



Elizabeth McCrary

Sage Lacaze

Isabella Kinniff

Hope Tran

Emma Clements

Marie DeMoss

Peppa Life

Table of Contents

Page 1: Fresh Meat

By: Elizabeth McCrary

Page 6: Balancing Act

By: Sage Lacaze

Page 7: Broke No Mo

By: Isabella Kinniff

Page 10: Courts to Cardio

By: Hope Tran

Page 11: Dorms Not Always the Norm

By: Emma Clements

Page 13: Geaux Greek

By: Marie DeMoss





FRESH MEAT



Finding yourself and place in college

What is it truly to “find yourself”? What does it mean to be yourself in college? I will be exploring and talking through the process and transition that college is and ways you can make connections. Going to a university is a huge important decision, not everyone takes the step and that is okay. But those who do choose to go to college need to know what to expect from some of the most important years of their young adult life.

College is a time of transition, and change is inevitable. It is a time to truly be independent, leading you to self-discovery; it also can be trying, and difficult leading to homesickness and loneliness. You will have good days and bad days. There are many ways to help with finding your group or place in the next four or more years.

ways to immerse yourself!

College is more than just attending classes; it extends beyond textbooks and exams. Actively involving yourself in various aspects of college life not only enhances your experience but also grows relationships and strengths skill development. Here are some examples of how you can immerse yourself in the college community:

Volunteering:

You can find many opportunities to volunteer on and off-campus, such as community service projects, local charities, or student-led initiatives.



Part-Time Work or Internships:

These experiences not only provide skills but also help you explore the career path you choose. Not only are you providing for yourself but you are learning important work ethic.

Join Study Groups:

Joining or forming study groups is a great way to keep on top of school and make friends. In a group you are able to understand the course material, and provide different perspectives on the subjects you're studying in a deeper way than on your own.

Join Clubs and Organizations:
Many if not every college offers a diverse range of clubs and organizations. Whatever you may be interested in, there's likely a group for you. Joining clubs not only allows you to pursue your interests but also provides a platform for meeting like-minded individuals.



Sports and Fitness Programs:
Whether you are an athlete or simply want to stay healthy; participating in sports or fitness programs is a fantastic way to stay healthy and build a community. The gym is a great way to blow off steam as well and be a form of self care.

Religious groups:

If you are a spiritual, joining a study or group of people that have like minded values as yourself is an excellent way to grow in your faith and connect with others.



Each of these activities may sound daunting or not worth your time. But even if you decide that you don't fit in with certain social groups don't be afraid of just trying it out. with that being said, be wise when making friends. This doesn't mean to not branch out and make other friends outside of your comfort zone, making friends that you normally wouldn't in the past allows you to be open to new experiences. It just means to be careful of who you trust because not everyone needs to be in your life. Make sure the people that surround you will uplift you in your studies or socially; such as sport clubs, a sorority, fraternity, or a Bible study, or even study programs. You don't have to go through college on your own, seek out friends and activity's that fit you!



