

Office of the First-Year Experience

Parent Newsletter, March 2015

March 2015

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SPRING 2015 Important Dates

Advising Session for Summer/
Fall March 16-27
Holiday: Easter/Spring Break
April 3-12
Last Day of Classes **May 1**
Dead Days **April 29 (8 pm)- May 3**
Final Examinations **May 4-8**
Spring Commencement Exercises **May 15**
Semester Ends **May 15**



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Student Safety Is A Top Priority

When you send your child to college, you trust us to provide them with a quality education and numerous positive experiences. What is also expected, but not discussed enough, is the safety and security you expect for your child. The University of Louisiana at Lafayette maintains a 40-member police force which resides on campus, independent of city law enforcement. This police department provides for the peace, safety, and security of persons and facilities affiliated with the university campus.

Though an independent task force, the [UL Lafayette Police Department](#) works closely with the Lafayette Police Department through a partnership called the [City and University Service Program](#) (CUSP). Through this cooperation, both departments share officers and information regarding the security of both university and city areas that fall within a one mile radius of campus. This allows for quicker response times not only on campus, but to a large portion of the off-campus college housing district.



Beyond emergency response, the ULPD heads the majority of preventative measures around campus. The department has continuous patrols of campus with both uniform and plain clothes officers. 51 [emergency call centers](#), denoted by a blue light, are scattered throughout campus. These centers directly link any call to the ULPD located on Hebrard Blvd. They also operate the [Emergency Notification System](#) (EMS). This system allows your child to sign up through his or her [Ulink](#) account, and in the event of an emergency, receive notification and safety tips by phone call and text. A third measure in place is the [See Something, Say Something](#) initiative. The ULPD asks any person who witnesses an incident or suspects a dangerous situation to call in to the university [Crime Stoppers Tip Line](#). All information gathered through this line will remain anonymous.

The ULPD is located in Bittle Hall on Hebrard Blvd and remains open 24 hours a day. In accordance with the [Jeanne Clery Act](#), the ULPD publishes all crime information associated with the campus under the [Daily Crime & Fire Log](#). They also partner with the [Office of University Housing](#) to provide educational sessions on how to recognize and avoid potential situations involving crime and sexual assault.

For more information, please watch the ULPD's [Campus Safety](#) video or contact their department by email at ulpolice@louisiana.edu, or by phone at 337-482-6447.

Success Seminar Topics

- Moving into College
- Sophomore Perspective
- Learning How to Learn
- Procrastination
- Persistence in the Face of Obstacles
- Time Management
- How YOU Fit into College
- What Matters to You
- Growth Mindset
- Your Money, Your Debt
- Managing Stress
- Test Taking Strategies
- Work/Life Balance

Academic Colleges at UL Lafayette

- [College of the Arts](#)
(22 Majors)
- [College of Business Administration](#)
(8 Majors)
- [College of Education](#)
(20 Majors)
- [College of Engineering](#)
(7 Majors)
- [College of General Studies](#)
(4 Majors)
- [College of Liberal Arts](#)
(27 Majors)
- [College of Nursing & Allied Health](#)
(6 Majors)
- [College of Sciences](#)
(21 Majors)

Tips for Student Success

When students first arrive in college they often face certain difficulties, whether they be academic or social. A number of students adapt to these difficulties on their own over time, yet some continue to struggle. As their parents, you may realize that you do not always have the answers or solutions to your child's problems. But what you do have is access to the resources to help them.

The [Academic Success Center](#) schedules numerous [Student Success Seminars](#) throughout the semester which touch on a large range of issues freshman typically struggle to overcome. One of the highlights of this program is that these seminars are offered by university staff, but also by graduate students and undergraduate students in order to better relate with the struggles of the college experience. Seminars are offered in Lee Hall Room 110 over the course of any given term. Each session is offered multiple times throughout the semester to accommodate students' class and work schedules. The full [schedule](#) of seminars can be located online. Registration is not required, however seminars are limited to the first 12 students who arrive. Should you have any additional questions please contact the Academic Success Center at acs@louisiana.edu or 337-482-6818.

