

HOME OF THE CAJUNS

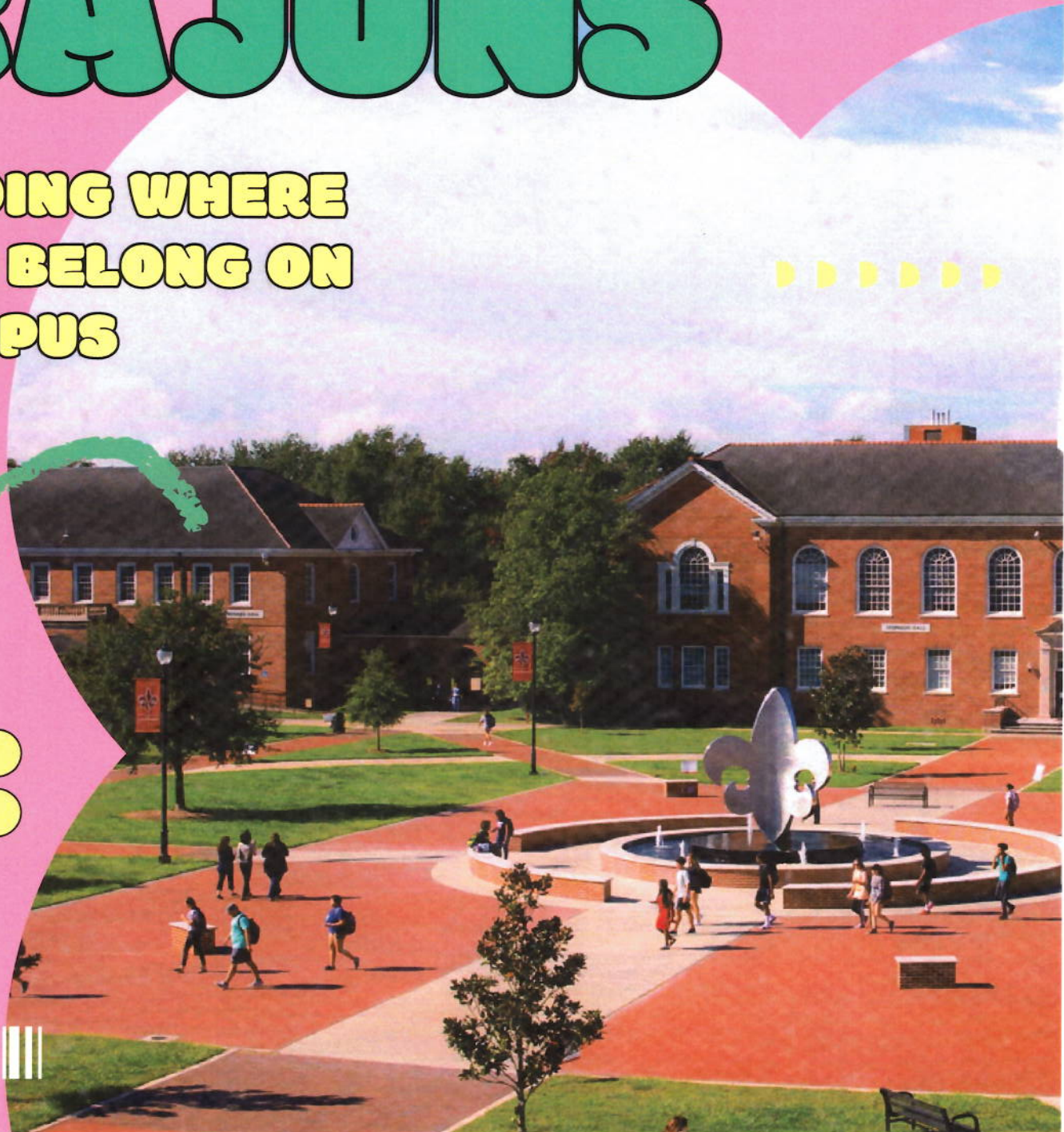
FINDING WHERE
YOU BELONG ON
CAMPUS

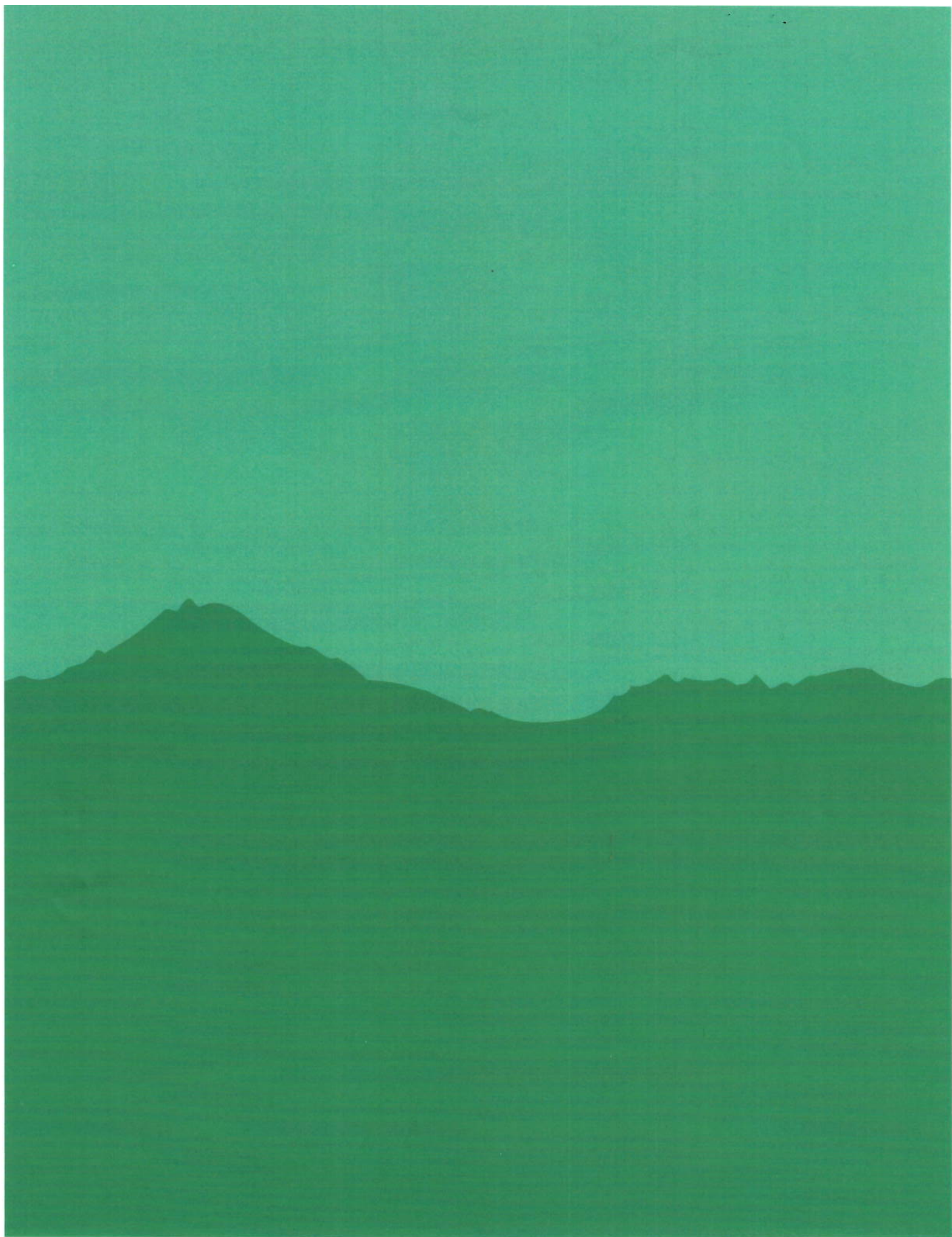