BALANCING ACT



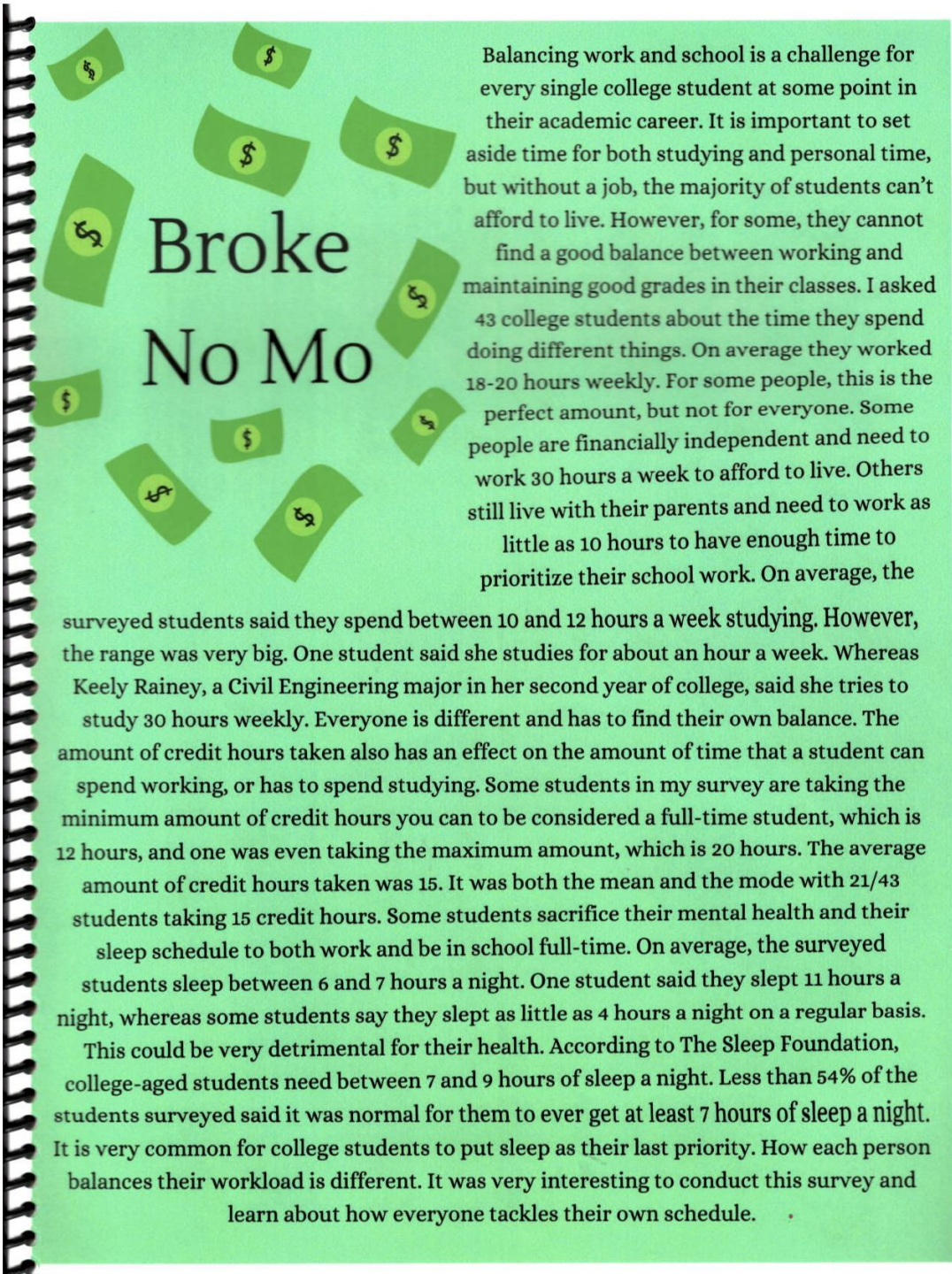
Friends and school could be hard to balance, so here's how to accomplish that!

Being at a University for the first time can affect your life outside of class, including friends and normal day to day activities. Many courses will have a lot of homework assigned, and you may have plans one day a week that you would like to attend. You will have to prioritize your time to the homework first. Setting goals to get your homework done in time to go to an event can be very helpful. You can not always go out, you will have to tell yourself no and commit to your school work because school is important to your future. Remember that there is only 24 hours in a day, try not to pack your day up you will wear yourself out. If your too busy studying maybe invite your friend over and you can study together. You can develop a routine to help you have the time to study and hangout. I make the most out of my time if I have a few minutes before a class, I will try to get as much work done that I have, not to go hangout, but to not have as much when I get home.



