



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

**Office of First-Year
Experience**

**Parent Newsletter
September 2018**

TIMES OF CHANGE

College = Change. Whether your son or daughter is going to continue to live at home or whether they have moved into a residence hall, college is a big change for everyone who lives under the same roof. You are a family unit and when there's a big change to one member of the unit, it reverberates throughout the family. It is important to recognize that change is not an event but a process. It evolves over time. In the beginning, a big change is exciting! It's all new, all fresh. Think of the last big change in your life: a new job, a new house, a new relationship, etc. You were excited to begin your new adventure! But a few days, or maybe even weeks later, there's a slump. You think, "What made me think this job would be so great," or "This house is much more work than I thought." When it comes to your students, you may hear comments like, "I hate it here. This

place stinks. Everybody's so different."

This can put you into a full-blown panic! You will want to grab your car keys, buy a plane ticket – whatever it takes to help your child. Chances are, however, that this is part of the change process and in a few hours or a day or two, your student will adjust and feel fine again. This is all a natural part of the process of change. It is likely that your student is reaching out to you in the down times, not because they want you to "solve" it for them, but because they rely on you to be there for them. So what can you do? Take a deep breath, listen carefully, and perhaps make a suggestion or two. Try to encourage them to meet new people with similar interests or be open to the change that is college.

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**Please take our
ONE QUESTION
survey!
Click here!**

MONEY MATTERS

During your students' first semester it can be difficult to balance school, activities, and friends. But school is the top priority, especially if your student is receiving financial aid, a scholarship, or TOPS. Here is some technical information that you need to know for your student to retain their financial aid, scholarships, or TOPS.

FINANCIAL AID — To retain financial aid, each student must meet the [Satisfactory Academic Progress](#) standards, otherwise known as SAP. At the end of each semester your student will be evaluated according to the SAP requirements. To meet the SAP requirements for the purpose of financial aid, your student must first have a minimum 2.0 GPA at the end of the semester. Secondly, your student must complete at least 67% of all credit hours attempted. At the end of the semester your student may use this simple calculation to check their completion rate: Credit hours registered for during the semester $\times 0.67 =$ Hours that must be completed (round up if the number is a decimal- $12 \times 0.67 = 8.04 \sim 9$). Hours completed do not include classes that the student has withdrawn from, or these in which they receive an F, or has received an incomplete. A student who is enrolled in 12 credit hours must complete 9 of those and receive a minimum GPA of 2.0 to meet the Satisfactory Academic Progress requirements. Students who fail to achieve minimum standards for Grade Point Average (GPA) and completion of classes could lose their eligibility for all types of federal & state aid. [SAP information can be found here](#). For questions, please contact finaid@louisiana.edu or call (337) 482-6506.

TOPS — To remain eligible for TOPS:

- Students must have continuous full-time enrollment.
- Students must be registered for 12 or more hours as of the 15th day of the semester to receive TOPS for that semester (fall & spring).
- Students must earn 24 hours between the fall, winter intersession, spring, summer intersession, and summer semesters with a "D" or better in order to keep TOPS
 - * Dual enrollment in high school and advanced placement courses do not count towards the required 24 hours.
- Students must have a 2.0 cumulative GPA at the end of the fall semester to receive TOPS in the spring. This applies to all three awards.
- Students must meet cumulative GPA requirements at the end of the spring semester:

Opportunity Award: 2.3 Cumulative GPA (First academic year); 2.5 Cumulative GPA (All subsequent academic years)

Performance Award: 3.0 Cumulative GPA

Honors Award: 3.0 Cumulative GPA

[Visit LOSFA's website here to see the eligibility requirements.](#)

FALL CALENDAR

October 4-5
Fall Break

October 15-26
Advising Sessions for Spring 2019
Begin

November 1
Last Day to Drop 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 Fall Calendar](#)