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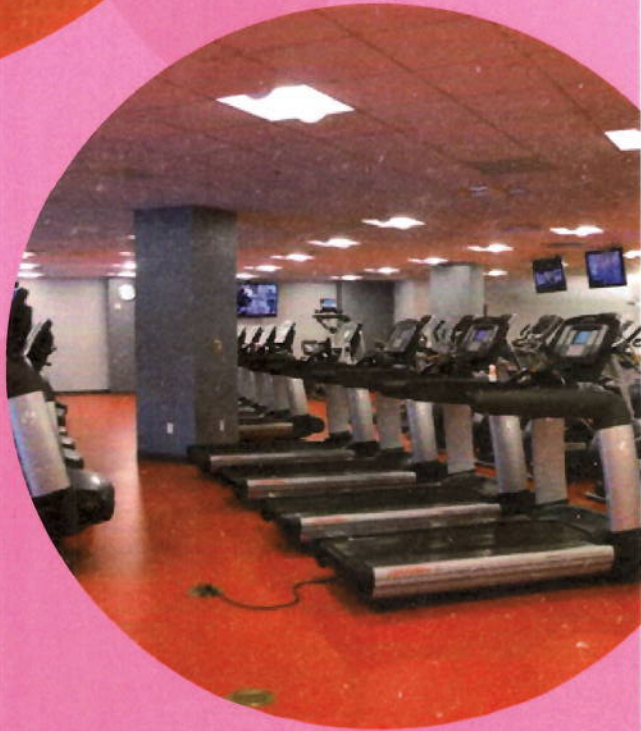
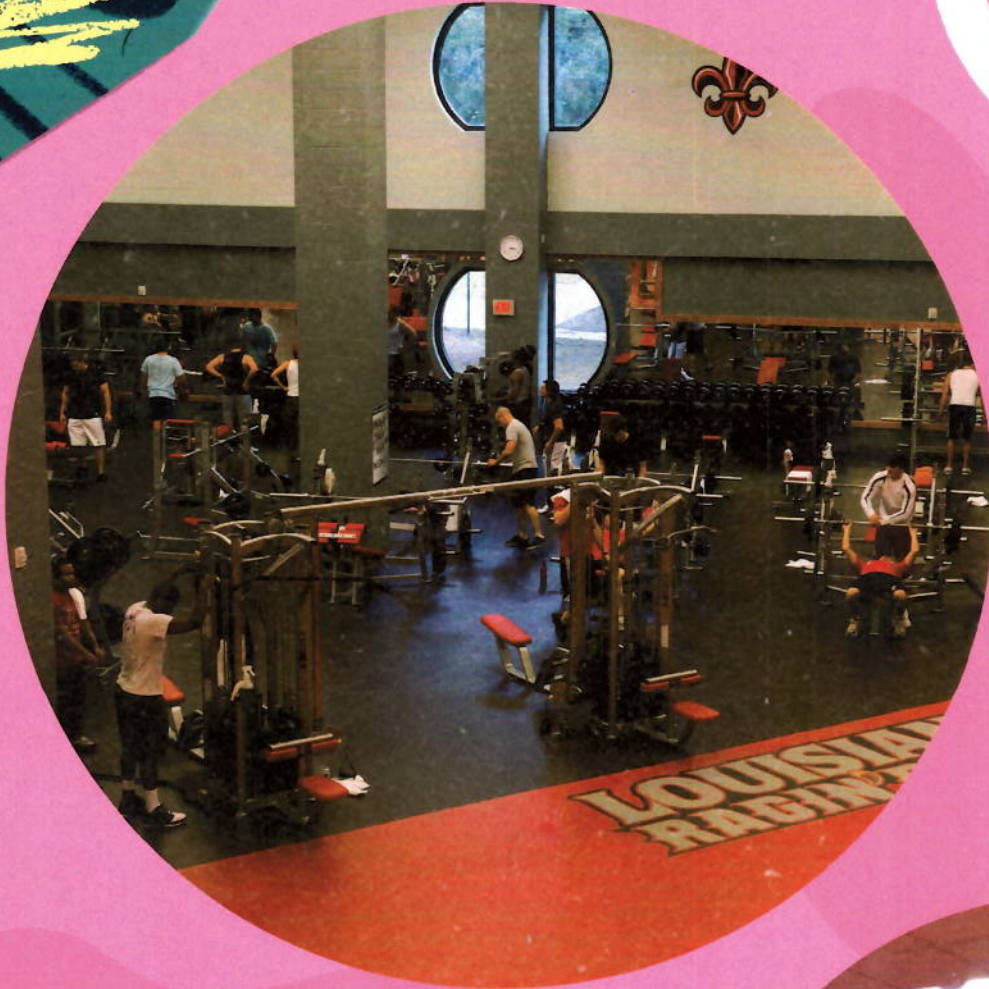


