

UL LAFAYETTE

PARENT & FAMILY NEWSLETTER



TIMES OF CHANGE

College = Change. Whether your student lives at home or has moved into a residence hall, college is a big change for 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. In the beginning, a big change is exciting! It's all new and fresh. Think of the last big change in your life: a new job, a new house, a new relationship, etc. You were excited to begin your new adventure! But a few days, or maybe even weeks later, there's a slump. 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 don't know if I like it here. I haven't made any new friends. 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. It is likely that your student is 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 and be open to the change that is college!

Inside This Issue

Money Matters 2

Campus Safety 3

Student Success 4

Academic Support 5

Student Tribulations 6

September Student 7

Parent Advice 7

MONEY MATTERS

It's common for first-year students to experience difficulties balancing school, activities, and other responsibilities. School, of course, should always be the top priority, especially if your student is receiving financial aid, TOPS, or scholarships. There are a variety of factors that students should keep in mind about retaining their aid and scholarships.

Financial Aid

To retain financial aid, students must meet [Satisfactory Academic Progress \(SAP\)](#) standards. Failure to meet these standards may cause students to lose eligibility for all types of financial aid. At the end of each semester, your student will be evaluated according to the following SAP requirements:

- **Must earn a 2.0 overall GPA**

- **Must complete 67% of all registered credit hours**

For the most up-to-date information on SAP and Financial Aid requirements, visit the [Financial Aid Office's website](#) or contact the Financial Aid Office directly at finaid@louisiana.edu or 337-482-6506.

TOPS

To remain eligible for TOPS, students must:

- Have continuous full-time enrollment (12+ credit hours) each Fall and Spring semester.
- Pass/earn 24 hours each Academic Year. The Academic Year includes Fall, Winter Intersession, Spring, Spring Intersession, and Summer semesters. High school dual-enrollment and advanced placement credits are **NOT** applied to the 24 hours.
- Earn a 2.0 cumulative GPA after the Fall semester to receive TOPS in the Spring.
- Earn the required cumulative GPA for the award after Spring:

- **Opportunity Award: 2.3 first-year, 2.5 each year after**

- **Performance & Honors Awards: 3.0 cumulative GPA**

For the most up-to-date information about TOPS eligibility and requirements, [visit the LOSFA website](#).

Scholarships

Different scholarships have different requirements, so it is important for students to be aware of the eligibility requirements for their particular scholarships. Questions about scholarships can be directed to the [Scholarship Office](#) at scholars@louisiana.edu or 337-482-6515.

CAMPUS SAFETY

UL Shield App

The [UL Shield Safety app](#) is available to help keep your student safe on UL Lafayette's campus. The app provides alerts for immediate threats via phone call, text message, and email. Should your student ever feel unsafe UL Shield provides safety features such as slide bar to quickly notify police if assistance is needed. Friend watch enables you to set a timer from five minutes to two hours with a personal contact of your choosing. When the timer is set, your contact will receive a text with a map of your location for tracking. If you do not turn off the timer before it expires, the UL Shield app will send an alert to your contact. If you turn the timer off, your contact will be notified that you are safe. The UL Shield app provides resources such as the locations of code blue emergency phones, NARCAN kits, and defibrillators on campus.

Emergency Notification System

The University's [Emergency Notification System \(ENS\)](#) is designed to provide alerts for emergencies and threats on campus. All students must opt-in to the Emergency Notification System to receive the messages.

The University is able to send messages with its ENS to any and all of the following technologies:

- Cellular Telephone Calls
- Campus Landline Telephone Calls
- University Social Media Sites
- Text Messages
- University Website
- University Hotline

Students can register their parents or guardians to receive emergency alerts as well.

[View instructions online here.](#)

FALL 2024 ACADEMIC CALENDAR

(Subject to change)

October 3-4

Fall Holiday

October 21- November 1

Advising Session for Spring

November 7

Last Day to Drop Class with "W"

November 28-29

Thanksgiving Holiday

December 4 - December 8

Dead Days

December 6

Last Day of Classes

December 9-13

Final Exams

December 13

Semester Ends



Want to purchase a Family Weekend Shirt. Orders available for shipping until September 30, 2024. Order T-Shirts Here



STUDENT SUCCESS

The [Academic Success Center \(ASC\)](#), located in Lee Hall, is the best resource for students looking for academic support services such as advising and information about changing majors. While your student's academic journey is their own, you can support them by knowing about the various support resources on our campus and encouraging your student to take advantage of them. If your student has a question and does not know where to find the answer, they can start with a counselor in the Academic Success Center. Appointments are not necessary to see an academic counselor. Virtual appointments are also available.