Finding the Right Major for that Dream Job

The [Career Counseling Center](#) provides career planning services to prospective students, currently enrolled students, and alumni. The University of Louisiana at Lafayette offers 115 [unique undergraduate majors](#). After all, with so many majors and occupations, where should your student start when choosing their career path?

The Career Counseling Center is a walk-in service whose mission is to help students find the right major to compliment their strengths, explore their interests, and one day get them that dream job. The best part is that appointments are not required; any student can walk in any day of the week. Career counselors are available and happy to talk to your student about their academic options as they pertain to future career options. They will help your child to examine their interests, values, skills, and personality characteristics by participating in self-assessment exercises and testing. The Center gathers information about career options and evaluates the pros and cons of different occupations as they may relate to your student's personal choices and career goals. They educate students on the importance of school involvement, part-time and summer jobs, internships, volunteer work, professional organizations, resume writing, and networking as early strategies in career decision-making. Career development is a lifetime process that can be both exciting and fulfilling! For questions, they can be contacted at ccc@louisiana.edu or by phone at 337-482-5431.

Parents As Partners

UL Lafayette utilizes a web-based performance monitoring system called [GradesFirst](#) that provides automated student services and communication between faculty, students, and support staff.

The purpose of GradesFirst is to track student attendance and class progress at key times in the semester. Once identified by faculty or staff, email alerts are sent to the flagged students through their [university accounts](#).

By now, all first year students have received the *2nd* Grades First early warning notices for the spring semester. All students in danger of failing any course should now have been notified and directed to speak with their professors about how they might improve their grade in the course.

You can partner with us by asking your student if he or she has received any such notices, and if they have by encouraging them to talk to their instructors and to get help from the [Academic Success Center](#) in Lee Hall.



After what turned out to be a second chilly Louisiana winter, it's time to shake off the winter blues and join the fun of festival season. The season is already underway and it can be hard to choose among all the options!

First, the UL Lafayette College of Arts will be presenting their annual [Festival of the Arts & ArTECH Fusion](#). This four-week festival will run from March 1-29 and include activities and presentations from the departments of Visual Arts, Architecture, Music, and Performing Arts. Highlights include the Shakespearean play *A Midsummer Night's Dream*, concerts by the UL Lafayette Wind Ensemble, Percussions Ensemble, and Chorale and Chamber Singers, as well as a fashion show, architecture symposium, dance recital, and crawfish boil! Additional information can be located on the Festival of the Arts' [webpage](#).

The City of Lafayette is home to a world-famous francophone festival, the [Festival International de Louisiane](#) which celebrates French cultures from Europe, Africa, and the Americas. Cultural highlights include music, cuisine, dance, and arts and crafts. In its 29th year, the festival will be held April 22-26 at stages throughout downtown Lafayette and will feature over 100 performances by the likes of Grammy Award winner [Angélique Kidjo](#), Ukraine's [DakhaBrakha](#), Quebec's [Nomadic Massive](#), and many more! With no charge for admission, it is a great event for the whole family! For additional information or to plan your festival weekend please visit their [website](#). Whatever your interests or culinary tastes Festival International is guaranteed to impress!



Festival of the Arts and Festival International are just a small example of what Spring in Louisiana has to offer. Think of an iconic food or object and there is probably a nearby festival for it! To name just a few, the [St. Martinville Heritage Festival and Wooden Boat Congress](#) will be on March 21, the [Scott Boudin Festival](#) will be April 10-12, the [Washington Catfish Festival](#) will be April 16-19, and the [Arnaudville Etouffee Festival](#) will be April 24-26, and the [Breaux Bridge Crawfish Festival](#) will be May 1-3. And these are just a handful taking place near the Lafayette area. Louisiana is a state steeped in culture, and if there is one thing we know how to do, it is share that culture. Consult the Louisiana Travel's [Festival webpage](#) for a full listing of events taking place during Spring 2015.



