months to get an appointment at the consulate to apply for a student visa, and more time for the passport and visa to be returned.
- 4. Preparing for on-campus housing selection** — The on-campus housing selection process typically gets rolling in late winter. Most freshmen were matched with roommates by the college. After the first year, students usually choose their own roommates. It's important to be informed and flexible during this process, and to prepare ahead of time. Before selection begins, your student should look at residence hall options available to upperclassmen and rank their top choices.
- 5. Dropping by Career Services** — It's time to polish up that resumé and apply for summer jobs, internships, and research opportunities. Career Services offers career fairs, major and minors fairs, resume reviewing, career counseling, job databases like [Handshake](#), and more.

UL HOUSING NOW ACCEPTING CONTRACTS!

The Office of University Housing is accepting contracts for next academic year! Have your student secure their spot today! Check the [housing website](#) for rates prior to signing the contract.

SUICIDE: THE #1 CAUSE OF DEATH — According to the CDC (Center for Disease Control and Prevention) **suicide is the number one leading cause of death among college students.** The University of Louisiana at Lafayette is active in Suicide Prevention. This means that the University spreads awareness to the student body, to the community, and to the parents.

STUDENT HEALTH

Parents play an important role in suicide prevention by recognizing the symptoms and getting their student help. It is important that you are communicating and speaking with your student; conversing with them about their friends, classes, and weekend activities. When conversing with your student you should watch for symptoms of depression, anxiety, stress or grief. **The number one cause of suicidal tendencies is depression**, however, there are other mental disorders that may cause suicidal tendencies. Any combination of depression, anxiety, stress, or grief may cause your student to experience suicidal thoughts and tendencies.

Symptoms of suicidal tendencies are: withdrawal from friends, drastic changes in behavior, previous attempted suicide, neglecting their personal appearance, and mood shifts. Symptoms of depression may include low motivation level, avoiding friends, changes in eating or sleeping patterns, unpleasant negative thoughts, or loss of energy. And symptoms of stress, anxiety, and grief could be manifested physically, emotionally, or in behavior.

If you are concerned for your student, or suspect they are experiencing grief, stress, or anxiety, you should speak with your student about it and make them aware that there is assistance available both on and off campus. For on-campus resources, the Counseling and Testing Center located on Hebrard Boulevard provides free and unlimited professional assistance to students. You may also call the Counseling Center for information and/or the Dean of Students Office for assistance on how to get your student help.

The Crouch Foundation is a local suicide awareness foundation that seeks to establish suicide prevention, awareness and educational programs in the Acadiana area. The Counseling and Testing Center has provided information on various topics. If you are concerned about your student or someone you know, and may suspect or know they have suicidal tendencies you may direct them to:



Southwest Louisiana Education & Referral Center

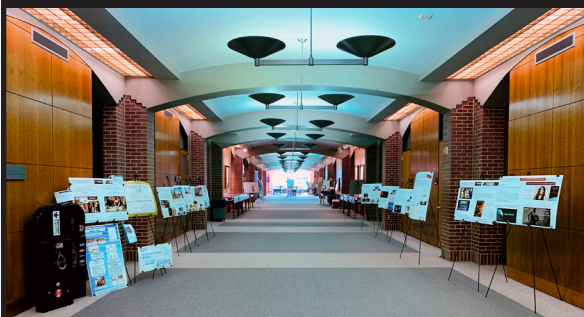
232-HELP / 211

Monday - Friday, 8:00am - 4:30pm with
24 hour on-call services for emergencies

Information & Referral Line

(337) 232-4357 (HELP)

UNIV 100 SHOWCASE



SHOWCASING STUDENT PROJECT FROM FIRST-YEAR SEMINAR —

At the conclusion of each Fall semester, participating UNIV 100 sections submit student projects for an annual UNIV 100 Showcase. The showcase was implemented to display the best student work from our first-year seminar. The projects are displayed in the Edith Garland Dupré Library from January 14, 2019 to February 18, 2019. On February 7, 2019, [awards were presented to the winning projects](#) in six categories, as well as one overall winner— Best in Show.

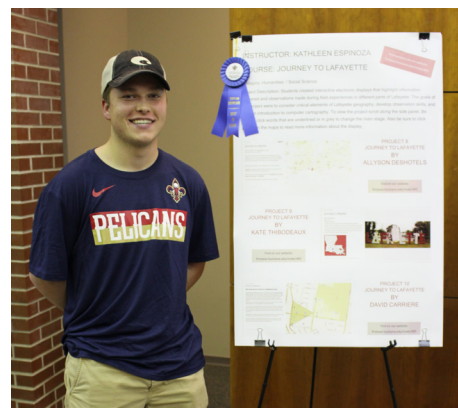


BEST IN SHOW

"JOURNEY TO LAFAYETTE"

by David Carriere

UNIV 100 Section H15,
Instructor Kathleen
Espinoza



Project Description:

Students learned Lafayette geography by going on a series of field trips. They took several trips to various parts of Lafayette, heard from some notable guest speakers, and developed unique maps from these experiences using a simple geographic information systems (GIS) platform. [David Carriere's "Journey to Lafayette" overwhelmingly captured the judges' attention, earning his project the award for Best in Show. View his project here!](#)

CAMPUS RESOURCES

[CAMPUS MAP](#)

Academic Success Center
Lee Hall 115
337-482-6818
asc@louisiana.edu

The Writing Center
H.L. Griffin Hall 107-108
337-482-6447

Counseling & Testing Center
Saucier Wellness Center
O.K. Allen Hall
337-482-6480
counseling@louisiana.edu

Office of Disability Services (ODS)
Agnes Edwards 126
337-482-5252
ods@louisiana.edu





Student Support Services
DeClouet Hall 106
337-482-6828
specialservices@louisiana.edu

Student Affairs Division
Martin Hall 211
337-482-6266
studentsaffairs@louisiana.edu

YOUR STUDENT

THE FEBRUARY STUDENT —

Here are a few things your student can expect or may be experiencing in February during their second semester:

-  **SPRING BREAK PLANNING** — As Spring Break approaches (UL Spring Break: April 15-19), your student may be starting to plan a vacation with their friends. This can give some students something to look forward to during the cold month, while other students may feel excluded. Those with financial concerns who are unable to travel at this time of year may feel left out. Spring Break may also lead to disagreements with family over different expectations for how and where this vacation will be spent. If your student is going on vacation, discuss who is paying for the trip, and why it's important to make responsible choices about alcohol and other drug use.
-  **MIDTERMS** — Midterms are coming up. Check in with your student on their stress level, and make sure they are staying on top of studying and assignments and not waiting until the last minute when midterms arrive.
-  **CARE PACKAGES** — Have you sent your student a care package yet this year? Students love receiving unexpected gifts from their support system.
-  **MARDI GRAS** — Mardi Gras is coming up (UL Mardi Gras Break: March 4-6)! Share the 2019 [Mardi Gras Parade Schedule for Acadiana](#) with your student, but also encourage them to participate in festivities responsibly!



UNIVERSITY of
LOUISIANA
L A F A Y E T T E

**Office of First-Year
Experience**



**Lee Hall 106
230 Hebrard Blvd.
M-TH 7:30-5; F 7:30-12:30**

**firstyear.louisiana.edu
ofye@louisiana.edu
337-482-6599**