Throughout the semester it can become frustrating having to deal with fifteen plus hours of independent studies. It is important to remember that these choices to do your homework, instead of going out, can affect the rest of your life. You should also note that it is not healthy to only stay inside and study. Sometimes it is okay to go out and enjoy yourself. Mental health is a huge factor to being successful during the semester, so when you feel that you need a break, take it so that the next day you can do the homework stress free. These steps will ensure that you have a stress free semester with plenty of time for homework and time with friends





Broke No Mo

Balancing work and school is a challenge for every single college student at some point in their academic career. It is important to set aside time for both studying and personal time, but without a job, the majority of students can't afford to live. However, for some, they cannot find a good balance between working and maintaining good grades in their classes. I asked 43 college students about the time they spend doing different things. On average they worked 18-20 hours weekly. For some people, this is the perfect amount, but not for everyone. Some people are financially independent and need to work 30 hours a week to afford to live. Others still live with their parents and need to work as little as 10 hours to have enough time to prioritize their school work. On average, the

surveyed students said they spend between 10 and 12 hours a week studying. However, the range was very big. One student said she studies for about an hour a week. Whereas Keely Rainey, a Civil Engineering major in her second year of college, said she tries to study 30 hours weekly. Everyone is different and has to find their own balance. The amount of credit hours taken also has an effect on the amount of time that a student can spend working, or has to spend studying. Some students in my survey are taking the minimum amount of credit hours you can to be considered a full-time student, which is 12 hours, and one was even taking the maximum amount, which is 20 hours. The average amount of credit hours taken was 15. It was both the mean and the mode with 21/43 students taking 15 credit hours. Some students sacrifice their mental health and their sleep schedule to both work and be in school full-time. On average, the surveyed students sleep between 6 and 7 hours a night. One student said they slept 11 hours a night, whereas some students say they slept as little as 4 hours a night on a regular basis. This could be very detrimental for their health. According to The Sleep Foundation, college-aged students need between 7 and 9 hours of sleep a night. Less than 54% of the students surveyed said it was normal for them to ever get at least 7 hours of sleep a night. It is very common for college students to put sleep as their last priority. How each person balances their workload is different. It was very interesting to conduct this survey and learn about how everyone tackles their own schedule.

How do your peers balance school and work?

Maelin Crum, a Psychology Major in her third year says "I make the most out of waking hours during the week and go to the library when I'm not in work or class. I can also get a good bit of schoolwork done while I'm at my school job and sometimes at my other job"



Angelle Bourgeois, an Early Education Major in her first year says that she devotes the time between her classes to studying while she's on campus so that once she's off campus she doesn't have to worry about it and can spend time working

Having a job can also bring you closer to so many different people!



Pictured Left to Right: Alex Allemond: a Civil Engineering Major, Colyn Scrantz: a Business Management Major, Alex Marsiglia: She is getting her Insurance License. They met working together at The Cajun Table!

This picture is of many employees at Walk-On's Bistreaux having fun and dressing up for Halloween! Their creativity and expression shows how comfortable they are to be themselves around each other! Having a job where they can joke around has become the positive environment that many people need as an escape!



The image shows a spiral-bound notebook cover. The cover features a photograph of a brick building, likely a gymnasium, with an American flag on a tall pole to the left. The sky is clear and blue. The text 'RAGIN' REC & ROUTINE' is written in a red, outlined, serif font, arched across the top of the image. Below it, the words 'RAGIN' CAJUNS' are written in a large, bold, white font with a thick red outline. The word 'RAGIN'' has a small red heart shape above the 'I'. The background of the text is the photograph of the building and flag.

RAGIN' REC & ROUTINE

**RAGIN'
CAJUNS**

"From Courts to Cardio: The Heartbeat
of UL Lafayette's Rec Center"

Table of Content

**RAGIN
CAJUNS**

1. Introduction
2. The Sports Spectrum
3. Gym Glimpses
4. Workshops & Classes
5. Visual Highlights
6. Conclusion

Introduction



The UL Lafayette Rec Center is pivotal in college life, serving as a hub for student wellness and community. It offers diverse sports and fitness opportunities, fostering physical health, social interaction, and skill development. This facility enhances the overall college experience by combining physical well-being with community building and personal growth.



The Sports Spectrum



The UL Lafayette Rec Center offers sports like basketball, volleyball, and soccer, each with unique benefits. Basketball improves coordination and teamwork, and volleyball enhances reflexes and strategy. These activities provide a fun, competitive way for students to stay active and foster peer interaction, enriching campus life.



