

Parent Newsletter

January 2018

Office of
First-Year
Experience



WELCOME BACK

A college education is one of the greatest transformative experiences in a young person's life, and we are deeply honored that you have chosen to trust us to provide that experience for your child. It is the great joy of all the members of the Office of First-Year Experience to have a positive impact in the life of young adults here at the University of Louisiana at Lafayette, and we look forward to doing so in the coming semester! No doubt over the winter break you were able to see the beginnings of these changes in your son or daughter, and as they return to campus we stand ready to help them continue in their growth. We are immensely aware of the love and energy you have invested in your child to get them to this point in their life, and we remain true in our devotion to serve both the students of this university, but also you their parents. We are proud to be Ragin' Cajuns and we are proud that you and your child have chosen to be members of that family with us. We hope to see you on campus over the coming months, and please always feel more than welcome to let us know how we can help you and your child.

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Spring 2018 Calendar

- Jan 15:** Martin Luther King Day (offices closed)
- Jan 17:** Last Day to Add or Drop a Class
- Feb 12-14:** Mardi Gras Break
- Mar 1:** Last Day to Drop with a "W"
- Mar 30-Apr 8:** Spring Break/Easter Break
- Apr 9:** Class Resumes
- Apr 30-May 1:** Final Exams
- May 4:** Semester Ends



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

Office of First-Year
Experience

JANUARY 2018 DIY WORKSHOPS

DIY Workshops are free success workshops open to all students! No sign-up is required, your student can simply show up! These workshops are offered to help student succeed academically with focuses on:

- keeping stress minimal
- mastering their time
- making goals
- taking good notes
- prepare for the semester

The following workshops are offered in January.

Note-Taking Strategies:

Wed. 1/17: 2—3 pm

Wed. 1/24: 2—3 pm

Work-Life Balance:

Thurs. 1/18: 2—4 pm

Tues. 1/23: 3—4 pm

Tues. 1/30: 3—4 pm

Keep Calm & Read the Textbook (the right way):

Mon. 1/22: 2—3pm

Study Smarter, Not Harder:

Thurs. 1/25: 11am—noon

Procrastination:

Mon. 1/29: 2—3pm

Reading for

Understanding:

Wed. 1/31: 2—3pm

[Click here for the full Spring 2018 DIY Workshop Schedule.](#)

MAINTAINING YOUR STUDENT'S FINANCIAL AID THROUGH FAFSA

It is FAFSA time! Although many families completed the [FAFSA](#)/financial aid documents last year, you need to be aware that it is *an annual process* that must be refiled every year that your student is in college. Although the deadline is May 1st, most families try to have all the necessary forms filed during March 1st. [Click here for tips on completing the 2018-2019 FAFSA.](#)

Financial aid programs, including TOPS and Perkins loans, have academic indexes or benchmarks that students must achieve and maintain in order to remain qualified. These requirements are referred to as [Satisfactory Academic Progress](#) (SAP) and students who fail to achieve the minimum standards for Grade Point Average (GPA) and completion of classes could lose their eligibility for all types of federal and state aid. Listed below are the SAP requirements. For more information contact the [Office of Student Financial Aid](#).

ACADEMIC COMPLETION RATE

Students must complete at least 67% of all registered hours regardless of whether or not financial aid was received. Grades of W, F, FN, FS, WX, WM, U or I are not considered adequate grades for completion. For more information, please see the requirements of [Satisfactory Academic Progress](#).

FINANCIAL AID SUSPENSION

If placed on [Financial Aid Suspension](#), students have two options:

1. **Attend Without Financial Aid:** Pay for tuition on your own with a minimum of six hours in fall or spring semesters, earn 2.00 GPA, and complete at least 67% of registered courses.
2. **Appeal:** In order to be [eligible to appeal](#), you must be enrolled at least half-time for the semester you are appealing and have a current FAFSA. Students must not have any holds that prevent course registration.

RETURNING STUDENTS

On-time financial aid applicants (FAFSA renewal here by May 1) who have met the standards for academic progress, should have awards available by mid-June for the next academic year. If we receive your FAFSA renewal after May 1, students will be considered a late applicant and will be awarded after the on-time applicants. Being a late applicant can put the student in jeopardy of delayed funds.



Please note we cannot guarantee the same level of need-based financial aid for each year of your student enrollment. Families are required to submit the FAFSA annually to receive consideration for need-based financial aid awards. Eligibility can vary from year to year based on changes in family income or assets, family size, number of dependents in college and funding levels.