RAVE GUARDIAN APP — The Rave Guardian app for mobile devices is a joint safety project between the [Student Government Association](#), [University Police Department](#), and [Rave Mobile Safety](#) company. The Rave Guardian app is available to help keep your student safe on UL's campus. Should your student ever feel unsafe, the app offers a Panic Button, which when pressed automatically connects that mobile device with the UL campus police and provides them with their information and GPS location. It also allows students to anonymously text information to UL campus police should they see something occurring on or near campus. Lastly, if students have to walk across campus late at night, the app works as a timer, alerting programmed contacts that the user did not make it to his or her destination. We ask you to encourage your student to download the Rave Guardian app. [Watch this video about the Rave Guardian app.](#) [Click here to read more about the Rave Guardian app on the UL website.](#)

Download the Rave Guardian app today!

Set a Safety Timer

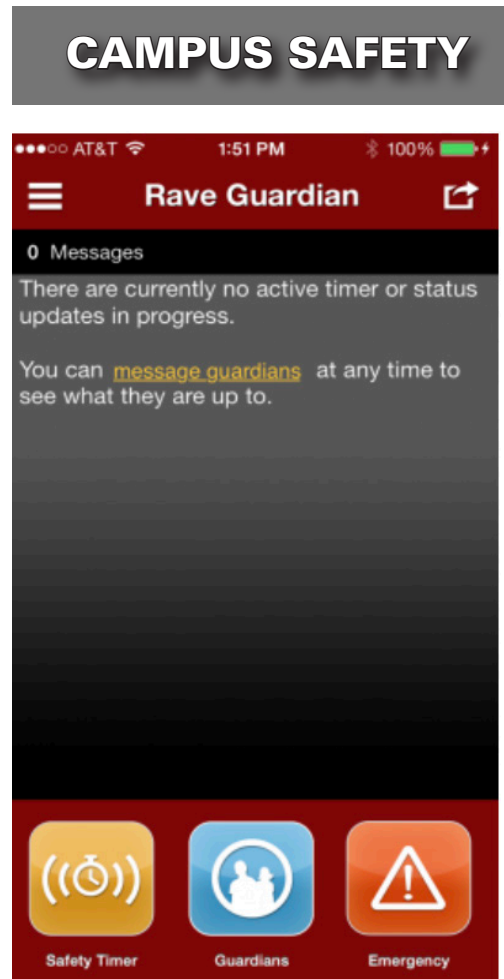
Students can notify "Guardians" they trust to check in on them if they are alone or in an unfamiliar place.

Connect with Guardians

Students can invite family and friends to be a Guardian to monitor their safety timer sessions.

Emergency Communication

Students can call safety officials for help and send text tips if they see something suspicious.



EMERGENCY NOTIFICATION SYSTEM — The University's Emergency Notification System (ENS) is designed to provide immediate alerts for emergencies and threats on campus. All students and employees must opt in to the Emergency Notification System to receive the messages.

The ENS system is designed to provide immediate notification for emergencies on campus. 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.

The University has the ability to send text messages with its ENS to any and all of the following technologies:

- Text messages
- Cellular telephone calls
- Campus landline telephone calls
- University website
- University social media sites
- University hotline

To register for the Emergency Notification System, your student must register under the Campus Services tab under the Safety & Emergency Notification System section in [ULink](#).

CAMPUS MAP — Part of being safe is knowing your surroundings. [Please click here to view or print out the UL Lafayette campus map.](#)

ACADEMIC SUCCESS

The [Academic Success Center](#) (ASC), located in [Lee Hall](#), is the best resource for students looking for academic support services such as free [tutoring](#), [advising](#), and information about [changing majors](#). While your student's academic journey is

their own, you can support them by knowing about the various support resources on our campus that help students academically and encourage your student to take advantage of these resources. Appointments are not necessary to see an academic counselor. If your student has a question and does not know where to find the answer, they can start with a counselor in the Academic Success Center.