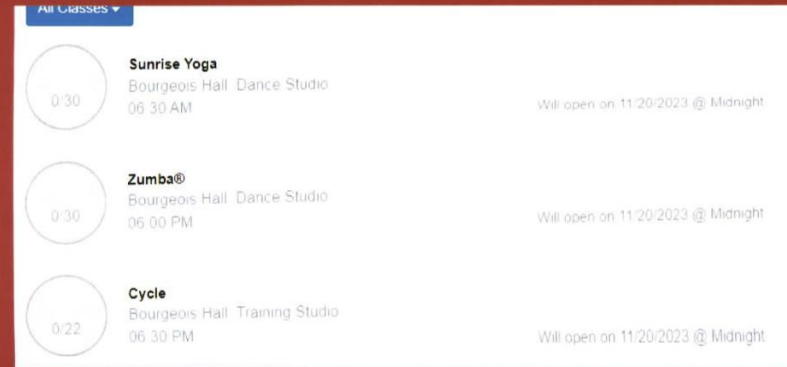
Gym Glimpses



The UL Lafayette Rec Center's gym features diverse equipment for cardio, strength training, and flexibility. A balanced gym routine here promotes physical health, mental clarity, and stress reduction. It's a popular spot for students to unwind, socialize, and maintain a healthy lifestyle amidst their academic commitments.

RAGIN'
CAJUNS

Workshops & Classes



The screenshot shows a list of classes under the heading "All Classes". Each class entry includes a duration in a circle, the class name, location, time, and a note about when it will open.

Duration	Class Name	Location	Time	Notes
0:30	Sunrise Yoga	Bourgeois Hall Dance Studio	06:30 AM	Will open on 11/20/2023 @ Midnight
0:30	Zumba®	Bourgeois Hall Dance Studio	06:00 PM	Will open on 11/20/2023 @ Midnight
0:22	Cycle	Bourgeois Hall Training Studio	06:30 PM	Will open on 11/20/2023 @ Midnight

At UL Lafayette Rec Center, yoga classes offer mental relaxation and physical benefits like flexibility and core strength, serving as a calm escape from campus life. Cycling classes provide a high-energy, cardio workout, perfect for boosting stamina. Both cater to various fitness levels, encouraging students to explore and enjoy diverse activities.