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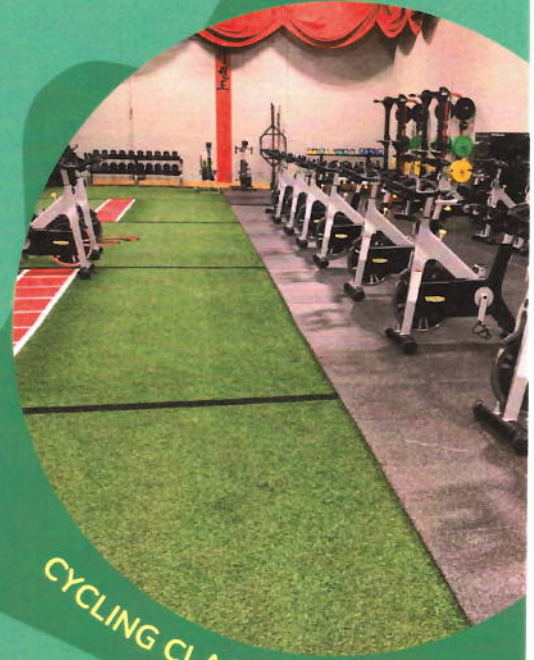
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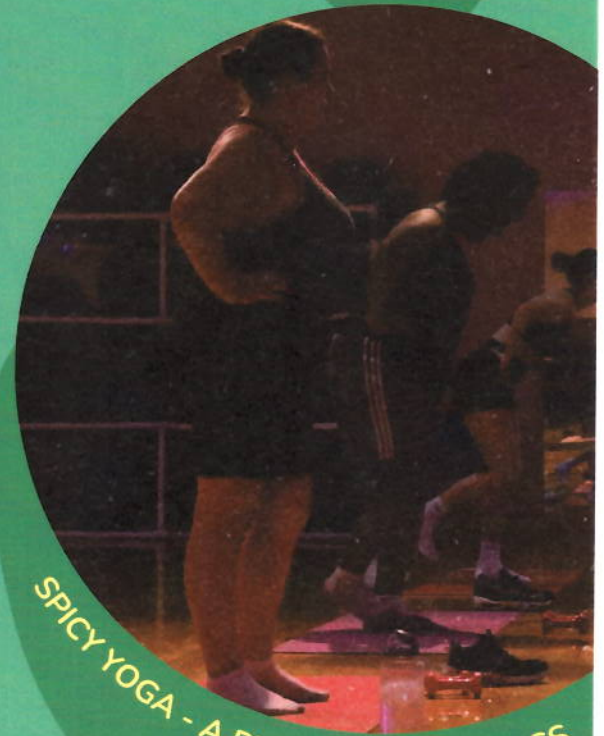
GROUP ACTIVITIES

