

# Parent Newsletter

October 2016

Office of  
First-Year  
Experience

## FALL ADVISING FOR YOUR STUDENT

Now is the time to schedule an appointment with their academic advisor to be advised for the **Spring 2017** semester. The academic advising period is October 17 - 28, 2016.

### Finding academic advisor:

New ULink → Academics → Academic Profile (in the middle of the page) → Select Spring 2017 → Email your advisor to schedule an appointment.

### What is in ULink:

New ULink → Registration

- Meet your advisor: gives you tips on what to do before your advising appointment
- View the Catalog: Make sure you know what classes you should be taking for your major.
- Check holds: All students have an academic advising hold which will be removed by your academic advisor. Take care of any other holds **NOW** on your account which may prevent course registration.
- Check registration status: here you can see your time for registration (hint if it is at 2 am, get up and schedule during your time)
- Look up classes: Here you can see all classes offered this spring. You will need to sign the financial obligation policy before can view the classes.

If you would like to speak to an Academic Counselor, visit Lee Hall 115.

### Registration

- [View Spring 2017 Course Schedule](#)
- [View Registration Appointment Time & Holds](#)
- [Register for Classes](#)
- [How to Register for Linked Courses](#)
- [How to Register for Co-Requisite Courses](#)
- [How to Register for Variable Credit Courses](#)
- [General Info on Registering for Classes](#)

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.

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### Fall 2016 Calendar

**Oct 17** Academic Advising for Spring 2017 begins

**Oct 22** The Big Event

**Nov 11** Last day of UNIV 100 Classes

**Nov 24-25** Thanksgiving Break

**Dec 2** Last Day of Classes

**Dec 5-6** Final Exams

**Dec 7** Mid Exam Study day

**Dec 8-9** Final Exams



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

## IMPORTANT INFO ON THE HOUSING APPLICATION PROCESS:

- The Housing online application will be available November 1st, 2016 for the Academic 17-18 school year.
- This will be found on student ULINK account using their username and password provided by the University; specific instructions will be available through a portal guide available on the housing website.
- We offer room self-selection which gives the student the flexibility to pick their bed space
- We do require a prepayment amount in order to secure your room. Please have a credit card ready to proceed.
- The sooner you sign up for Housing, the better chances you have of selecting your desired room type.
- **Please note that you will be entering a 10 month legally binding contract with Housing that runs continuously from August through May.** We do not require you to move out over the Winter break.

For additional information please visit our website: [housing.louisiana.edu](http://housing.louisiana.edu) or give us a call at 337-482-6471.

## SUCCESS AT YOUR FINGERTIPS

Students traditionally underestimate the amount of time they will need to schedule to do well in classes. Around midterms, many first-year students begin facing the realities that college is more difficult than they expected and they may experience a variety of academic difficulties.

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-long [Study Groups](#); 2-hour [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.

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.

## GRADES FIRST CHECKUP

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 19th and 26th. Students will receive an email from their instructor if they are at risk of failing a course. Please remember that we have [tutoring](#) available in many courses and that both individual and group tutoring is available. Also the Academic Success Center is continuing to offer **workshops on academic goal setting and time management**. First-year students will be 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.

## MAKING HEALTHIER STUDENTS

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:

- Simplify, simplify, simplify. Sit down with their weekly schedule. Are there some things that just aren't as important as that trip to the gym? Encourage them to just say no when their schedule is full. And make their workout time a priority appointment.
- Encourage them 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.
- Get a hobby. All work and no play can cause physical and mental burn out. Encourage them 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.

### PLEASE SHARE THE FOLLOWING INFORMATION ABOUT STUDENT HEALTH SERVICES WITH YOUR STUDENT

Student Health Services 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.

- Students with membership will receive consultation for any illness, minor injuries, and general physicals.
- Please see their [website](#) for a Comprehensive List of Services and Clinic Hours.
- SHS follows the "University Hours of Operations" throughout the year. SHS operates utilizing a combination of appointment and walk-in 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.



