



UNIVERSITY of
LOUISIANA
LAFAYETTE®

**Office of First-Year
Experience**

**Parent Newsletter
October 2018**

FALL ADVISING

Now is the time for your student to schedule an appointment with their academic advisor to be advised for the **Spring 2019** semester. The academic advising period is **October 15 - 26, 2018**.

Finding Academic Advisor:

For students to find their academic advisor's name and email address to schedule an appointment, they will need to login into their [ULink](#) account. Under the Academics tab is "Academic Profile" (in the middle of the page). By selecting "Spring 2019" their advisor(s) name for that semester will be listed. They will need to email their advisor to schedule an appointment with them; the advisor's email can be accessed by clicking the envelope graphic. [Here is a step-by-step PDF on how to find your student's academic advisor.](#)

What is ULink?

Students can log into their [ULink](#) account to view the following:

- ["Meet with your advisor"](#) - Tips on what your student should do before their advising appointment.
- ["View the catalog"](#) - Make sure

your student knows what classes they should be taking for their major.

- ["Check holds"](#) - All students have an academic advising hold which will be removed by their academic advisor. Take care of any other holds **NOW** on your account which may prevent course registration. [Click here to see the different types of hold a student can have.](#)
- ["Look up classes"](#) - Students can see all classes offered this spring. If your student would like to speak to an Academic Counselor, encourage them to visit Lee Hall 115.

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REGISTRATION

for Spring 2019 courses:

- [View the Spring 2019 Course Schedule](#)
- [View Registration Holds](#)
- [View Student's Advisor](#)
- [Register for Linked courses*](#)
- [Register for Co-Requisite Courses*](#)
- [Register for Variable Credit Courses](#)
- [General Info on Registering for Classes](#)

*Tip: Linked courses are sections of the same course that must be added at the same time, such as CMCN 100-001 and CMCN 100-010. Co-Requisite courses are typically two separate courses, such as MATH 103 and 104, that must be added at the same time. [Click here to read the common issues/errors students experience prior to registration.](#) Also, [click here to read the common issues students face during registration.](#)

Check out these resources BEFORE registering

FALL CALENDAR

October 15-26
Advising Sessions for Spring 2019 Begin

Nov 1
Last day to drop a class with a "W"

November 22-23
Thanksgiving Break

November 28-December 2
Dead Days

November 30
Last Day of Fall Classes

December 3-7
Final Exams

December 7
Semester Ends

December 14
Fall Commencement

[UL Events Calendar](#)

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

As part of the [GradesFirst](#) initiative, instructors are about to complete the **second freshman grade check between October 10-17th**. Students will receive an email from their instructor if they are at risk of failing a course. The Academic Success Center is continuing to offer **workshops on academic goal setting and time management**. Freshmen are 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 currently be dealing with.



Left: The Lifetime Recreation Living Learning Community enjoyed a day at Vermillionville and learned how to make beignets and bread pudding!

Right: September was House Call time! UL faculty/staff went into the residence halls to meet the students, handout Halloween treats, and inform students on how to register to vote!



FREE TUTORING — Students traditionally underestimate the amount of time they will need to study to do well in classes. Around midterms, many first-year students begin facing the realities that college is more difficult than they expected.

TUTORING

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; 1-2 hour-long [Study Groups](#); 1-2 hour-long [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. Tutors also share study tips and habits and test-taking strategies specific to particular courses.

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!

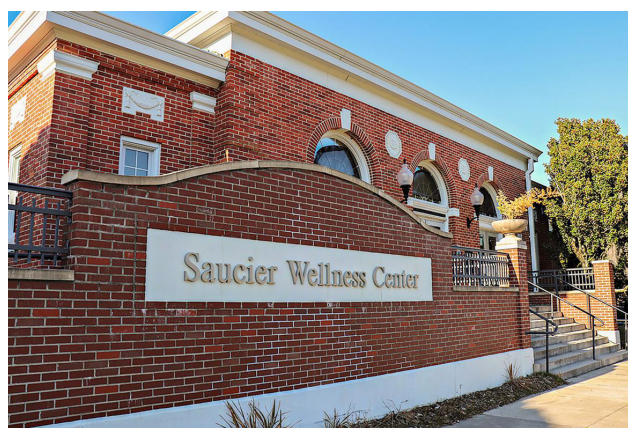
The Learning Center is located in Lee Hall on the 2nd floor and is open for tutoring from 8:00 a.m. - 8:00 p.m. Mon-Thurs, and 8:00 a.m. - 12:00 p.m. on Fridays. Students can call 337-482-6583 or walk in to schedule an appointment. Tutoring is offered in Math, Biology, Chemistry, Physics, Accounting, Psychology, Engineering, Spanish, and many more subjects. See their [website](#) for the full list of courses. Other tutoring options on campus include The Writing Center, The Math Lab, [and more!](#)

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.

STUDENT HEALTH SERVICES — Did you know there is a medical clinic for students on campus? Student Health Services (SHS) 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. Please see the [SHS website](#) for a comprehensive list of services and clinic hours. [Also, please see this Dorm Room Health Kit with a list of items every residential student should have!](#)

STUDENT HEALTH

- Students with membership will receive consultation for any illness, minor injuries, and general physicals.
- SHS follows the “University Hours of Operations” throughout the year. SHS operates utilizing appointment only 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.