BY EMILY MIER

Apart from the many things you can see and do on the main campus, there are lots of activities at Bourgeois Hall, or what many call the REC Center. There are many things available to do at Bourgeois Hall besides classes, there is the fitness center/gym, rock climbing, many different types of courts (with rentable equipment), many different studios, an indoor track, an aquatic center, and the list goes on. However, when looking to get involved on campus one of the best ways to interact with other people at the REC Center would have to be the Group Activities. There are many available such as Cycle, Kick to the Beat, HIIT, Body Burn, Strength & Tone, Sunrise Yoga, Spicy Yoga, Yoga, Zumba, Life on the Geaux, and Cardio Dance. These classes are held every day during the week at many different times throughout the day, (excluding Sundays) which is great when working around a busy schedule. As a first-time student who has tried many of these style classes, I specifically enjoy the world of cycling and spicy yoga. The instructors make such a welcoming atmosphere and the people I have met share many of the same goals as me. Often many people find it hard to make friends on campus, and many first-year students also find it hard to find spaces that they can relax and feel welcome in. The easiest way to enjoy your college experience is to do and interact with the things that you most enjoy, and in those spaces, you will find other people who think and want the same things. It also helps that these classes are great for your physical being as well as your mental being. While interacting with other students and your community, you can get a workout in and maybe even de-stress. So, if you are in the mood for a bit of sweat and are willing to put yourself out there, definitely look into the group activities at the REC Center when you have the chance.



