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
September 2014

SPOTLIGHT ON: CHANGE

College = Change. Whether your son/daughter is going to continue to live at home or whether they have moved into a residence hall, college is a big change for everybody. Your student, you, your spouse, other family members – everyone who lives under the same roof. You are a family unit and when there’s a big change to one member of the unit it reverberates throughout the family.

It is important to recognize that change is not an event but a process. It evolves over time. If you were to plot out a curve for the process of change it would look like the letter W. In the beginning, at the top of the W, a big change is exciting! It’s all new, all fresh. Think of the last big change in your life: a new job, a new house, a new relationship, etc. You are excited to begin your new adventure!

But a few days, or weeks later there’s a slump – a slide down to the bottom of the W. You think, “What made me think this job would be so great,” or “This house is much more work than I thought.” When it comes to your students, you may hear comments like, “I hate it here. This place stinks. Everybody’s so different.”

This can put you into a full-blown panic! You will want to grab your car keys, buy a plane ticket – whatever it takes to help your child. Chances are, however, that this is part of the change process and in a few hours, or a day or two your student will adjust and feel fine again. Then the pattern may repeat all over again. That is the second V in the W. This is all a natural part of the process of change. It is likely that they are reaching out to you in the down times, not because they want you to “solve” it for them, but because they rely on you to be there for them.

So what can you do? Take a deep breath, listen carefully, and perhaps make a suggestion or two. Try to encourage them to meet new people with similar interests or be open to change.

Cajun Craze is a great place to start (see p. 2) or if your son/daughter needs an extra support in making the change you can point them to the FYE/FYI and Conversations Groups (p. 2)

The secret to change is to focus all your energy not on fighting the old but on building the new.

Socrates
THE OFFICE OF THE FIRST-YEAR EXPERIENCE

The Office of the First-Year Experience (OFYE) is pleased to support and serve your student during the exciting and challenging transition period of the first year, and in particular, the first semester. OFYE supports freshmen in many ways. Academically, we coordinate and teach UNIV 100 which helps students to gain or improve the personal and learning skills needed for success in the college environment. We also collaborate with the Academic Success Center in offering a safety net to students identified as at-risk through the Grades First reporting system (more on that in the next newsletter). OFYE is also committed to the personal development and enrichment of our newest Ragin’ Cajuns by offering and promoting many opportunities for social, co-curricular and leadership involvement.

You can help promote your students’ engagement in campus life—whether your student is a commuter or campus resident. Encourage your student to attend campus activities and explore student organizations in the first semester. If your student is living in campus housing and within driving distance of home, encourage him or her to stay for a weekend or two during the first month rather than drive home every weekend. This encourages making friends on campus by giving them time to socialize.

If your student is a commuter, he or she can be very engaged in campus life. Encourage your student to stay on campus for at least some late afternoons, even if the class schedule ends earlier. Mid-to-late afternoon is when many student organization meetings are held. This also allows time for students to attend tutoring, participate in study groups, and visit professors. Students who are engaged in their learning and in campus activities are more likely to finish their degrees and to graduate with a higher GPA than those who are not engaged.

The OFYE office is located on the first floor of Lee Hall. Stop by and see us!

Need some extra help?

The Office the First-Year Experience is sponsoring two different groups to provide students with additional support as they transition to college:

FYE/FYI: students can stop in to get questions answered or just talk about their college experiences. Wednesdays, starting 9/3 from 4-5 p.m. in Lee Hall 212.

Conversations: a group for students who would like to talk about transition issues in greater depth. Questioning your place and purpose in college? Here’s where you might talk about it. Thursdays, starting 9/11, from 4-5 p.m. in Lee Hall 212.

Want to do Midnight Bowling, Pajama Jam, Burger Bash, Block Party, Pool Party, Fan Day, International Coffee Hour, Speaker Series, Part Time Job Fair, and Wellness Wednesday have in common? They are all part of Cajun Craze, a five-week cavalcade of events to get our newest Ragin’ Cajuns involved. We want to get your students on board!

See more at: cajuncraze.louisiana.edu
ATHLETICS

VOLLEYBALL
8/29 v. Fresno State @ Houston 4 pm
8/30 v. Rice @ Houston 11 am
8/30 v. UC Davis @ Houston 5:30 p.m.
9/5 v Southern @ Home 12 pm

SOCCER
8/29 v. McNeese @ Lafayette 7 pm
8/31 v. Ole Miss @ Oxford 1 p.m.
9/5 v Nicholls @ Thibodeaux 4 p.m.

