

UL LAFAYETTE

PARENT & FAMILY NEWSLETTER



► FIRST-YEAR RESILIENCE

The first year of college can be a year of tumultuous change, uncertainty, and anxiety. It can also be a year of unparalleled intellectual, social, and emotional growth. While there were likely challenges along the way, we hope that you and your student take time in the coming weeks to celebrate their successes and accomplishments thus far.

As this first year of college comes to a close, take time to recognize what your student has accomplished. Here are some of the topics you may wish to discuss with your student as they wrap up the first year and prepare for the second:

- Compliment your student on the positive changes that you've observed so far.
- Reinforce that completing the first year is a big accomplishment.

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- Talk with your student about the classes they have taken this year. What were their favorite courses? What classes gave them trouble?
- How certain are they about their choice of major? Changing majors after the first year can often be done without substantially increasing the length of time they will be in school.
- Ask your student how they feel about their level of engagement and involvement with UL Lafayette. Have they found student organizations or activities in which they feel comfortable? Are they making friends and participating in clubs that will help to build their resume? If not, encourage them to check out ENGAGE (the student organization portal) on the Campus Services tab in ULink.

► 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:

- [Major & Career Exploration Center](#) and [Career Services](#)
 - If your student remains uncertain about their 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.



SPRING 2022 ACADEMIC CALENDAR *(Subject to change)*

April 15-24
Spring Break

April 27 - May 1
Dead Days

April 29
Last Day of Classes

May 2-6
Final Exams

May 6
Semester Ends

FALL 2022 ACADEMIC CALENDAR *(Subject to change)*

August 22
Tuition & Fees Deadline

August 22
Classes Begin

August 26
Last Day to Add/Drop Classes

September 5
Labor Day Holiday

October 6-7
Fall Holiday

October 17-28
Advising Session for Spring Begins

November 3
Last Day to Drop Class with "W"

November 24-25
Thanksgiving Holiday

Nov 30 - Dec 4
Dead Days

December 2
Last Day of Classes

December 5-9
Final Exams

December 9
Semester Ends

- 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!

- [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.

- [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.
- Attend [Family Weekend](#) in the Fall (2022 dates and schedule TBA).

► FINAL EXAMS

When students return from spring break, there is often a tendency to “check out” until summer comes around. Passing finals though, is an important step towards crossing the finish line of summer!

One of the best things you can do to help your student prepare for final exams is to simply ask them when their exams are. The last few weeks of class are filled with projects and deadlines, often leaving studying for finals pushed to the back burner. Asking your student about their final exam schedule helps them to begin thinking about and planning for finals.

Some professors hold final exams outside of their regularly scheduled class time to allot for extended test time—this is normal. [View the Spring 2022 Examination Schedule](#) here, and remind your student to check their syllabi for class-specific exam information.

▶ END OF YEAR CHECKLIST

It is important to finish the semester off strong! Share this checklist with your student to help them wrap up the Spring 2022 semester.

- Make a to-do list (including due dates) with everything that needs to be done.
- Study hard for final exams.
- Finish final exams and submit any final projects.
- Pack up your residence hall (clothes, books, your personal furniture, etc.)
- Clear out your room.
- Thoroughly clean your entire room.
- Follow all housing move-out and check-out instructions (Housing recently emailed these details to students).
- Finalize your class schedule for next semester.
- Return rented textbooks and/or library books.
- Look for summer jobs or internships.
- Make sure summer housing is in order (if applicable).
- Enjoy your summer!



▶ THE APRIL & MAY STUDENT

During the month of April, students begin to feel the pressure and stress of final exams and projects. **Final exams week is May 2-6, 2022**, with the Spring semester concluding on Friday, May 6. Summer plans, summer jobs, housing arrangements for Fall, and dealing with course scheduling issues are all things that your student will be thinking about during the last weeks of school. As parents, here are a few things that you can do to help:



Remind them to take care of themselves by eating healthy, making time for exercise, drinking plenty of water, and getting enough sleep.



Respect and appreciate who your student has become. They will likely return home more independent, self-reliant, and mature after their first year of college.



If your student is moving home for the summer months, be sure to communicate your expectations of them ahead of time. This will allow them to be respectful of your expectations when scheduling vacations, social activities, and summer jobs.



Encourage your student to manage their time wisely as the summer months go by more quickly than expected! Fall classes will be here before they know it.

▶ [CLICK HERE TO TAKE THE 2021-2022 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 a first-year parents and family this summer and develop next year's newsletters. We value your feedback!

CAMPUS RESOURCES

[Academic Success Center](#)

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

[Student Health Services](#)

Saucier Wellness Center
O.K. Allen Hall
337-482-1293
shs@louisiana.edu

[Counseling & Testing Center](#)

Saucier Wellness Center
O.K. Allen Hall
337-482-6480
counseling@louisiana.edu

[The Writing Center](#)

H.L. Griffin Hall 107-108
337-482-5224
writingcenter@louisiana.edu

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

Agnes Edwards 126
337-482-5252
ods@louisiana.edu

[Dean of Students](#)

Student Union, 168
337-482-6276
deanofstudents@louisiana.edu