In addition, the Higher Education Act (HEA) of 1965, as amended, requires institutions that receive and disburse [Federal Title IV](#) aid to develop and enforce, annually, their standards of [Satisfactory Academic Progress](#) (SAP). These requirements encourage students to successfully complete courses for which financial aid is received and to make progress satisfactorily toward degree completion. The University of Louisiana at Lafayette also uses these same standards for the renewal of state funds. The Office of Student Financial Aid will review your academic progress each semester to verify your eligibility.

Should you have any questions or concerns please feel more than welcome to contact the UL Lafayette [Office of Financial Aid](#) electronically, or by visiting their office in [Foster Hall](#). If you still have questions, [schedule an appointment](#) with a financial aid counselor.

FOCUS ON FINANCIAL AID

Key TOPS Facts:

By the end of the first fall and spring semesters, freshmen must have earned 24 credit hours. If 24 hours are not earned, students have the opportunity to earn these hours during the summer semester to retain their eligibility. (Note that students can not use [TOPS](#) money to cover summer tuition during the first year.)

A student who does not maintain continuous [full-time](#) enrollment, or does not earn 24 credits, will have his/her TOPS award permanently cancelled.

By the end of the first academic year, students must achieve a minimum [GPA](#) in order to remain TOPS eligible. (TOPS Opportunity = 2.3, TOPS Performance/Honors = 3.0) After the first year, GPA requirements increase.

If a student fails to meet the TOPS Performance/Honors GPA they will drop down to the TOPS Opportunity Award, if they earn the minimum GPA for that award. These students can never regain the financial stipend. For more information, please visit the [Louisiana TOPS Program](#).

RESOURCES ON CAMPUS

[Academic Success Center](#)

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

[Writing Center](#)

H.L. Griffin Hall,
Rm. 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 \(ODS\)](#)

Conference Center,
Rm. 126
(337) 482-5252
ods@louisiana.edu

[Student Support Services](#)

DeClouet Hall
Rm. 106
(337) 482-6828
specialservices@louisiana.edu

[STEP Computer Labs on Campus](#)

[Student Affairs Division](#)

Martin Hall
Rm. 211
(337) 482-6266
studentaffairs@louisiana.edu



MAJORS OFFERED AT UL LAFAYETTE

- [Alphabetically](#)
- [By College](#)
- [By Interest](#)

With over 70 undergraduate majors, UL Lafayette provides as much educational diversity as possible in order to not only provide our students with the skills they need to enter the work force but the chance to follow their passions wherever they lead.

WHAT CAN STUDENTS DO WITH A PARTICULAR MAJOR?

Whether your student is exploring multiple majors or searching for information about their chosen field, this site will help them connect majors to careers. Learn about the typical career areas and the types of employers that hire people with each major, as well as strategies to help make students more marketable. Encourage your student to research majors and careers—[for more information, click here.](#)

NATURAL TALENT VS. WORK ETHIC, WHO WINS?

What are the tricks to teaching your child how to succeed in life? By definition your son or daughter is now an adult, but they will never stop learning from you their parents, whether they be 18 or 40. You have played a major role in molding your child into the person he or she is today, and as a parent it is something you will always continue to do. So what is the best way to go about it?

We live in a culture that values inherent skills, from athletic ability to natural beauty. But the truth is most people do not fit into the category of super model or hall of fame athlete. So how does one teach their children to succeed without super intelligence, prowess, or beauty? You do it by teaching them that life is a process!

Modern research shows that when you tell your child that they are just smarter, or are a better athlete, or are just more attractive than the average person, they become content with the status quo. They adopt the mentality that they have what others do not and that will get them through life. Unfortunately once they reach a level where their inherent skills become average, they do not know how to react; they become defensive and shut down. You may have seen this in your child's transition from middle school to high school. When everything has been easy for them, they do not know how to thrive once the going gets tough.

So what then is the answer? The trick to showing your child how to succeed in life is to teach them about life as if it were a process. Extensive research conducted since the 1960s shows that teaching kids about personal growth as a process helps them to learn and practice perseverance. When naturally gifted kids are stumped by a new challenge they panic and become passive whereas kids who view life as a process tend to enjoy a challenge through an understanding that patience and creative thinking will help them to overcome any obstacle, big or small.

As parents and teachers what we must do is change the way we go about affirming their success. Rather than praise them for intelligence, we need to praise them for the creative strategies they used to solve a problem, or the persistence they exerted to make it through a tough experience. To learn more about this breaking research, read [The Secret to Raising Smart Kids](#) by author and researcher Carol S. Dweck.