FREE TUTORING @THE LEARNING CENTER — Free [Tutoring is held in The Learning Center](#) (see page 5) where students can get assistance with academic problems. The Learning Center offers free one-on-one tutoring, study group tutoring, supplemental instruction, computer lab assistance, and other services. Tutoring is available for most 100 and 200-level math and science courses as well as for accounting, economics, engineering, French, psychology, Spanish, and statistics courses. [Click here to view The Learning Center's tutoring schedule](#). Students should schedule a tutoring appointment by calling 337-482-6583. Students who attend three or more tutoring sessions are eligible for a **free t-shirt!**

GRADES FIRST — Your student will be getting feedback during the semester on attendance and grades. This will come to students through [Grades First](#). Students who have grades below a C and/or excessive absences will receive an email from the Academic Success Center encouraging the student to contact the instructor immediately about seeking help. The first grade checks will take place between September 12-19, October 10-17, and November 7-14.

ACADEMIC SUCCESS WORKSHOPS — [Academic Success Workshops](#) are offered by the Academic Success Center and Office of First-Year Experience to assist students in academic success topics. Students who attend three or more workshops are eligible for a **free t-shirt!**

THE WRITING CENTER — The Academic Success Center also provides students with [The Writing Center](#), a great place to receive academic assistance, particularly for any writing assignments. The Writing Center is located in HL Griffin 107. Students can call 337-482-5224 to set up a writing tutoring appointment. [Click here to view The Writing Center FAQs](#). The Writing Center will assist students at any stage of the writing process, including:

- Helping students enhance their writing skills
- Focusing on writing processes and the value of creating multiple drafts
- Helping students see strengths and weaknesses in their writing
- Helping students learn to proofread their writing
- Empowering students to own their writing
- Nurturing creative ideas in students

HOUSING ANNOUNCEMENT | The Housing Department anticipates room renewals for the 2019-2020 academic year to start around October 1st. Please have your students pay attention to their campus email for announcements from Housing about when room renewal officially opens.

The Learning Center

UL Lafayette

Making a Difference... One Student at a Time



Math Lab Tutoring



Individual Tutoring

THE LEARNING CENTER — [The Learning Center](#), located on the 2nd floor in Lee Hall, offers free academic services to UL students. The Learning Center is open 5 days/week.

Supplemental Instruction (SI)

Supplemental Instruction is a tutoring group led by students who have taken the classes needed to help with and excel in the topic area. SI Leaders work with professors to develop materials and examples to enhance student understanding of the subject. SI Leaders also share successful approaches to learning the materials and performing well on tests.

Study Groups

Study Groups are sessions where students can ask questions, work out problems, and seek advice from tutors who have previously passed the course.

Individual Tutoring

Individual Tutoring Sessions are 30-60 minutes of one-on-one instruction in the subject requested. Students can visit Lee Hall to schedule an appointment or call 337-482-6583.

Online Tutoring

Some courses are available for tutoring fully online via UL Moodle. Visit the 2nd floor of Lee Hall for more information on available courses.

MATH TUTORING — [UL Department of Mathematics](#) partners each semester with [The Academic Success Center](#) to offer academic support for freshman students. The Learning Center, located in Lee Hall on the 2nd floor, offers individual appointments for one-on-one tutoring and study groups with highly qualified undergraduate tutors. Students should schedule a tutoring appointment by calling 337-482-6583.

THE MATH LAB — The [UL Math Department](#) provides a walk-in tutoring service staffed by mathematics graduate students, called [The Math Lab](#), which is located in Lee Hall, Room 110. All tutoring services are *free* to UL students. [Click here to view The Math Lab schedule and additional tutoring resource.](#)

STUDENT TRIBULATIONS

Transitioning to college can be tough. Here are some typical issues students face:

“ I thought I would have free time, but I can’t find time to do anything! I’m stressed by the amount of work. ”

[Time management](#) may be one of the biggest challenges facing new students. Encourage your student to use a planner and schedule their lives. Before classes began, each student was provided an academic planner that includes campus events as well as room to schedule class, work, and study time.