CYCLING CLASS



SPICY YOGA - A PILATES STYLE CLASS

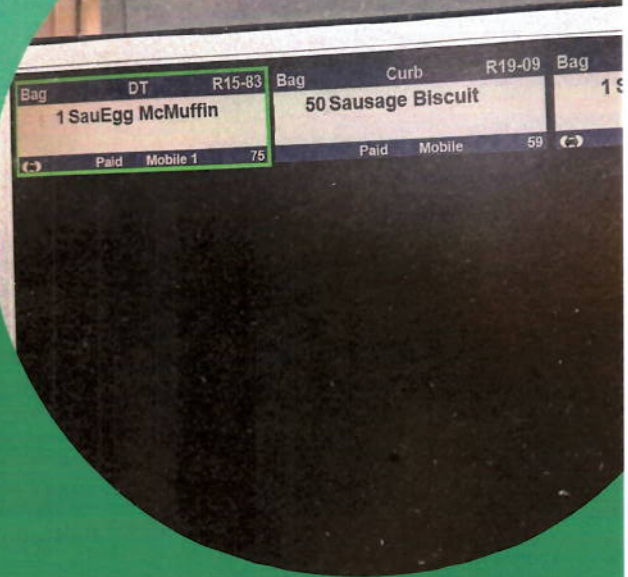
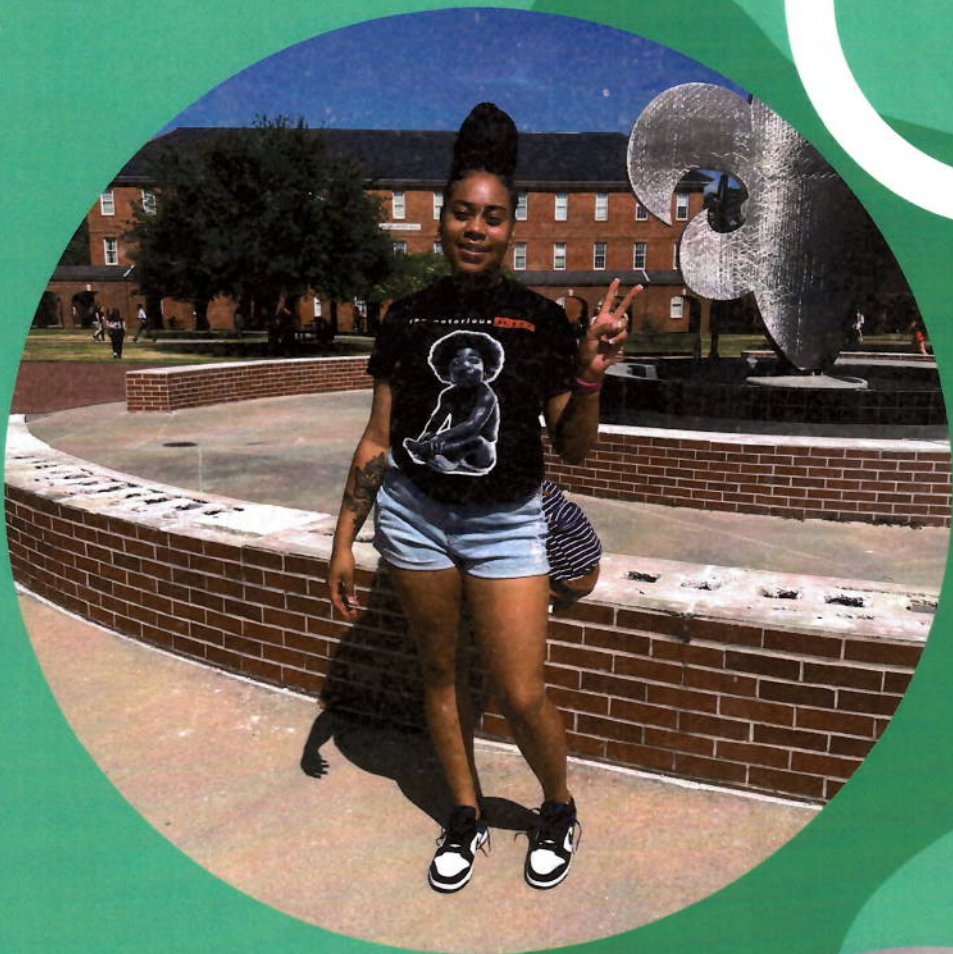