PARENT ADVICE

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

- “Relax. Your student will figure it out. Offer help or advice only when they seem to be struggling.”
- “Stay involved in every semester—not just the first.”
- “Be patient. It will all work out. UL Lafayette has an open door policy and your student will have a wealth of support. Take a deep break because your student is in good hands.”
- “Let them go and let them grow. This prepares them for the life ahead of them. And read the newsletter, it also prepares parents for the life ahead.”
- “Stay in touch with your student, but let them learn on their own. They may not make the best of choices sometimes, but they do learn from their mistakes in which helps them to grow.”

THE CLASSROOM ISN'T THE ONLY PLACE TO LEARN

Traditionally when your student speaks of going to class he or she has a set time they must be in the classroom each week. This means getting up, traveling by vehicle or foot to that room, and sitting for an hour or more, listening to the instructor and interacting with their peers. However a new type of class has emerged with the invention of the internet and home computers: online courses.

[Online courses](#) have several benefits, but two of the most sought out benefits are the self-paced learning and flexibility. Students who choose to enroll in an online course need to be self-disciplined. No one is taking roll or checking to see how many hours they have spent studying and reviewing. Enrolling in an online course doesn't mean your student spends less time studying, in fact they might even spend more time – but that time is spent learning the material thoroughly on the student's terms.

If 100% online is not the way for your student, he or she may be more interested in hybrid classes. This format merges aspects of both in-class and online learning methods by offering a number of in-person meetings with plenty of coursework dispersed electronically to suite the student's schedule. Hybrid courses offer many of the same benefits as online classes with a bit more structure for those students who do not feel comfortable in the fully online setting.

Distance learning is the [way of the future](#) and UL Lafayette is working hard with the [Quality Matters Program](#) to become a leading institution by training its teachers on how to succeed and excel in this new setting. Please feel welcome to reach out to the [Office of Distance Learning](#).

ACADEMIC COLLEGES AT UL LAFAYETTE

[College of the Arts](#)

[College of Business
Administration](#)

[College of Education](#)

[College of Engineering](#)

[University College](#)

[College of Liberal Arts](#)

[College of Nursing &
Allied Health](#)

[College of Sciences](#)

EXAMPLES OF MINORS & CONCENTRATIONS OFFERED AT UL LAFAYETTE

[Accounting](#)

[Biology](#)

[Computer Science](#)

[Economics](#)

[Human Resources](#)

[Linguistics](#)

[Music](#)

[Political Science](#)

[Public Relations](#)

[Sociology](#)

[Click here](#) to see the full list of minors offered.



LAFAYETTE SCHEDULE OF PARADES 2018

Saturday, Feb 3

Krewe des Chiens Canine
Parade, 2:00pm

Krewe of Carnivale en Rio
Parade, 6:30pm

Friday, Feb 9

Krewe de Canailles
Walking Parade, 6:30pm

Saturday, Feb 10

Children's Parade,
12:30pm

Krewe of Bonaparte
Parade, 6:30pm

Monday, Feb 12

Queen Evangeline's,
Parade, 6:00pm

Fat Tuesday, Feb 13

King Gabriel's Parade,
10:00am

Lafayette Mardi Gras
Festival Parade, 1:00pm

Independent Parade,
2:00pm

STAYING SAFE DURING MARDI GRAS

Mardi Gras is perhaps the most well-known, and vibrant, contribution south Louisiana's French Catholic heritage has made to the modern United States. People from around the country and around the globe flock to New Orleans and Lafayette to take part in the renowned festivities. Though it can be an amazing opportunity for entertainment, history has shown it can also be a recipe for disaster. With the first parades taking place in less than two weeks, we encourage you to talk to your student about how to stay safe, whether they plan to be on Johnston Street or Canal Street.



Luckily, the [New Orleans Mardi Gras Association](#), as well as the Lafayette Police Department, lend some suggestions on how to stay as safe as possible over the holiday.

- Make your plans ahead of time, not on the fly.
- Plan your transportation, including parking, walking, and/or carpooling.
- Know the weather forecast and dress appropriately.
- Have an idea of where you plan to eat if it becomes necessary.
- Always have cash with you. Debit & Credit cards will not always be accepted.
- Go with a group of friends and stick with them.
- Establish a meeting place in case you get separated from the group.
- Know parade rules of whatever city you are in.
- Respect the police.
- Get to your parade spot early to guarantee yourself a good spot.
- If you do get there late, don't encroach on other people's space.
- Catch only. Do not throw beads or objects at floats or bystanders.
- Do not cross the barricades during a parade for any reason.
- Be careful when reaching down to pick up beads, you leave your head and your hands exposed. Wait until a float passes and you have enough space around you.
- Do not cross the barricades during a parade for any reason.



