

September 2015

Page 1

## Inside this issue:

<b>Times of Change</b>	<b>1</b>
<b>Transition Tribulations</b>	<b>2</b>
<b>Grades First</b>	<b>3</b>
<b>Getting Involved</b>	<b>4</b>
<b>Family Weekend</b>	<b>5</b>
<b>Money Matters</b>	<b>6</b>
<b>Rave Guardian App</b>	<b>7</b>
<b>Month in Review</b>	<b>8</b>
<b>In Theory</b>	<b>9</b>

## Fall 2015 Calendar

- Oct 1-2:** Fall Break
- Oct 8:** Last day to drop classes with a "W"
- Oct 9-10:** Family Weekend
- Oct 19:** Academic Advising for Spring 2016 Begins
- Oct 24:** The Big Event
- Nov 26-27:** Thanksgiving Break
- Dec 4:** Last Day of Classes



## 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. If you were to plot out a curve for the process of change it would look like the letter W. In the beginning, at the top of the W, 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 – a slide down to the bottom of the W. 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. Then the pattern may repeat all over again. That is the second V in the W. 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 change.

*The secret of change is to focus all of your energy, not on fighting the old, but on building the new.*

September 2015

## Transition Tribulations:

### Timely information on typical September transition issues

The first few weeks of college offer tremendous challenges for new students. Adjusting to new time schedules, academic and social demands, and school/life balance issues can create some stresses and anxiety that you can coach your student through. Here are some typical issues students face and some insights on how you can help your student successfully navigate through them.

***“I wonder how that person can believe that or live that way.”***

UL Lafayette has students from all over the state, country, and world. Students often meet people with different religious, political, or moral beliefs, as well as people from different backgrounds. Encourage them to think with an open mind and to clarify their own values, beliefs, and lifestyle.

***“My classes don’t seem all that hard. The professor never takes roll and we never talk about the assigned reading.”***

Students often underestimate the difficulty of the college curriculum. Encourage your son or daughter 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 feel so stupid in class. I’m afraid to talk to the professor and I don’t understand what is going on.”***

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 in Lee Hall. Tutoring schedules are available on your student’s [ULink](#) account under the Tutoring Tab.

***“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.



**RESOURCES****Academic Success Center**

Lee Hall  
Rm 115  
Call: 482-6818  
[asc@louisiana.edu](mailto: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](mailto:counseling@louisiana.edu)

**Office of Disability Services (ODS)**

Conference Center, Rm.  
126  
Call: 482-5252  
[ods@louisiana.edu](mailto:ods@louisiana.edu)

**Student Support Services**

DeClouet Hall  
Rm. 106  
Call: 482-6828  
[specialservices@louisiana.edu](mailto:specialservices@louisiana.edu)

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

Martin Hall  
Rm 211  
Call: 482-6266  
[studentaffairs@louisiana.edu](mailto:studentaffairs@louisiana.edu)

**Getting the Year Started: 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 missed class or who have grades below a C will receive an email from the Academic Success Center encouraging the student to contact the instructor immediately about seeking help. The first of the four scheduled checks, specifically addressing attendance, just ended. The next check, specifically addressing grades, will take place between September 24th and October 1st.

Academic Progress is an important focus of the University. 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.

The **Academic Success Center**, located in Lee hall, provides academic counseling, career information and tutoring. Counselors also assist students with dropping classes and changing majors. Tutoring is held in the learning center where students can get assistance with academic problems. The Center offers free one-on-one tutoring, study group tutoring, supplemental instruction, computer lab assistance, and other services. Tutoring is available for almost all 100 and 200-level math and science courses as well as for accounting, economics, engineering, French, psychology, Spanish and statistics courses.

The Academic Success Center also offers **Student Success Seminars**. These Seminars have many different topics. A few of these are:

-  Test Taking Strategies
-  Managing Stress
-  Mindset, Motivation, Success & you

The Student Success Seminars have already begun and will be continued throughout the semester. Encourage your student to take advantage of the Seminars which are pertinent to their struggles.

