



# UL Lafayette Parents & Family

## First-Year Resilience

Typically, this last newsletter of the school year would look a lot different from how it does today. As you know though, the current realities of our campus community and communities around the nation, are far from typical. Your students have shifted to a completely virtual learning experience. Many have moved out of their residence halls. They've said goodbye to their friends weeks before they anticipated having to do so.

When reflecting on the happenings of these last few weeks, one word comes to mind: **resilience**. In the face of uncertainty, your students have adapted to a new, temporary normal. This shift has likely been challenging for both you and your students, and maybe your family is still working through some of the new challenges that this pandemic has created.

While our University staff may not be physically present to offer assistance and guidance, ***we are still here for you***. The University of Louisiana at Lafayette remains operational, just mostly through remote functions. If you or your student need assistance, please do not hesitate to email our campus offices. If you are unsure of who to contact

## April & May 2020 Newsletter

with your questions, email [parents@louisiana.edu](mailto:parents@louisiana.edu) and we will point you in the right direction.

As the parent or family member of a first-year student, you have supported your student through the most unique of circumstances and we commend you for your unwavering support. We hope that the resources in this edition of the newsletter are helpful as you continue to navigate the COVID-19 pandemic as a freshman parent or family member. Please stay safe and well!

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# COVID-19 INFORMATION & RESOURCES

We know that knowledge and information are key to successfully navigating uncharted experiences. The following links will provide helpful information and services available to your student:

- Official COVID-19-related updates from the University: [UL Lafayette COVID-19 Updates](#)
- Resources for transitioning to remote learning: [UL Lafayette Remote Learners](#)
- Counseling & Testing Center resources: [Coping with COVID-19](#)
- UL Lafayette virtual tutoring opportunities: [The Learning Center is Virtual](#)
- Food pantry to-go bags: [Campus Cupboard](#)
- COVID-19 Updates for international students: [Division of Global Engagement](#)
- Remote processes for withdrawing from a class, changing majors, and meeting with an academic advisor: [Academic Success Center](#)

*The UL Lafayette Counseling & Testing Center is here to help your student cope with fear, stress, or anxiety related to the COVID-19 pandemic. Students can schedule a telehealth session with a counselor by calling 337-482-6480 or emailing [counseling@louisiana.edu](mailto:counseling@louisiana.edu).*

Our partners at Collegiate Parent have released a variety of COVID-19 articles that you may find helpful during this time:

- [How to Help Your Student Succeed at Remote Learning](#)
- [Coaching Your Student to Communicate with Professors During a Pandemic](#)
- [I'm a Professor. Here's What I'd Like Parents to Know as Learning Moves Online](#)
- [Help Your Student Deal with Digital Distractions](#)
- [Parents of College Students Share COVID-19 Questions and Advice](#)
- [Finding Blessings Amidst Hardships](#)

## Campus Resources

*Most of our campus operations are now being conducted remotely. While many of our offices have call-forwarding in place, email is usually the most effective and efficient form of communication.*

### [Academic Success Center](#)

337-482-6818

[asc@louisiana.edu](mailto:asc@louisiana.edu)

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

337-482-5252

[ods@louisiana.edu](mailto:ods@louisiana.edu)

### [Counseling & Testing Center](#)

337-482-6480

[counseling@louisiana.edu](mailto:counseling@louisiana.edu)

### [Student Health Services](#)

337-482-1328

[shs@louisiana.edu](mailto:shs@louisiana.edu)

### [Dean of Students](#)

337-482-6276

[deanofstudents@louisiana.edu](mailto:deanofstudents@louisiana.edu)

### [The Writing Center](#)

337-482-5224

[ulwritingcenter@louisiana.edu](mailto:ulwritingcenter@louisiana.edu)

# Sophomore Year Resources

## FOR STUDENTS

We hope your student has a relaxing and rejuvenating summer break! Come August, encourage your student to reconnect and re-engage with campus right away by utilizing these campus resources:

1. [Major & Career Exploration Center](#) and [Career Services](#)
  - If your student remains uncertain about his or her major, there are plenty of resources available to help them explore and decide.
  - For those who have made the decision, Career Services can help identify internships or part-time job opportunities in your student's field of study.
  - This is the year to start attending on-campus career fairs and networking events. Joining student organizations, especially those related to a field of study, is another great way to network!
2. [The Learning Center](#)
  - The need for tutoring certainly does not end with freshman year. Encourage your student to ask for help when needed.
  - Students with strong GPA's might consider looking here for a paid position as a tutor.
3. [Office of Student Engagement & Leadership](#)
  - It's never too late to get involved! Sophomore year is the time to take an active role in leadership and service opportunities.
  - Involvement, leadership, and service lead to greater satisfaction while in college and help to enhance your student's resume.

## FOR PARENTS & FAMILY

This may be your last Parent & Family newsletter, but we will continue to be here for you throughout your student's UL Lafayette journey!

- Stay connected through the official [UL Lafayette Parents & Family Facebook group](#).
- Email your questions to [parents@louisiana.edu](mailto:parents@louisiana.edu).
- Attend [Family Weekend](#) in the Fall (2020 dates and schedule TBA).

### ***Take the [2019-2020 Freshman Parent & Family Survey!](#)***

In this brief survey, we ask you to share your student's challenges and successes, as well as advice for future parents. This information will help the Office of Orientation and the Office of First-Year Experience as we prepare to welcome a new group of freshman parents and family this summer and develop next year's newsletters. We value your feedback!

# The Remote Learner

These remaining weeks of the Spring 2020 semester will look and feel much different from what your student originally expected. As parents and supporters, here are a few things that you can do:



Help your student create a designated home-workspace with minimal distractions and encourage them to establish a daily routine.



It may be tempting to be more involved in your student's studies now that they're home, but it is important to allow them the same autonomy that they had on campus as they complete their classes remotely.



Remind your student to take care of themselves by eating healthy, exercising, drinking plenty of water, and getting enough sleep.



Social distancing can feel isolating, so encourage your student to [hangout with their friends virtually!](#)



If your student has opted to stay in their residence hall for the remainder of the semester, stress the importance of social distancing and share these [other reminders.](#)

## ACADEMIC CALENDAR

### Spring 2020

April 14

Registration Begins

May 1

Last Day to Drop with a "W"

Last Day of Classes

May 4-8

Final Exams

### Fall 2020

August 12

Deadline to Pay Fall Tuition & Fees

August 24

Fall Classes Begin

August 28

Last Day to Add/Drop Classes

September 7

Labor Day Holiday

October 1-2

Fall Holiday

October 19-30

Advising for Spring 2021

November 5

Last Day to Drop with a "W"

November 26-27

Thanksgiving Holiday

December 4

Last Day of Classes

December 7-11

Final Exams

*\*Subject to change*