Grade Checks

Your student may receive feedback during the semester on attendance and grades through the [Student Success Manager \(SSM\)](#) system.* SSM is a web-based student performance monitoring system that provides automated student services and communication between faculty, students, and support staff. At UL Lafayette, the SSM system is used to notify students at key times throughout the semester if they are at risk of failing a course. As identified by faculty and staff, automated email alerts are sent directly to academically at-risk students' University email with important resources for student success. **Fall 2024 Alert Checks will take place by September 30 and November 1.**

****Please note:** Not all faculty submit grade check alerts. Ultimately, it is the student's responsibility to stay informed of the grades they have in class. If your student ever has questions about their grades, they should contact their instructors directly.*

Campus Resources

[Academic Success Center](#)

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

[Student Health Services](#)

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

[Dean of Students Office](#)

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

[Office of Disability Services](#)

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

[Counseling & Testing Center](#)

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

[University Police](#)

Bittle Hall
337-482-6447
ulpolice@louisiana.edu

ACADEMIC SUPPORT



The Learning Center

[The Learning Center \(TLC\)](#) offers FREE one-on-one tutoring, study group tutoring, supplemental instruction, computer lab assistance, and other services. Tutoring is available for most 100 and 200-level math and science courses as well as for accounting, biology, engineering, French, psychology, statistics, and much more! [View the full list of Fall 2024 subject offerings here.](#)

Students should schedule a tutoring appointment on Microsoft Teams or by calling 337-482-6583.

Study Groups	Supplemental Instruction	Individual Tutoring
<p>Study groups are sessions where students can ask questions, work out problems, and seek advice from tutors who have previously passed the course.</p>	<p>Supplemental Instruction allows students to explore course content and practice essential skills presented in class. Groups are led by students who have taken the class and excel in the topic area. SI Leaders work with professors to develop materials and examples that will enhance students' understanding of the subject. SI Leaders also share successful approaches to learning the material and performing on tests.</p>	<p>Individual tutoring sessions are 30-60 minutes of one-on-one instruction in the subject. Visit the website for a full list of subjects offered.</p>

The Math Lab

The [Math Department](#) provides walk-in tutoring services staffed by mathematics graduate students through The Math Lab, located in Lee Hall, room 201. Math Lab tutoring services are free to all UL Lafayette students.

[Read more about the Math Lab and its hours of operation.](#)

The Writing Lab

[The Writing Lab](#), located on the first floor of Dupre Library, offers academic assistance with students' writing assignments. The Writing Lab will assist students at any stage of the writing process, including:

- *Helping students enhance their writing skills*
- *Focusing on the writing process and the value of creating multiple drafts*
- *Helping students see strengths and weaknesses in their writing*
- *Helping students learn to proofread their writing*
- *Empowering students to own their writing*
- *Nurturing creative ideas*



Common Student Tribulations

The transition to college life can be challenging for many students. Here are some typical issues that first-year students often face:

"I thought I'd have more free time, but I can't find time to do anything! I'm stressed out with the amount of work."

Time management may be one of the biggest challenges that new students face. Encourage your student to use a planner and schedule their days including time for class, work, and study time. Remind them that, with practice, they will get the hang of things!

"My classes don't seem all that hard... we never talk about the assigned readings."

Students often underestimate the difficulty of the college curriculum. Encourage your student to take notes in class, complete assigned readings prior to class, participate in study groups, and make academics their top priority. Often, professors expect students to absorb reading material outside of class.

"I don't understand what is going on in class, but I'm afraid to talk to my professor."

Students often feel intimidated by professors. Encourage them to ask questions in class or after class, to go to the professor's office hours, and to participate in study groups. Students can also receive tutoring assistance for free at [The Learning Center](#).

"I'm not getting along with my roommate. We just don't click."

Adjusting to life with a roommate can be difficult, but can also be one of the most rewarding experiences your student can have. [Click here to read an article from Collegiate Parent](#) on what to do if your student experiences roommate difficulties.



The September Student

It is common for September to bring uncertainty for some students. They may be struggling to find their place on campus or are experiencing new challenges. At this point in the semester, students may also begin to encounter roommate issues.

Learning to support your new college student can be an adjustment for you as well, so here are a few things that you can do to help your student during this time:

SCHOOL FIRST

Encourage your student to stay on top of their schoolwork and to get ahead. While September may not be as academically challenging as other months, many students will have their first tests or projects due soon.

SUPPORT

Be there for your student when they need to rant or vent. Remind them of the campus resources available to them. Rather than solving their problems for them, ask your student, "What are you going to do about that?" When navigating roommate disagreements, encourage your student to talk to their roommate one-on-one and remind them that their Resident Assistant is there to help mediate, if needed.

ENCOURAGE CAMPUS INVOLVEMENT

Encourage your student to step outside of their comfort zone by attending events and joining organizations. One of the best parts of college is meeting new people! As an added benefit, research shows that students who get involved perform better academically. If your student is not sure where to start their involvement journey, encourage them to chat with their Peer Mentor in UNIV 100, connect with the [Office of Student Engagement & Leadership](#), and follow @ULGetInvolved on Instagram.

Parent-to-Parent Advice

Here's what former freshman parents and guardians have to say:

"Give your child a chance to figure it out on their own. Use the newsletter to ask the right questions at the right time and let them do it."

"Totally encourage your student to get involved on campus. UL Lafayette offers some really great opportunities."

"Trust the process. Sign up for the newsletter and read them. Keep communication open with your child. Don't be judgemental. Let them commit mistakes."

"Keep communication open and be ready to listen when they are happy and when they are sad. Celebrate their success! Help them see difficulties (working hard to obtain a C in a class, roommate drama, etc.) as real-life situations they may encounter one day in the working world."