The **English Writing Center** is also a great place to receive academic assistance, particularly for any writing assignments. The Center will assist students at any stage of the writing process, including:

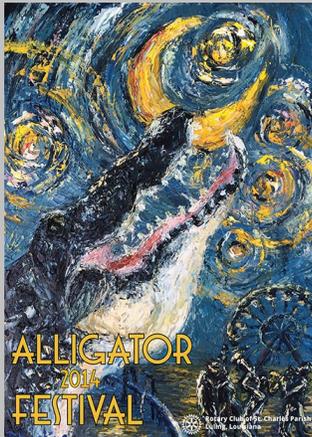
-  Helping students enhance their writing skills
-  Focusing on writing processes and the value of creating multiple drafts
-  Helping students see strengths and weaknesses in their writing
-  Helping students learn to proofread their writing
-  Empowering students to own their writing
-  Nurturing creative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

**Studies have shown** that students who seek academic assistance receive benefits such as higher academic achievement, improved personal and social development, and increased motivation. If your student is struggling academically or expresses that he or she is overwhelmed, encourage them to seek out assistance.

## 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 month of September:

Date	Event	Start Time	Location
Sept. 15	<a href="#">Powerful Poets Creative Writing Workshop</a>	6:00 pm	Student Union Rm 207
Sept. 16	<a href="#">The Hope Dealer</a>	6:00 pm	Student Union: Atchafalaya Room
Sept. 17	<a href="#">Splatterbeat</a>	6:00 pm	Intramural Fields
Sept. 18	<a href="#">Soccer vs. Grambling</a>	7:00 pm	Soccer Complex
Sept. 19	<a href="#">Farmers &amp; Artisans Market</a>	8:00 am	2913 Johnston Street
Sept. 19	<a href="#">Hub City Farmers Market</a>	8:00 am	247 Heyman Street
Sept. 19	<a href="#">Celebrate India</a>	6:00 pm	Student Union Ballroom
Sept. 19	<a href="#">Movies in the Parc</a>	6:30 pm	Parc International
Sept. 24	<a href="#">Rhythms on the River</a>	5:30 pm	River Ranch Town Square
Sept. 24	<a href="#">Alligator Festival</a>	6:00 pm	West Bank Bridge Park (Luling, Louisiana)
Sept. 25	<a href="#">Hot Air Balloon Festival</a>	5:30 pm	Lamar Dixon Expo Center (Gonzales, Louisiana)
Sept. 25	<a href="#">Louisiana Sugar Cane Festival</a>	7:00 pm	Downtown Boulingy Plaza (St. Martinville, Louisiana)
Sept. 25	<a href="#">Volleyball vs. ULM</a>	7:00 pm	Earl K. Long Gym
Sept. 26	<a href="#">Native American Culture Day</a>	10:00 am	Vermilionville Park
Sept. 26	<a href="#">Acadiana Symphony</a>	6:30 pm	Angelle Hall
Sept. 26	<a href="#">Football vs. Akron</a>	7:00 pm	Cajun Field
Sept. 27	<a href="#">La Boule Acadienne</a>	2:00 pm	Girard Park



Meet new and exciting people!

Build friendships and relationships!

Creative Writing Workshops

Learn more about Spoken Word & Performance

This is a FREE Organization!

POWERFUL POETS CREATIVE WRITING WORKSHOPS

Every Tuesday @ 6 pm in the Student Union Rm. 207 (Pelican Room)

FOLLOW US ON INSTAGRAM @UL\_POWERFULPOETS

**Utsav**  
AN INDIAN CELEBRATION  
SEPTEMBER 19, 2015

PROGRAM: 6:00 PM TO 7:30 PM  
DINNER: 7:30 PM TO 8:30 PM  
DANCE FLOOR: 8:30 PM TO 11:00 PM

VENUE: BALLROOM, STUDENT UNION

JOIN US FOR A CULTURAL EVENING TO EXPLORE INCREDIBLE INDIA, RELISH INDIAN CUISINE AND DANCE TO BOLLYWOOD BEATS

FREE ADMISSION FOR UL STUDENTS  
SEATING IS LIMITED  
RESERVE A SEAT BY REGISTERING ON OUR WEBSITE

SCAN BELOW TO REGISTER

CONTACT US  
ASSOCIATION OF INDIAN STUDENTS  
UNIVERSITY OF LOUISIANA AT LAFAYETTE  
WWW.AISULAFAYETTE.COM  
FACEBOOK.COM/AISULAFAYETTE  
AISULAFAYETTE@GMAIL.COM



September 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.