Greek Life

BY MACY BOUDREAUX

We all have heard the cliché saying “Get involved in college”. Have you ever thought about joining Greek life? Personally, I did not plan on joining anything other than the classes needed for graduation. It was my grandfather who persuaded me to go through recruitment. I was nervous at first because we all hear so many stereotypes about sororities and fraternities. It took a lot of courage but I went through and got a bid from Alpha Omicron Pi. Being accepted into this group of girls has changed my perspective on both college and life tremendously. For one, I learned that each sorority has its own philanthropy. What this means is that each chapter or sorority raises money to help out an organization strictly out of compassion and charity. Our philanthropies are 'Kids with Arthritis' and 'Hearts of Hope'. Kids having arthritis is a bigger issue than people realize. Many children struggle every day and being able to help them warms my heart. 'Hearts of Hope' is new to the sorority but it is to help those who have gone through sexual assault at any point in their lives. Raising money may seem boring and unrewarding, but it is not. We all get together and make the best of it; whether that be listening to music, playing games, or even just hanging out at the house. Being in a sorority means having a sisterhood like no other. No matter what happens I can call on a sister and she will be there for me without question. Even if I need help on an assignment, there’s likely a sister with the same major that I can turn to for help. Alpha Omicron Pi has also allowed me to feel a sense of comfort within my own skin. Being around all of the different kinds of personalities without being judged or made fun of gives me confidence in myself to be anything I want to be in life. Hopefully hearing my story on how I got involved on campus will encourage you to do the same, whether it be joining Greek life or just a group on campus.

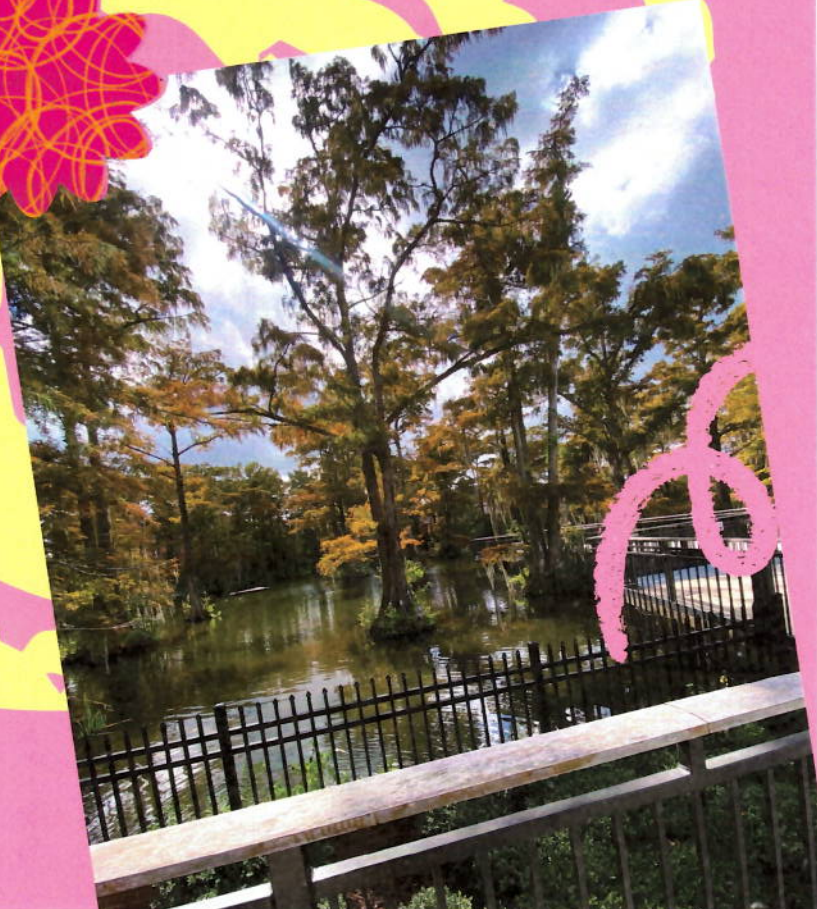
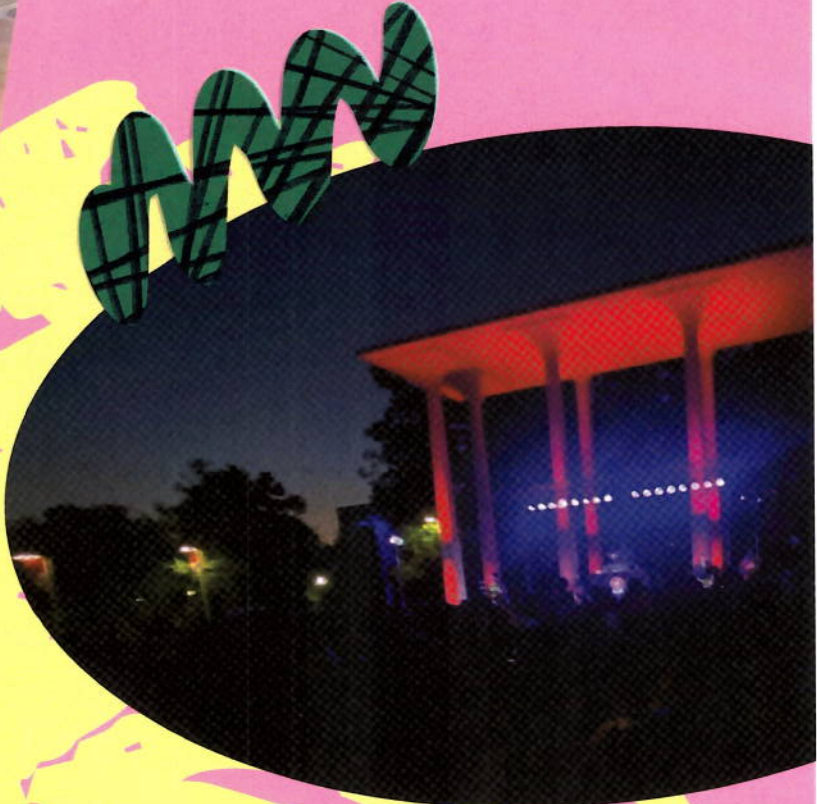