STUDENT LIFE

HEALTHY HABITS — 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:

- 1** **Plan Ahead.** Sit down and make a weekly schedule, which provides a feeling of control, order, and structure.
- 2** **Exercise.** Sometimes we just need endorphines. Encourage your student to just say "no" when their schedule is full, but make workout time a priority.
- 3** **Eat Healthily.** Encourage your student 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.
- 4** **Get a Hobby!** All work and no play can cause physical and mental burnout. Encourage your student 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.

BINGE DRINKING — As a parent, when your student is away from home for possibly 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. He continues, "They are pushing the boundaries for themselves."

Additionally, Hayes says that those who do participate in binge drinking report not remembering what happened the night before and 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, "and 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 parents, 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.”

STUDENT LIFE

This article was adapted from Kevin Sliman’s article [Probing question: How serious is the binge drinking problem on college campuses?](#)

[Click here to view more information provided by School Leaders Involved in Drinking & Drug Education \(SLIDDE\).](#)

What is Binge Drinking?

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.

[Read more about what constitutes binge drinking here.](#) [Read more about the effects of binge drinking here.](#)

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 more 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 your student is struggling with problems due to alcohol, encourage them to visit the [UL Lafayette Counseling & Testing Center](#) for information, counseling, and free alcohol and drug screenings. [Click here for more information on UL Lafayette’s drug and alcohol policy.](#)

Collegiate Alcohol Awareness Week: October 15 - October 18

Sponsored by UL SLIDDE



Tuesday, October 16 @ 10am-2pm: Go Cars & Sim. Bus! at Boucher Street

Wednesday, October 17 @ Noon-2pm: Free Glow Bracelets at Rex Street

Thursday, October 18 @ Noon-2pm: Free & Legal Jello-O Shots at 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 as your student might feel like the end of the world, but fear no more... here are some tips to share with your student:

- [5 Tips to Getting Along With Your Roommate](#)
- [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 living without parents and newfound freedom wears away, students may feel homesick, lonely, or worried. While this is completely normal and not cause for worry, here are [Three Ways for Parents to Support a Homesick College Student](#). Some helpful things 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! Students love getting mail! [Click here to view more ideas for care packages!](#)

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

HOUSING APPLICATION OPEN —

The Housing Online Application is now available for the Academic 2019-2020 school year.

- The 2019-2020 Housing Application can be found on your student's ULINK account. Specific instructions will be available through a portal guide available on the [housing website](#).
- Housing offers Roommate Groups which gives the student the flexibility to pick their roommates and select a room preference.
- The sooner a student signs up for housing, the better chances they will have of selecting their desired room type.
- Please note that housing on campus requires entering a 10-month legally binding contract with UL Housing that runs continuously from August through May. It is not required for students to move out over the Winter break.



NEW HOUSING APPLICATION

FAFSA 2019-2020 — The application for the 2019-20 academic year is now open. Current college freshmen and upperclassmen receiving financial aid must re-apply each year by submitting the FAFSA and any other forms required by their school. Parents, read this article from Collegiate Parent regarding important 2019-2020 FAFSA and financial aid updates: [FAFSA/Financial Aid Update](#).

FROM PARENT TO PARENT —

Here is some advice from parents to parents to help you and your student get through the month of October.

PARENT ADVICE



"Help your student register for classes! Teach them not to panic! Everything will be okay. Two heads are better than one during registration. After that, your student will be a pro at it."



"Encourage your student to get involved in extra-curricular activities in order to meet new people."



"Have lunch or dinner one day with your student and see for yourself what a great experience your student is having in this process of becoming an adult."



"Continue to be involved in your student's life without [helicopter-ing](#). They still like to know that you are there for them. Also, send them a care package! My daughter was THRILLED when she got hers!"



"Encourage your student to focus on their studies and to attend their classes."

YOUR STUDENT IN OCTOBER —

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

Housing Application is open for next school year; visit the [housing website](#) for more information.

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 receiving mid-term grades. As parents, here are a few things that you can do to help them:

1

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.

2

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.

3

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.

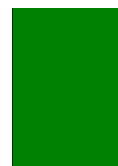
RAGIN' CAJUNS GO GLOBAL —

The [UL Study Abroad Program](#) provide students an opportunity to earn three to 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](#); [San Jose, Costa Rica](#) and others. 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. 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. 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 destination's program, please click the corresponding flag on the right!

Contact Pat Mouillé, Study Abroad Coordinator, at (337) 482-5438 or studyabroad@louisiana.edu for more information or visit Student Union Room 136.

THE OCTOBER STUDENT

STUDY ABROAD



FRESHMAN SPOTLIGHT

The Office of First-Year Experience has a special recognition, Freshman Spotlight, which is awarded to one student each month who has exemplified Ragin' Cajun spirit and pride, been active in their UNIV 100

class, and who strives for academic and personal success.

The October Student Spotlight is awarded to freshman Alyssa Trahan. Alyssa was the winner of our September social media contest! She received a basket full of UL Lafayette goodies.



Alyssa Trahan

High School: Lafayette High

College Major: Nursing

Favorite Place on UL Campus: The library because it is quiet and an easy place to study

Hobbies: Alyssa plays the violin in the UL Symphony Orchestra

Favorite Thing About UL: Everyone is so friendly and they want you to succeed

UNIV 100 Class: Design Activism



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**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**