Visual Highlights



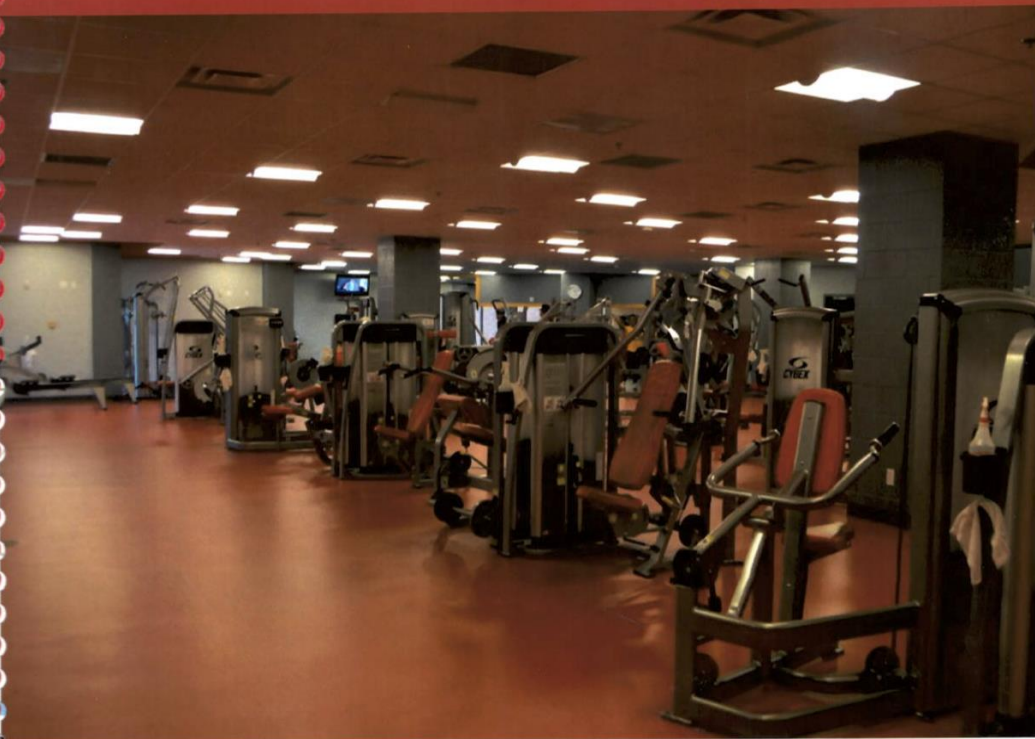
Conclusion



In conclusion, the Rec Center is a cornerstone of student life at UL Lafayette, offering a wealth of sports and fitness options. Students are encouraged to explore these diverse activities, reaping the benefits of staying active and engaged within the university community. This involvement not only enhances personal well-being but also enriches the overall college experience.

RAGIN' CAJUNS

"Empowering Minds,
Strengthening Bodies, Uniting
Spirits - Together, We're Ragin'
Strong."



DORMS NOT ALWAYS THE NORM



VS



IS LIVING ON CAMPUS ACTUALLY THE BEST OPTION FOR FIRST SEMESTER STUDENTS?

I LOVE TO WATCH PEOPLE'S REACTIONS WHEN I TELL THEM THAT I DRIVE AN HOUR EVERY TIME I HAVE TO COME TO CAMPUS. IT SEEMS QUITE DAUNTING TO MANY PEOPLE TO HAVE TO DRIVE FOR WHAT MAY SEEM LIKE A LONG TIME FOR SCHOOL. LUCKILY FOR ME, I ONLY COME THREE DAYS A WEEK AT THE MOMENT. PERSONALLY, I THINK THAT THE PROS OUTWEIGH THE CONS. YES, I DRIVE AN HOUR THREE DAYS A WEEK IN ORDER TO COME TO CAMPUS, BUT THERE ARE SO MANY BENEFITS FROM THAT. ONE, I AM STAYING CLOSE TO MY FAMILY AND MY BOYFRIEND. TWO, I AM SAVING SO MUCH MONEY THAT I WOULD HAVE TO SPEND ON RENT AND FOOD BY LIVING AT HOME. I AM A FAMILY GIRL AND I GREW UP WITH THE KNOWLEDGE THAT FAMILY TIME WAS IMPORTANT AND I ENJOY MY TIME AT HOME. MY ROOM IS MY SAFE PLACE AND I AM NOT LOOKING FORWARD TO HAVING TO LEAVE IT ONE DAY. MY MAIN REASON FOR WANTING TO LIVE AT HOME MY FIRST SEMESTER WAS TO BE ABLE TO SAVE UP ENOUGH MONEY TO BE ABLE TO SUPPORT MYSELF ALL ON MY OWN WHEN I MOVED OUT.



ACCORDING TO BESTCOLLEGES.COM 85% OF COLLEGE STUDENTS COMMUTE TO CAMPUS



PROS & CONS

Dorm Life:



Pros:

- shorter walk to class
- free washing machines
- easier to be involved
- easier to meet people

Cons:

- loud neighbors
- no toasters allowed
- parking garage/bad parking
- shared space



Commuting Life:

pros:

- no rent
- parents still help support you
- own space
- can own any appliances

cons:

- Gas money
- long drive
- walk from the parking spot or have to take the bus

Interview with Ella Bost:

I interviewed Ella Bost one of my friends who currently lives in a dorm and asked for her opinion about living in the dorms. She said "Personally, I find that living in a dorm is great option for freshmen because it gives you lots of resources that you might struggle with living outside of campus. For example, closer resources on campus and also living advice through RAs and each floor has a person that helps." When comparing her walk to her first class with my walk, and another one of my friends who commutes 30 minutes to campus I noticed that there was a very little difference. Ella said that her walk to her first class is 12 minutes, my walk to my first class is 8 minutes, and my friend Lola's walk to her first class is 5 minutes. Ella also said that her living in the dorms was just for the time being. She plans to move into her own apartment in the upcoming years so she can be more independent as well as having her own kitchen and laundry area. Overall, Ella said that living in the dorm was a great option for her but she is looking forward to having her own space and being independent in the years to come.

Geaux Greek!