Balancing Work Life & School

BY: JA'KAITLYNN NARCISSE

Working and going to school could be difficult for most. I would say for me it's difficult, but not as hard as I originally thought. It's all based on time management, and if you are anything like me, that can be a big task to tackle. The biggest issue I suffer with is making it to work on time because some nights I have assignments due, like math pages for a test day, or a 1.5-2 page essay for English. It's more challenging to make it to work and the start of my day because usually I get no break during work and then I immediately head to school. I work for McDonald's, so I go to work from 4 a.m. to 9 a.m. or sometimes till 11. Every day when I get there I prepare for the day ahead of me: I get all the breakfast pulled, and make sure things are ready and stocked throughout the day. I also work making sandwiches sometimes, it's not a difficult task. It can be difficult to work around a class schedule during the week, but I schedule my classes so that I am able to work. Monday through Wednesday I attend class from 10:00-10:50 and again from 11:00-11:50. Those days aren't as busy for me because I have a couple of breaks in between. On Tuesdays and Thursdays I have my Math 105 from 1-1:50 and the majority of the time they are test days so it is an easy day, then I go on to have a break right before my UNIV 100 class at 3:30. I even have a period in between classes to run any errands. On Fridays, I have just a 10-10:50 class so I mainly have my Fridays to relax and focus on myself. Overall, I would say working and going to college isn't a bad idea, especially part-time because I find that I still can have a life outside of school and work. I support college students working and going to college. I feel as if it's a motivator and a way of getting us ready for real life.