### RESOURCES ON CAMPUS

#### [Academic Success Center](#)

Lee Hall  
Rm. 115  
(337) 482-6818  
[asc@louisiana.edu](mailto: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](mailto:counseling@louisiana.edu)

#### [Office of Disability Services \(ODS\)](#)

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

#### [Student Support Services](#)

DeClouet Hall  
Rm. 106  
(337) 482-6828  
[specialservices@louisiana.edu](mailto:specialservices@louisiana.edu)

#### [STEP Computer Labs on Campus](#)

#### [Student Affairs Division](#)

Martin Hall  
Rm. 211  
(337) 482-6266  
[studentaffairs@louisiana.edu](mailto:studentaffairs@louisiana.edu)

## WARNING SIGNS OF AN ALCOHOL OR DRUG PROBLEM

Warning signs of a substance dependence disorder include the following:

- Developing a tolerance
- Emotional changes
- Loss of interest in previously enjoyed activities in favor of spending more time consuming alcohol and/or drugs
- Missing classes and not turning in assignments
- Neglecting personal hygiene
- Conversations centering on being high and/or drunk
- Becoming secretive about their usage or using in secret

The above is just a partial list of substance dependence warning signs. If you notice these warning signs in your student or their friends, please know that help is available. For further information [click here](#).

## COLLEGE BINGE DRINKING

As a parent, when your student is away from home for maybe 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. "They are pushing the boundaries for themselves."

Additionally he says that those who do participate in binge drinking report not remembering what happened the night before, being unable to understand what is expected or 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. "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 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."

This article was adapted from Kevin Sliman's article [Probing question: How serious is the binge drinking problem on college campuses?](#) For more information on UL Lafayette's drug and alcohol policy as well as the School Leaders Involved in Drinking & Drug Education (SLIDDE) [click here](#).

### For Your Information

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.

If your student is struggling with problems due to alcohol, information, counseling, and free alcohol and drug screenings can be obtained from the UL Lafayette [Counseling & Testing Center](#).

## RAGIN' CAJUNS GOING GLOBAL

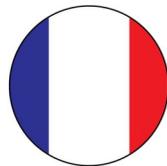
Study Abroad Programs provide students an opportunity to earn course credit while studying in a foreign country. Various programs are coordinated during the summer semester, including long-standing programs in Paris, France; Florence, Italy; London, England; San Jose, Costa Rica and others.

In an age of increased globalization, members of university communities like ours need the experience of living in a different culture. 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 than when they first boarded the plane headed to [Costa Rica](#), [England](#), [France](#), or [Italy](#). We have a sizable number of students who learned so much and enjoyed their time abroad so much that they participated a second time in a different country. Students can earn from three to nine credits over the summer and will find their classes both interesting and challenging. 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 below.



**Contact:** Dr. Gwen Fontenot  
Study Abroad Director  
(337) 482-6491  
Moody Hall 226  
[fontenotg@louisiana.edu](mailto:fontenotg@louisiana.edu)

**Contact:** Pat Mouillé  
Study Abroad Coordinator  
(337) 482-5438  
Griffin Hall 437  
[studyabroad@louisiana.edu](mailto:studyabroad@louisiana.edu)



Click the above icons of country flags for additional information for each specific destination.

### SAN JOSE, COSTA RICA



### FLORENCE, ITALY



### PARIS, FRANCE



# FAMILY WEEKEND



## ROOMMATE 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](#)

A piece of advice to give to your student is simply to give it time. Remind your student that it is only October, 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 that even a week or two after discussing their problems with their roommates can change a lot. 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!

## HOMESICKNESS, AND CARE PACKAGES

Homesickness is another common feeling among students' first year. After the initial excitement of living without parents and newfound freedom wears away, students might 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, Band-aids, school supplies, or anything that will bring a smile to their face and encourage them to push through hard times! Students enjoy getting mail!



### 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

[firstyear.louisiana.edu](http://firstyear.louisiana.edu)  
(337) 482-6599  
[ofye@louisiana.edu](mailto:ofye@louisiana.edu)

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