

Wear Red on Fridays!

WE'RE ALL FAMILY!

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. Located in the Student Union or online at <http://bookstore.louisiana.edu>



WEAR RED

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University of Louisiana at Lafayette

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SPOTLIGHT ON: Putting the first year in a context



FINISHING STRONG

It's a big deal. 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. The noted scholar Vincent Tinto identified three stages that can often be identified throughout the first year. The first stage is *separation*, in which students physically and/or emotionally move away from their former environment. Second, the *transition* stage is characterized by students feeling torn in their allegiances between their old environment and their new one. Finally, *incorporation* is the stage in which students now feel a full-fledged member of their new environment. In short, the first year can be a roller coaster ride for both students and their families.

As this first year of college comes to a close, take time to recognize that which you and your student have accomplished. Ragin' Cajuns love a good celebration, so now is the time to take a few moments to reflect and celebrate. Here are some ideas of topics you may wish to discuss with your students in wrapping up the first year and preparing for the second:

- ◆ Let your student know that you recognize the changes that have occurred. Reinforce that completing the first year is an accomplishment. This can help remind your student that education is important in your family's values.
- ◆ Talk with them about the classes they have taken this year. What were their favorite courses? What classes gave them trouble? Help them to put this into the context of the greater issue of their future life's work. 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 he/she feels about their level of engagement with UL Lafayette. Have they found student clubs or activities in which they feel comfortable? Have they discovered student organizations that may help them to develop resume building skills and experiences or to network? Have they found a circle of friends? If not, encourage them to look on the UL Lafayette website for a list of student groups and/or attend activities such as Get on Board Day the fall.

These and other celebrations and family discussions over the summer months may help your student to continue to feel connected to UL and return for their sophomore year refreshed and focused.



**The Fall 2014
Academic
Calendar**

August 13th
**Deadline to pay Tu-
ition/fees and retain
schedule**

August 25th
First day of class

September 1
Labor Day Holiday

October 9-10
Fall Break

October 13
**Last Day to drop
With grade of W**

November 27-28
**Thanksgiving
Holiday**

December 5
Last Day of Class

December 8—12
Final Exams

**Resources for the Sophomore Year:
Rejuvenate and Recalibrate**

Many first-year students spend the summer months away from academics, working and or relaxing. This is often a necessary respite from the rigors of study. Come August, encourage your student to reconnect and re-engage right away by utilizing any of these campus resources.

Career Counseling and Career Services: <http://findyourmajor.louisiana.edu>
or <http://career.louisiana.edu/>

1. If your student remains uncertain about their major, there are plenty of re- sources available to help your student explore and decide.
2. For those who have made the decision, Career Services can help identify in- ternships or part-time job opportunities in your student’s field of study.
3. Networking! This is the year to start attending on-campus career fairs and net- working events.

Academic Advising: <http://studentsuccess.louisiana.edu/>

Your student can meet with an advisor to ensure that he or she is on track to grad- uate on time.

Academic Success Center: <http://studentsuccess.louisiana.edu/>

The place to go for tutoring or supplemental instruction. For those with strong GPAs, consider looking here for a position as a tutor.

The Office of Student Engagement and Leadership: [http://
getinvolved.louisiana.edu/](http://getinvolved.louisiana.edu/)

Sophomore year is the time to take an active role in leadership and service oppor- tunities. These kinds of experiences lead to greater satisfaction while in college and better jobs upon graduation.

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