2015 Home Schedule

- **Mar 13:** UT Arlington, 6pm
- **Mar 14:** UT Arlington, 1pm & 3pm
- **Mar 16:** Georgia Southern, 6pm
- **Mar 17:** Georgia Southern, 4pm & 6pm
- **Mar 21:** Troy, 2pm & 4pm
- **Mar 22:** Troy, 12pm
- **Apr 3:** Georgia State, 5pm
- **Apr 4:** Georgia State, 12pm & 2pm
- **Apr 10:** Baylor, 6pm
- **Apr 11:** Baylor, 1pm & 3pm

RESOURCES

Writing Center

H.L. Griffin Hall, Rm. 107-108

Hours: Mon-Thurs 9AM - 3PM; Fri 9AM -12PM

Call: 482-6447

Computer Labs on Campus

Counseling & Testing Center

Saucier Wellness Center in O.K. Allen Hall

Call: 482-6480

counseling@louisiana.edu

Office of Disability Services (ODS)

Conference Center, Rm. 126

Call: 482-5252

ods@louisiana.edu

Sunshine and Success at Lamson Park

A number of Ragin Cajun sports teams have seen success throughout the years, but none have been able to compete with the consistent standard of excellence as the UL Lafayette Softball team. After going 49-10-1 in the 2014 season with an appearance at the [Women's College World Series](#), the Lady Cajuns breathed new life into [Lamson Park](#) on February 6th for the opening match of the 2015 season. The Lady Cajuns opened the season by hosting nine different opponents through three tournaments, scoring a total of 121 runs to a combined 7 runs from the opposition. Beyond a regular Sun Belt Conference schedule, the #5 ranked Lady Cajuns visited the #4 [Alabama Crimson Tide](#) in Tuscaloosa, and will be hosting the #7 ranked [Baylor Bears](#) and visiting the #2 [Oregon Ducks](#) in Eugene. Head Coach [Michael Lotief](#) is happy with the chemistry between his players and is optimistic about his team's chance to go far in the post season. Full-time students attend softball games for free, but if you would like to join your child in rooting for the Lady Cajuns tickets can be purchased [online](#) or by phone at 800-745-3000. Geaux Cajuns and play ball!



Set Sail for Study Abroad

Having the opportunity to study abroad can be a transformative experience! In addition to building confidence and global competence, students who have international experience are considered to be more valuable to almost any potential employer as our world becomes more globally interconnected. Luckily the UL Lafayette [Study Abroad Program](#) works hard to facilitate this experience for Ragin Cajuns.



It's never too early to discuss study abroad options with your first-year students. Although most students do not actually enroll in a study abroad program until later in their academic career, the time is now to start thinking about locations, costs and options. Typically students enroll for 3-9 credits and live/study abroad for one semester or during the summer. UL Lafayette hosts programs in [Costa Rica](#), [England](#), [France](#), and [Italy](#). Other options include innovative programs such as domestic "study abroad" programs, like [History on the Move](#).

Did you know that financial aid packages, including TOPS, may be able to be applied to study abroad, making this an affordable option for many? So have your student check out study abroad interest sessions held on campus or contact the Study Abroad Office in Room 136 in the Student Union or by email at studyabroad@louisiana.edu.

Outside Tips on Spring Break

- [Spring Break Safety Tip Sheet](#)
- [Your First Spring Break](#)
- [Travel Safety Tips](#)
- [Spring Break Tips for Parents](#)
- [Another “Letting Go” Experience](#)

Alternative Spring Break Ideas

- Stay in Lafayette to enjoy sleep and Ragin Cajun [Athletic events](#).
- If you’re not from Lafayette head home for quality family time.
- Take the [City of New Orleans](#) on a site-seeing tour to Chicago.
- Take a trip through [Louisiana Plantation](#) country.
- Go camping in a Louisiana [state park](#).
- [Volunteer abroad](#) as a way to see the world but also give back.
- Visit attractions such as [Blue Bayou](#) or [Six Flags](#)
- Gain experience by traveling to locations that support your academic and career interests.

Taking On Spring Break

The coming of sunshine and warmth means one thing to college students: Spring Break. This mid-semester vacation has become equated with a dangerous experience steeped in alcohol, drugs, and sex due to coverage in American media and cinema. Unfortunately there are facts to support some of this mentality; a study conducted at the University of Wisconsin found that 75% of males and 43% of females in college reported being intoxicated on a regular basis during Spring Break. Exploring the world is an important part of life in college, so what can you do as parents to help your child prepare for Spring Break?