## Family Weekend

The [University Program Council](#) (UPC), along with OFYE and the Office of Orientation, will be hosting [Family Weekend](#) on Friday October 9<sup>th</sup> and Saturday October 10<sup>th</sup> in order to give first-time freshmen and their parents a sense of belonging in the Ragin' Cajun family. Family Weekend is a great way for you to get on campus and involved in some of the same activities as your college student. The university will be offering a host of events including a dessert reception, a hypnotist show, two showings of [Jurassic World](#), Brunch by the Bayou, and a walk through the [Hilliard University Art Museum](#)! All events will lead up to the Ragin' Cajun football game against the [Texas State Bobcats](#). The Ragin' Cajun Athletic Department will be offering discounted tickets for \$10.00 to freshmen parents so they can attend the game with their student. That promo code will be sent to parents from email from the Athletic Department directly. Tickets can be purchased online through [Ticketmaster](#) or in person at the [Cajundome Box Office](#). Free parking for all university sponsored events will be offered in the Olivier Parking Tower located on McKinley Street

Other events offered by the City of Lafayette that weekend include [Downtown Alive!](#), [Festivals Acadiens et Creoles](#), the [Lafayette Farmers & Artisans Market](#), the [Hub City Farmer's Market](#), the [Zydeco Pancake Breakfast](#), and the [Downtown Lafayette Art Walk](#)! For more information about Family Weekend please [visit our website](#)!



UNIVERSITY OF LOUISIANA AT LAFAYETTE®

September 2015

Page 6

## Money Matters

### Recent Part-Time Job Opportunities

- Rec Sports @ Bourgeois Hall
- Sodexo Dining
- Student Life & Conduct
- The Learning Center
- Student Athlete Academic Center
- Old Tyme Grocery
- Chickfila
- Sonic
- Lafayette Consolidated Government
- Red's Health Club
- City Gear
- Confetti Momma
- Don's Wholesale
- Girls Scouts of Louisiana
- Home Depot
- Pellerin Energy Group
- SafeZone Safety Systems
- Sears Holding Corporation
- State Farm
- Swamp Base
- Vector

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, scholarship or TOPS.

### Financial Aid and Scholarship

To retain financial aid and scholarships each student must at least meet the [Satisfactory Academic Progress](#), 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 GPA of 2.0 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 x 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](mailto:finaid@louisiana.edu) or call (337) 482- 6506

### TOPS

To retain TOPS for the Academic year of 2015-2016 your student must be enrolled as a full time student during each semester in this Academic year. That means they must be registered for at least 12+ credit hours in the fall and spring semesters. At the end of each semester your student must maintain a steady Academic Progress. Academic Progress, as defined by TOPS, means that at the end of each semester or session (fall semester, winter session, spring semester, and summer sessions) your student must have a minimum GPA of 2.0. In addition to maintaining Academic Progress, at the end of each Academic year your student must earn 24 hours of credit. The Academic year includes the fall semester and continues through all semesters and intersessions until the following fall semester begins. At the end of each spring semester your student's TOPS cumulative GPA will be determined by LOSFA. Each TOPS award differs in their GPA requirements. The required cumulative GPA for the different awards can be found [here](#). The TOPS cumulative GPA may differ from that of the cumulative GPA calculated by the school. All first-time freshmen TOPS recipients are required to participate in an informational workshop which can be located [here](#).



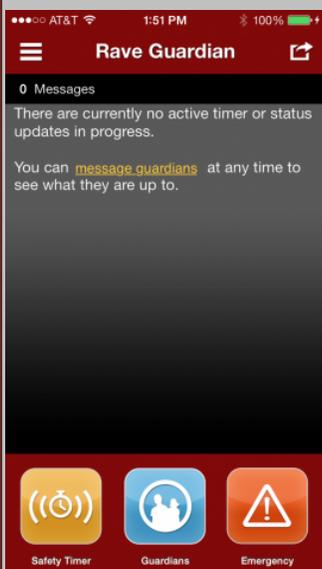
## The Rave Guardian App

### How It Works

Rave Guardian profile data is stored privately and securely within Rave's redundant and geographically diverse databases. Guardian profile data is provided by the members of your community through Rave's secure web-portal.

[Watch our video](#) about the Guardian app. Read more about the Guardian app on [Louisiana.edu](#).

This service is provided by the [Student Government Association](#) and the [UL Lafayette Police Department](#).



[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. It is aimed at providing custom security to each user. Should your student ever feel unsafe, the app offers a Panic Button, which when pressed automatically connects that mobile device with the campus police and provides them with their information and GPS location. It also allows students to anonymously text information to 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.