“ I’m not getting along with my roommate. We just don’t “click”. ”

Adjusting to having a roommate can be difficult, but can also be one of the most growing and rewarding experiences your student can have. [Click here to read an article from Collegiate Parent on what to do if your student experiences roommate difficulties.](#)

“ My classes don’t seem all that hard... we never talk about the assigned readings. ”

Students often underestimate the difficulty of the college curriculum. Encourage your student to make sure they are taking notes in class, completing assigned reading prior to class, participating in study groups, and making academics their top priority. Often, professors expect students to absorb reading material outside of class.

“ I don’t understand what is going on in class, but I’m afraid to talk to my professor. ”

Students often feel intimidated by professors. Encourage them to ask questions in class or after class, to go to the professor’s office hours, and to participate in study groups. Students can also receive [tutoring assistance](#) for free at [The Learning Center](#), located on the second floor of Lee Hall.

CAMPUS RESOURCES

[Academic Success Center](#)

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

[The Writing Center](#)

H.L. Griffin Hall 107-108
337-482-5224

[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

CAMPUS MAP

THE SEPTEMBER STUDENT

During the month of September, students may begin to have roommate issues. September might bring some uncertainty within your student, they have been a college student for a few weeks and they might be questioning things or experimenting with new things. Your student may have joined a campus organization. One major thing that will be new to students is football season and tailgating. Especially being in the south, tailgating is a very fun and popular thing to do on the weekends. Encourage your students to plan ahead and stay safe (and hydrated) during [UL football games](#).

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



SCHOOL FIRST — Encourage your student to stay on top of their school work and to get ahead. While September may not be as academically challenging as other months, many students will have their first tests or projects due soon.



SUPPORT — Be there for them when they need to rant or vent. If your student is having roommate problems, encourage them to talk to their RA's (resident assistants).



#ULGETINVOLVED — Encourage your student to step outside of their comfort zone. It is easy for them to continue to hang out with their high school friends. Part of college is to meet new people and join different organizations. [Send this list of UL organizations to your student!](#)

Student involvement on campus and in the community is an important aspect of college success. Research shows that students who engage perform better academically than those who are less involved. The University of Louisiana at Lafayette offers a variety of organizations for every type of student. Now is the time for students to #ulgetinvolved and set the course for the rest of their collegiate career. [Click here to view a complete list of UL student organizations](#). Students can log on to [OrgSync](#) with their UL login and get in touch with organization leaders. Students should also check out the [Emerging Leaders Summit](#) being held on November 2, 2018. This is an opportunity for students to explore their leadership skills.

#ULGETINVOLVED

Here are just a few UL organizations:

African Students Association (ASA)
Americorps
Association of Future Alumni
Baptist Collegiate Ministry
Cajuns Against Trafficking
Chinese Students and Scholars Association
Cycling Club
Ducks Unlimited Student Chapter
GEAUX Bike UL
Giving Love, Acceptance, Safety, and Support (GLASS)
Gospel Choir
Infinity Dance Group
Karate Club
Louisiana Cricket Club

Malaysian Indonesian Singaporean Organization
Men's Soccer Club
Muslim Student Association
Peer Mentors
PowerFUL Poets
Ragin' Cajun Catholics
Ragin' Cajun Lacrosse
Rugby Club
Shotgun Team
SOUL Camp
Student Government Association
Students for Life
Video Game Club
Young Life College

[Click here to view the UL Events Calendar](#)

PARENT ADVICE

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

“**Definitely read the OFYE newsletters, and don't assume that your student knows the information in it! Relay the important information to your student.**”

“**Encourage your student to GET INVOLVED! There are so many organizations to connect with! Consider joining a club. My son absolutely enjoyed his club.**”

“**Check in with your student every few days. They may not think they need a sounding board or someone to rant to, but they do.**”

“**Give your young adult the reigns. Don't do everything for them — let them make the phone calls and visit the right offices.**”



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**Office of First-Year
Experience**



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

**W: firstyear.louisiana.edu
E: ofye@louisiana.edu
337-482-6599**