ALCOHOL AWARENESS

Alcohol poisoning is a severe and potentially fatal physical reaction to an alcohol overdose. It is the most serious consequence of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. Educating yourself and your student on the dangers of excessive drinking plays an important role in your student's attitude toward alcohol. The two most obvious dangers of excessive drinking are alcohol poisoning and the consequences of drinking and driving. In the State of Louisiana, the legal limit for Blood Alcohol Content ([BAC](#)) is 0.08%; an of-age alcohol consumer operating a vehicle with a BAC above 0.08% will receive a DWI (for more information [see here](#)). Some of the results of having a BAC of 0.08% are a loss of comprehension, reaction time, coordination, and attention ([consequences of impaired driving](#)). Though it might be common knowledge that drinking and driving is dangerous, what exactly makes it so dangerous? According to the Louisiana Highway Safety Commission those with a BAC between .04% and .05% have an increased chance of being involved in a crash, and this chance increases rapidly with a higher BAC. When a driver reaches a BAC of .06% they are twice as likely to be involved in a fatal crash as a non-drinking driver. And by the time they reach a BAC of .08%, they are 10 times more likely than a non-drinking driver to be involved in a fatal crash.

Alcohol poisoning, even if caught beforehand, may still result in death. Typically, an adult who drinks more than 5-6 drinks will enter into that "danger zone." BAC will be elevated to 0.08 % and above. Over drinking, going over the 0.08% BAC, may result in immediate effects such as: drowsiness, vomiting, upset stomach, breathing difficulties, impaired judgment, and blackouts. There are also long term effects to consider that could be caused by excessive drinking: high blood pressure, liver disease, nerve damage, permanent damage to the brain, malnutrition, cancer of the mouth and throat. The wisest plan is prevention. When going to drink, encourage your student to set the amount they are going to consume. Encourage them not to [binge drink](#), defined as consuming 5 or more drinks for men and 3 or more drinks for women per occasion. Discuss the dangers of binge drinking, how binge drinking may result in alcohol poisoning and its dangers and effects.

If your student is experiencing any symptoms of binge drinking or habitual drinking, encourage them to seek assistance. There are a number of resources on campus for you and your student. If you are worried about your student, we encourage you to drive them to any Emergency Room in the case of alcohol poisoning. You may also call the [Counseling Center](#) for information.

For information on [Alcohol Awareness](#) you may visit the [Counseling and Testing Center](#) website where information about the University's Alcohol awareness program [SLIDDE](#) may be obtained. There is useful literature posted on the website. We would like to encourage you to view the video and review the information with your student. Click on the following links for more information:

[Effects of Alcohol](#)

[College Drinking](#)

[Facts about Alcohol Poisoning](#)

NEW ORLEANS PARADE SCHEDULE

New Orleans Mardi Gras is a popular event for all students to attend. While Mardi Gras in New Orleans can be a great time, it is important to stay safe and know your surroundings. Here are some helpful links for your student to look at if they are planning on attending a New Orleans Mardi Gras.

[New Orleans Parade Schedule](#)

[When is Mardi Gras?](#)

[The History of Mardi Gras](#)

[New Orleans Hotels](#)

[Mardi Gras Tips](#)

[Mardi Gras FAQs](#)

[Mardi Gras Shop](#)

[New Orleans weather \(plan ahead!\)](#)

[Changes in New Orleans Mardi Gras parades: 2018](#)



HELPFUL QUICK LINKS:

[Spring 2018 Academic Calendar](#)

[2017-2018 Academic Catalog](#) (course offerings and course descriptions)

[Office of Student Involvement](#) (info about clubs and organizations on campus)

[Student Services](#)

[The Ragin' Cajuns Store](#)



You can support your son or daughter and the University of Louisiana at Lafayette by wearing red each Friday! Encourage your son or daughter to wear red on Fridays as well. It shows support for our university.

Still need that Ragin' Cajun gear? Check out the wide array of apparel available at the [University Bookstore](#). Bookstore locations include the Student Union, the Tent on St. Mary Blvd, and the Red Zone on Johnston Street.