## Don't Worry, We'll Keep Them Safe.



The Rave Guardian App is available to help keep your child safe on campus. With direct connection to campus safety, parents and friends, students can feel safe anytime, anywhere just by knowing their Guardians are watching out for them.



#### Set a Safety Timer

Students can notify people 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.

Download Rave Guardian Today



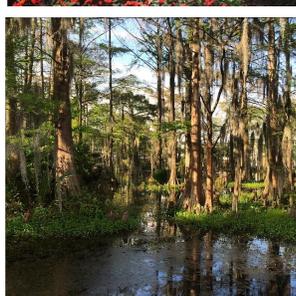
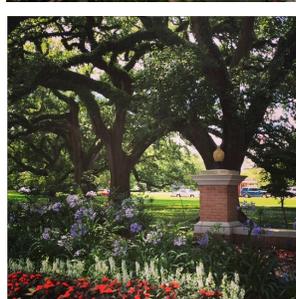
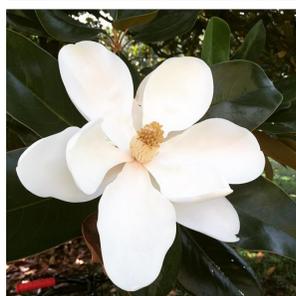
September 2015

## August In Review

- 1) Students enjoyed Cajun Music provided by UL Lafayette faculty on the first day of class.
- 2) Alumna Lauren Dewitt got the chance to make a lasting mark on campus.
- 3) Students packed the Quad for the chance to get involved on campus at Get On Board Day.
- 4) Students closed out the first week of school at the Block Party on St. Mary Blvd.
- 5) Students enjoyed the colors of the rainbow at the RecFest 2015 Color Run.
- 6) Cajuns woke up President Savoie with a cheer practice outside his house.
- 7) Students got the chance to practice with Coach Hudspeth and the Ragin' Cajun football team.
- 8) The Communication & Marketing Office debuted a new PSA commercial.
- 9) The Class of 2019 rung in the new school year as the first class to enjoy Cajun Connection and the new Quad.

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





## In Theory – Reflections on the University Experience

By now (well into the first month of your child’s college career), you will no doubt have heard some hesitation or doubt in your student’s voice when he or she reports to you their experiences. It is not uncommon for first-year students to feel overwhelmed by how much they do not know. In this column, I’d like to address the beginning student’s recognition of his or her own limits as a natural—indeed, necessary—cognitive phenomenon. That is, I want to make a case for encouraging your student to embrace this uncertainty as a necessary part of their learning.

Psychologists who study learning have long recognized that many students learn best through inquiry and exploration; learning results when students build on their existing knowledge and past experiences to construct new theories that explain what is at present unknown (to them). These theorists, generally known as “constructivists,” argue that learning is the result of the learner actively making hypotheses and testing them against what is already known to them and to others. This process of constructing knowledge has, as an essential component, the recognition of the unknown (a component, by the way, that is often supplied by a professor – one thing that sets an expert apart from a layperson is the expert’s ability to pose the right questions, thus both illuminating what students don’t know and at the same time suggesting to them the path to an answer).

What is true on the individual level is also true for the community of knowers. Phillip Kitcher, a renowned philosopher of science, attempted to define the criteria that distinguished science from pseudoscience. He asked “what is it that makes a question a scientific question?” or “why does science lead to empirical knowledge?” Surprisingly, one of the criteria that Kitcher identified as definitive of scientific questions was this: when a scientific question is answered, it leads to new *unanswered* questions. In other words – science is fruitful in the sense that progress is measured not only in new information, but in newly identified gaps in our knowledge.

What psychologists and philosophers have theorized about in lofty treatises poets have remarked on in more lyrical language. In his *Letters to a Young Poet*, Rainer Maria Rilke wrote:

You are so young, so much before all beginning, and I would like to beg you ... to have patience with everything unresolved ... and try to love questions themselves. ... Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer.

And so, we ask you to comfort your young ones as Rilke did and beg them to have patience with things unresolved. If they feel inadequate or scared, remind them that they are making progress—for one cannot learn without first recognizing that one does not know. Most important, remind them that their instructors do not see them as ignorant; rather, we see them as learning, even if today’s lesson is simply to recognize what they do not already know.

Dr. Jennifer Faust

Director, Office of the First-Year Experience