Welcome Parents!
College Years: for Parents
Office of the First-Year Experience
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We are here for FRESHMEN!!!
UNIV 100 – freshmen seminar course

Effective Fall 2015, UNIV 100 will be a first-year seminar focused on an academic topic.

A Problem/project-based course that will engage students in meaningful inquiry and activities that develop core skills such as:

– critical thinking
– information literacy
– oral and written communication skills
UNIV 100 has two “segments”:

**Cajun Connection**, a four-day extended introduction to UL Lafayette, to the campus community, and to University-level work.

**August 20-23**

**First-Year Seminar**, then continues for ten weeks.

**August 24 – October 30**

Once students complete their project for UNIV 100, they are finished with the course (leaving the final six weeks of the semester for them to focus on their final exams and projects in all of their other courses). UNIV 100 is both an early start and an early finish course!
Freshmen start classes on

Thursday
August 20th
At 8 am
Living Communities

Students living in residence halls live with students with similar interests

**Honors** – must be in Honors program

**Lifetime Recreation** – kinesiology and dietetics majors, like sports, working out, eating healthy, intramurals, games.

**Nursing** – majors only

**Service and Leadership** – community service in HS, participated in organizations in HS, want to develop their leadership.

**Gateway to the Arts** – art, music, dance, theater, drawing, painting, design, architecture.

**Engineering** – majors only
Websites
Main UL website
Future Students

We’re so happy you want to join the Ragin’ Cajun family! Use the links below to find everything you will need to join us and start your journey at the University. You might also want to check out our Student Survival Guide. It has a ton of information and can really help you along the way.

Get Ready

I'm a...
- First-time freshman
- Re-entry student
- Transfer student
- International student
- Graduate student
- Online student
- Veteran

Visit Campus

Get Set

The Essentials
- University housing
- Parking & buses
- Meal plans

Find My Major
- Colleges & departments
- Majors & degrees
- Choose my major

Geaux!

Know What's Up
- Your first year
- Student Survival Guide

Classes & Schedules
- Schedule of classes
- Course catalog
- Register for classes
- Registration reminders
http://survivalguide.louisiana.edu/

Survival Guide

UNIVERSITY OF LOUISIANA AT LAFAYETTE
STUDENT SURVIVAL GUIDE
Stuff you gotta know to be successful in college.

Stuff You Gotta Know

Need a survival guide to make it through college? Cool. ‘Cause we made one and would hate to let it go to waste.

Use this site to find answers to all of your questions. Unless you want to know how many calories you burn by banging your head against the wall. That’s something you should probably Google instead.

Want more answers? Tweet them with #ulsurvive.

Student Survival Guide
Helpful Resources

Click on the titles below to view the website or PDF presentation.

Online Parent Guide

Our Online Parent Guide provides valuable information on campus resources, academics, and Lafayette.

Straight Talk for Parents

Our Straight talk for Parents presentation is given each year during Parent Orientation and provides helpful information on the transitions your students will face, as well as helpful tips for coaching and supporting your student as they transition to university life.

Overview of Student Affairs

This presentation gives parents an overview of our various student support services.
Today’s Complex College Student
• Instant gratification
• Constant connectivity
• Balance: academics, work, social lives, involvement
• Unsure of their needs in college
Today’s Parents of College Students

• Very involved
• Desire to protect
• Tendency to intercede
Change is inevitable...
Change can and will be good!
Transitions are about to begin!
Top Challenges

According to last year’s Freshmen Parents

• Time management (Classes, involvement, work; procrastination)
• Housing (roommate concerns, rules, logistics)
• Professors (different teaching styles, new grading styles, communication)
• Math
• Finances
Top Successes

According to last year’s Freshmen Parents

• GPA/Grades
• Personal Growth (Independent, Maturity, etc.)
• Socialization (Friends, organizations, etc.)
• Balance (Between work and school)
• Tutoring
Tips on how to be a good college parent

By:
Emory University psychology professor
Marshall Duke
First Day of classes
Give your student space
Think about your parting words

The closing words between parents and children are crucial. Whether it is I love you, I’m behind you, I’m proud of you, say it.

If you can’t express yourself verbally, write your thoughts down and mail the letter to your child immediately after you arrive home.

Your children will remember your messages and hold on to them.
Don’t expect the same grades in college

Expect early GPA’s to be lower and later ones to be better. They need time and experience to learn how to be college students at college. This takes at least one semester.