UNIV 100 SHOWCASE

UNIV 100 SHOWCASE

Student Projects from the First-Year Seminar

The **Office of the First-Year Experience** is pleased to showcase the best of our class projects from our UNIV 100 courses!

UNIV 100 is a first-year seminar focused on an academic topic chosen by the instructor. The course is problem-based or project-based and engages students in meaningful inquiry and activities, developing core cognitive skills such as critical thinking, information literacy, and oral and written communication skills.

Topics included something for everyone, with titles like *I'm in College—Now What?*, *Stalking Beauty*, *Truth and Identity in the Age of Social Media*, *Beauty and Joy of Computing*, and many more.

UNIVERSITY OF LOUISIANA AT LAFAYETTE
OFFICE OF THE FIRST-YEAR EXPERIENCE 

At the conclusion of each Fall semester, participating UNIV 100 sections submit student projects for an annual **UNIV 100 Showcase**. The UNIV 100 Showcase was implemented to display the best student work from our first-year seminar. The showcase for the **Fall 2017 semester** will be held in the Edith Garland Dupré Library from **January 20, 2018 to February 14, 2018**. Entries will be judged in the following categories and certificates will be awarded to winners in each category as well as Best in Show.

- Creative / Arts
- Creative Written Work
- Humanities / Social Science
- Leadership / Service
- Research Papers
- Science / Technical



MAJORS FAIR

The [Major & Career Exploration Center](#) invites your student to this **once a year event!**

Studies show a majority of students enter college undecided on a major or will end up changing their original major before they reach graduation. The reasons for students changing their major will vary and may include: acquiring new interests or being introduced to new ideas, classes may not be what they anticipated, and your student may find themselves unfulfilled on the path they've chosen.

Whatever the reason, an informed decision is usually the most confident decision. Taking time to think about reasons for switching, talking to faculty & advisors, and matching who they are to their possible major choices is important. Hence, the Spring 2018 [Majors & Minors Fair](#) is a must-visit event for students who are *undecided*, *exploring* or even just *curious* about what each major offers.

Why should students attend the [Majors & Minors Fair](#) on **Wednesday, February 7th**, **from 10 a.m. – 1 p.m. in the Student Union Ballroom?**

- **One-Stop shop:** Meet with faculty representatives from different departments and colleges in a relaxed, informal setting
- **Gain Clarity:** Get questions answered directly from faculty in the field
- **Way to Save Time (and Money):** Finding out & committing to the best fit major sooner rather than later will allow your student to avoid spending additional time on campus and in turn may save on tuition & educational costs in the long run
- **Career and Professional Development:** Discover resources available from the [Major & Career Exploration Center](#), [Career Services](#), the [Academic Success Center](#), [Study Abroad](#), the [Graduate School](#), the [Office of the First Year Experience](#) and more

Visit the [find your major](#) website today for more information.



Want to know more about our interdisciplinary minors?

View our [catalog](#).

Share the knowledge: Direct your student to the [Majors & Minors Fair](#) on February 7th.

Wondering what type of questions your student can ask at the fair? Check out [examples](#).

The [Majors & Minors Fair](#) is provided for students who are:

- Looking to gain more information about majors & minors
- Interested in learning about the critical resources available to them on campus
- Considering a change in their major or are undecided
- Seeking to connect with faculty in different disciplines
- Curious about career opportunities in their chosen major



YOUR STUDENT THROUGHOUT THE SEMESTER: JANUARY

During the month of January, students often return from the holidays in one of two ways: feelings ready to take of the spring semester or still stuck in the holidays and not ready to return. It is important to encourage your student to get on top of their semester starting now! Remind them to be prepared for the semester

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

1. As your student enters their second semester, they may think that the first day of class is “syllabus day”, however, many professors will jump right into their lectures. Encourage your student to read the syllabus *before* their first class and to even add the important/exam dates into their planners now to help get ahead.
2. The final day to add and drop-without-a-W is **January 17**. Remind your student about this important date. If they are questioning a class or thinking about switching a course, encourage them to explore that option by looking [online](#) or by coming into Lee Hall room 115 for academic advising.
3. Students returning from the fall semester may be satisfied with their first semester grades; if they are, encourage them to keep up the good work! If your student is dissatisfied with their grades, encourage them to use UL Lafayette’s [on-campus resources](#) to help them succeed academically.



[Click here to see what freshman go through during each month!](#)



Contact Information

Visit us at our office:
230 Hebrard Blvd.
Lee Hall, Room 106
Monday-Thursday
7:30am-5:00pm
Friday
7:30am-12:30pm

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