According to the website [Fight Back on Spring Break](#) one of the best ways to plan a trip is to research the location and know its reputation so your child knows what he or she is getting into. A growing trend amongst college kids is to head for new locations that don’t match the typical “spring break beach trip.” Once there, the best rule is the simplest rule: follow the law. Don’t partake in the use of illegal drugs, and if underage, don’t consume alcohol. For those of age, the best advice is to be smart and rely on your gut. It may be urban legend, but you always know what the right thing to do is, and your gut is the friend that reminds you what that is. Following it will always lead to smarter decisions.



A second situation to be aware of is that your child may not always have to fend for just him or herself. The smartest thing any student can do on Spring Break is stick with a group of trustworthy friends. That could mean your child may have to take care of a friend should any situations arise. Knowing how to recognize and respond to things like [binge drinking](#) and [alcohol poisoning](#) may be critical to keep a bad situation from getting worse. Also, when sticking with a group of friends it is always a good idea for at least one to remain sober, to be fully aware of any situation and provide uninhibited assistance.

Finally, the last thing we can do for these freshmen is to trust them. Despite how we may sometimes feel, they are now adults and deep inside they know right from wrong because they were taught these principles by you (their parents) and us (their teachers). We can prepare them for any situation, but in the end they are out there flying free and will more than likely make the right decisions to stay healthy and safe. For additional tips about planning a Spring Break trip and staying safe, please explore the links provided in the left hand column under *Outside Tips on Spring Break*.

March 2015

Month in Review

- 1)** Students joined the Krewe of Roux for the first annual parade and ball on campus.
- 2)** Industrial design student creates award winning kitchenware.
- 3)** UL Lafayette professor leads research on oil spill's effects on whales.
- 4)** Nursing Professors contribute to 2 of the top 17 nursing textbooks in the country.
- 5)** Student Athletes visit patients at Our Lady of Lords on Valentine's Day.
- 6)** UL Lafayette alum Ricardo Valerio talks about the opportunities his degree has brought him.
- 7)** Students took part in a Pepper Eating Competition hosted by the [University Program Council](#)
- 8)** Young Ragin Cajuns took part in the [Emerging Leader Summit](#) to develop and hone life leadership skills.



Additional information detailing these events can be located by clicking the corresponding picture to the right.

University of Louisiana at Lafayette

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L a f a y e t t e



In Theory – Reflections on the University Experience

Going to college for the first time is a magical adventure where individuals blossom from children into young adults. They are given the chance to truly go out and experience the world on their own. Unfortunately you as their parents realize that the world is not always a beautiful and fair place. As such, for parents it can be hard to watch them leave home and move on to a different part of their lives. The great Chinese philosopher Lao Tzu said that only when we let go of who our children are do they have the opportunity to become who they will be. You may not want to release them into the harsh reality of the world, but to deny them that opportunity is to deny them the chance to become who they are meant to be.

The staff of the Office of the First Year Experience is here to serve as the intermediaries between the structured life of high school and the tempting freedoms college has to offer. We work with entities like the UL Lafayette Police Department, Student Health Services, Academic Success Center, Career Services, and Leadership and Engagement to offer freshman all the support they could need while also allowing for that freedom to explore. When they fall, we are here to help them back up and get them right back on the track to success. The ability to do this and watch our freshman grow through college, graduation, and becoming model citizens in our community is what we take pride in.

We know that this process of letting go is not easy; many of our staff members are parents of college students themselves. But we believe in the process, and we believe in the product of that process. In order to facilitate the change we wish to see in our college freshman, we must learn to let go and watch our beautiful flowers blossom. In the words of the German poet Herman Hesse, “some of us think holding on makes us strong; but sometimes it is letting go.” OFYE is here to serve the freshman of the University of Louisiana at Lafayette, but we are also here to serve you their parents. We are here to support you and your child as you both say goodbye to one way of life, and usher in a new one. Thank you for your support of the freshman experience at the University of Louisiana at Lafayette and Geaux Cajuns!

Phillip C. Arceneaux

Office of the First-Year Experience