FOOTBALL
8/30 v. Southern @ Home 6 p.m.
9/6 v LA Tech @ Lafayette 6 p.m.
9/13 v. Ole Miss @ Oxford 3 p.m.

FOR MORE INFO:
www.ragincajuns.com

find your ragin’ spirit
Parents as Partners
How to help your child adapt to college life

By Laurie L. Hazard, Guest Columnist, Washington Post

Nationwide, droves of former high school students are arriving at colleges and universities to begin their first-year transition. Although some will find this transition to be seamless, most will encounter some difficulty that will need to be resolved by the end of the academic year. Many will be unprepared, and experience a variety of stumbling blocks as they adapt to the academic demands of college or to the challenges and temptations of campus life.

Just because your teen has always been a really good student, don’t assume they’ll make an easy transition to college. This can often be hard for many actively engaged parents to swallow.

Today’s parents are more directly involved in their children’s lives, in their school work, and their daily activities than ever before. While college is a time for “letting go,” parents can still support their students—from a healthy distance.

Initially, students may not appreciate the purpose of their transition program or course. What parents can do to help is encourage them to fully engage and be ready to operate with a growth-mindset; that is an understanding that college is a place where students will mature intellectually and socially, if they are prepared to embrace particular behaviors and attitudes.

What are the most important messages for parents to pass along to their new college students as they start classes? Here are a few:

Possess Humility: Be modest and respectful. Recognize that you don’t “know it all.” Faculty, administrators, and staff have wisdom to share with you, and they are passionate and excited about it.

Ask For Help: College and university personnel understand that first-years are in the process of a huge transition. They expect you to ask for help, so don’t be shy about doing so. Any successful person will tell you, they ask colleagues, mentors, and friends for help on a daily basis.

Take Risks: The university environment is full of endless new experiences. Whether it is courses, guest lecturers, clubs, organizations, activities or field trips, try something you have never done before. Maybe there is a hidden skill or talent that hasn’t been revealed yet. Get involved.

Be Willing To Change: Most students will find that their high school study habits won’t work to the same extent in a college environment. You will have to develop new skills and strategies to meet the demands of your college level courses. The good news is that most institutions have departments to help you to make these necessary changes. All you need to do is ask.

Form Healthy Relationships: It’s no surprise that making friends during your first semester will be a top priority; however, the kinds of friends you make can have an impact on your success. For example, it’s very easy for procrastinators to attract other procrastinators, and too many students become friends with other students who can, and too often do, aid them in sabotaging their own academic success. You would do well to select your friends carefully, and to look to establish friendships with those who can help you to succeed—not drag you down.
Learn to Manage Your Time and Behavior: Research shows that time management practices are at the heart of being a successful college student. It is not enough to say you will be at the library studying for three hours (managing time). What’s more important is to manage your behavior during those three hours. That is, actually read your textbook as opposed to text messaging, IM-ing, getting on Facebook, and surfing the net. You may go to the library for three hours, but what are you actually doing when you are there?

Respect Diversity: Chances are you will be living and learning with other students who are very different from you. You may even meet someone from a different country for the first time. Be open to learning about their experiences, customs, and cultures.

Practice Healthy Habits: Take care of yourself. Eat right, be sure to get enough sleep, and exercise. If you get sick in college, it is extremely difficult to catch up on classes and work you may have missed. The volume of material covered and the pace in college is vastly different than in high school. Recovering from missed work can sometimes be nearly impossible.

Finally, and perhaps most importantly, this is the time to urge your new college student to take responsibility.

Tell them: If your first semester of college does not turn out quite like you expected, there is only one place to look: at yourself. The task of learning is yours. It is no longer the role of your high school teachers and parents to be sure you learned what you’re supposed to learn.

In short, this is the time for your son or daughter to learn that the responsibility for their college experience is theirs alone and that, from here on out, it’s what they choose to make of it.

Freshmen First Down
Saturday October 4th

Parents will be receiving details through the mail the 2nd week in September. Students will receive two free tickets to the UL football game for family members. For more information please call University Program Council Office at 337-482-6939.