MATURING THROUGH COLLEGE

BY KAMANI FRANKLIN

Coming from high school to college can be a huge change in someone's life. It may be financial wise, or moving far away from home. For me, college wasn't so much of a big change. I'm from New Orleans, Louisiana. Coming to UL Lafayette wasn't a problem for me friend-wise. Before coming here, I had a group of friends who somehow all ended up at the same college. Right now we are still closer than ever and we still are meeting new friends outside our friend group. When I moved to college, my mom felt it the most. She is my best friend and for her to see her only child move two hours away and not be able to see me every day was hard. After a week of school, that's when the homesickness hit me. I was just missing my mom and her being in my presence every day. Homesickness is something that will never go away, but it is something that can be fixed. College is a big step into adulthood. It taught me a lot about how to be independent and not depend on anyone. Ever since I was a little girl, it's always been me and her. When I was out here, for a minute, I was having a hard time doing something for myself and I just needed help. No one pulled through at that moment. I called my mom and she said something very valuable to me that will stick with me until the end of time. She said, "Kamani, it's always been me and you, you can't depend on everyone because no one would move mountains how I move for you". From that moment, I started to tune into my adult-ness. I started making my day more productive and if I had a problem I figured it out all on my own. The maturity was going to kick in sooner or later, I just needed a reminder of what my purpose was here at college. The education side of college is something I had to lock down hard with. Ever since I got here, I've been writing the word "discipline" every day. That word just shows and tells me that I need to lock in on school work, get up for class, write down all my homework assignments, and get prepared for class the following day. In high school, the teachers would remind you every second when you have an assignment due or a test coming up. Here the professors would tell you one time and it's up to you to be disciplined and remember yourself. College may be a pain but I'm glad I attend one because it's teaching me a lot about maturing through life.

FINDING MY PERSONAL STYLE

BY ALYSSA REGIS

“But also, this is a time for me to test my boundaries and what is comfortable for me, and what empowers me when I wear and style my clothes.”





Ever since I was a kid, I loved watching Disney movies where the characters would dress so cute and unique every day at school. I was obsessed with the style of espadrilles, dressed in frilly layers and belts on any and every item of clothing. It made me so excited to be in college and to be able to dress in that specific Disney style. Debby Ryan in *16 Candles* was my original style icon.

But, going from wearing one outfit every single day for 12 years to seemingly overnight having to pick out a new outfit every day for the rest of my life is a giant transition. I spent all my lower-level school years in private schooling, I always wore a plaid skirt, a blouse, and a pullover sweater. But going into college I have been able to express myself through my clothing, which has been the most exciting thing for me so far.

Experimenting with my style and what I find comfortable to wear every day has been so fulfilling and it's something I look forward to every day. It is a small part of everyday life that I never had to worry about until now. I spent my entire summer collecting pieces I would be excited to wear, making hundreds of Pinterest boards, and annoying my family with how many bags of clothes I would bring home every weekend when I went out with my friends. But also, it is a time for me to test my boundaries and what is comfortable for me, and what empowers me when I wear and style my clothes.

Fashion, style, and experimentation with clothing have always been something I have been intrigued with since my childhood, and now that I have a chance to dress freely and openly every day at UL, at college in general, has been something new and incredibly fun to me. It is a new experience that I finally get to indulge in with all my peers. It is a small experience that has made college somewhere I am happy and excited to experience because I can feel my best and confidence in the clothes I choose to wear every day.



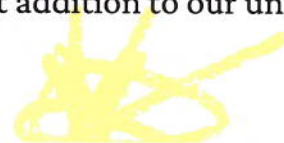


Kiwi Bot on Campus Delivering Delight & Dinner

BY MAKENZIE BAUDOIN



Did you know that UL Lafayette is one of the two campuses in Louisiana that offer the Kiwi Bot delivery system? If you have never heard of these little bots, you have likely seen them rolling around campus. The purpose of these bots is to deliver food to whatever location on campus you want. To order food from the Kiwi Bot you just download the Everyday app. The app itself is very user-friendly. You simply download the app create an account, and check into UL's location. To order food you press the menu option and select whatever on-campus dining location you want and whatever location on campus you want the Kiwi Bot to deliver your food to. Then Kiwi Bot will roll on over, going through busy sidewalks using sensors and mapping technology, to reach your location. Once the Kiwi Bot gets to you simply open the app unlock the Kiwi Bot and grab your food. You also don't have to worry about your food getting cold because the insulated compartments the Kiwi Bot has ensures all warm food stays warm, and all cold food stays cold. The Kiwi bot is not only convenient but also eco-friendly. They are electric powered which means they emit zero harmful pollutants or greenhouse gases. It is not just the convenience and eco-friendliness of the Kiwi Bots that make them so amazing, but also the smile they put on the students' faces on campus. When asked about what things on campus make the student's day, many students said the Kiwi Bot. This is most likely because if you stop in front of a Kiwi Bot just roaming around it will make different expressions at you like heart eyes, stars, or even an adorable angry face. Not only do they make expressions, but some will write a greeting like "Hello". Overall, these adorable little bots make a great addition to our university.





College