Here at UL Lafayette, we offer six amazing sororities. Here's an introduction into each Panhellenic Sorority.

ALPHA DELTA PI



At Alpha Delta Pi, you will find an amazing group of ladies that quite literally live for each other. "We Live for Each Other" is the open motto for Alpha Delta Pi. Alpha Delta Pi was founded on May 15, 1851, in Macon, Georgia. Alpha Delta Pi's international philanthropy is the Ronald McDonald Housing Charities, and Theta Phi's local Philanthropy is the Max Greuber foundation. Their main philanthropy events include Spring Fling and Kick Out Hazing.

ALPHA OMICRON PI

At Alpha Omicron Pi, you will find a group of ladies that aim to inspire ambition in one another. Alpha Omicron Pi was founded in 1897 in New York City, New York. Alpha Omicron Pi's international philanthropy is the Arthritis Foundation and the chapter Delta Beta's local philanthropy is the House of Hope. You can find these amazing ladies at some of their philanthropy events, which include "Strike Out Arthritis" and "Pie a Pi".



KAPPA DELTA



At Kappa Delta, you will find a group of ladies that strive to be honorable, beautiful, and highest. Kappa Delta was founded in 1897 in Virginia. These women serve their community through their philanthropies, which are Girl Scouts of America and Prevent Child Abuse America. These lovely ladies look forward to their main philanthropy event each year called SHAMROCK WEEK. This is a week long event where Kappa Delta raises money for Faith House!

PHI MU

At Phi Mu, you will find a group of women that are truly faithful to each other. Phi Mu's slogan is 'Les Soeurs Fideles', which translates to 'The Faithful Sisters'. Phi Mu was founded in 1852. The women of the Alpha Sigma chapter here at ULL love to show up and show out for their sisters and their community! Their national philanthropy is the Children's Miracle Network Hospital (CMNH). CMNH helps to treat children suffering from various different illnesses.



SIGMA SIGMA SIGMA



At Tri Sigma, you will find ladies that are faithful until death. The ladies of the Alpha Mu chapter of Tri Sigma enjoy serving their community, especially those who are vulnerable. Their local philanthropy is the D.R.E.A.M.S of Acadiana foundation. D.R.E.A.M.S. gives those with special needs jobs and opportunities to be like everyone else. Tri Sigma gives the individuals opportunities by hosting 'Trick or Treating Down Sorority Row' and by participating in 'Dreams Dance Practice'. Their national philanthropy the Tri Sigma Foundation, which works to support its national philanthropic initiative of 'Sigma Serves Children' through March of Dimes and Robbie Page Memorial Fund.

Delta Delta Delta

At Tri Delta, you will find a group of ladies that steadfastly love one another. The lovely young ladies of the Phi Nu chapter here at UL Lafayette enjoy serving their community through their philanthropies. Their local philanthropy is the Miles Perret Cancer Services Foundation, which provides support to people and their families that have been diagnosed with cancer. Their national philanthropy is the St. Jude's Childrens Hospital, which provides care to children with rare diagnoses. St. Jude's never charges a family for their child's treatment.





WHY SHOULD I JOIN?

Joining a Greek organization is the best decision I have made in my college career so far. It has enabled me to grow and flourish in an environment that is away from home. I love getting to hang out with my friends and getting to participate in philanthropy events. I enjoy all the activities and opportunities I have been able to have by joining Greek life.



IS IT WORTH IT?

Let's all be honest, being in a Greek life organization comes with a price. The good news is that the organizations on the UL Lafayette campus offer payment plans in order for members to be able to pay their dues. You are also not required to purchase all of the things (T-shirts, gifts, etc.) that come with joining your organization.



BENEFITS?

Joining a Greek organization can come with many benefits. You get the opportunity to serve both the UL Lafayette and local community with a group of people that share the same values that you do. It is a great opportunity to make life long friends, learn to help and serve the community, try and run for positions in said organization, and building a support system that is always there for you when you need it.



HOW MUCH OF A COMMITMENT?

Joining a Greek organization is not overwhelming in the terms of commitment. Most of the organizations require you to attend weekly meetings, participate in service hours, and participate in select philanthropy events.