Be patient and understanding
Your lives will change

Younger siblings may be quite happy/sad to see the older child leave home.

If the college-bound student is your youngest, you’ll begin to reestablish a one-on-one relationship with your spouse after years of parenting.
Don’t change your child’s room

The student’s room is ‘home base’ – try not to change it very much during his or her first semester away.

Freshmen in particular can go through some very difficult times, passing exams, establishing new friendships, surviving in a setting where they are not ‘top dog,’— that they do not really belong at college.

Give them a ‘safe haven.’
When a problem arises, “move like your feet are stuck in molasses.”

The temptation is to intervene when a child calls home with a problem.

Remember that many resources exist at college to help students cope with various situations.

Express support, but give your children time to solve their own problems—it will ultimately benefit them.

Colleges have many safety nets, including community assistants who are trained to identify and handle just about any problem you can imagine.
Hold out for junior year

As freshmen, students tend to highlight everything in their textbooks because everything seems important.

Sophomores highlight several lines on a page as they begin to zero in on the heart of the matter.

Juniors just highlight a line here or there.

Seniors sometimes highlight nothing — they just write critical comments in the margin and cite other sources of reference.

By the child’s junior year you will realize you’re dealing with an expanded and exciting mind. Be patient in waiting to see the effects of the college experience.
Children in college don’t become “college students” overnight

It takes time to learn how to be a college student — how to study, how to eat, how to do laundry, how to play, how to handle money, etc.

Be patient – This process requires about one semester by which time the students will have studied for and taken major exams, written papers, given in-class reports, messed up, done well, fended off the “freshman 15,” drunk gallons of coffee, eaten uncountable pizzas and attended a variety of college events.
You won’t be able to wait for them to come home — or leave.

Your child will arrive home with a whole new set of habits, particularly when it comes to food and sleep.
Let your child handle problems on their own unless ...

If you hear ‘that voice’— the voice which is different from ordinary complaining, the voice that really means the child is in trouble, call the university.

Don’t come running, just call. Good places to start would be the Office of the Dean of Students.

No matter who is called, all the relevant people will be notified and help will be set into motion. University professionals are very experienced in dealing with these situations.
Visits

- Family Weekend
  October 9th and 10th.
- Make it a point for your student to “show off” their new life.
- Send care packages in the mail. They all LOVE mail!
Predictable Challenges in the First Year

- Learning adjustment and course requirements
- Time management and balance
- Campus involvement
- Money management
Helpful suggestions

• Set guidelines for staying in touch. What is comfortable for student and parent.

• Pay attention to signs that your student is in trouble.

• Make a date to see your student.
Helpful suggestions

• Help your student with life skills before he/she leaves for college. Examples: washing clothes, healthy eating, getting enough sleep, not ignoring signs of illness, budgeting money.

• The most important thing you can do is try to maintain a communication loop with your college freshman.
Helpful Suggestions

• Try to stay out of administrative issues unless your child is in genuine psychological difficulty; encourage your student to seek out free university resources.
The Big Event - October 24th

2600 students doing service in one day!
Important Dates

SOUL Camp

• Camp A: August 1-4, 2015
• Camp B: August 6-9, 2015
• Camp C: August 11-14, 2015

• [http://orientation.louisiana.edu/soul-camp](http://orientation.louisiana.edu/soul-camp)
Family Weekend
October 9th and 10th
Weekend of events
including football game
Advice from UL Students

Space is a good thing and that just because they haven't received a call in a couple days their child isn't breaking contact.

However, warn them not to go too far off the other end. Don't let your freshmen feel like they are now alone and must face all struggles by themselves.

So, don't be a crutch, don't disappear. Be a support.

Taylor Dizor
Baton Rouge, LA
Advice from UL Students

Let the incoming freshmen have some freedom. Allow them to experience college, but to also be able to help if their child needs it or wants. Also, encourage them to get involved. If their child is curious about an organization, encourage them and try to be understanding.

Evans Dorroh
Jena, LA
Advice from UL Students

Let the student be themselves and choose their own major and change it as many times as they need. College is a growing experience and students need to figure out who they are as well as where they want to go in life.

Stephanie Sapera
New Orleans, LA
Advice from UL Students

They should never contact a professor. Their child is now an adult and they need to leave it up to the student to speak to the professor.

Hannah Carrier
Church Point, LA
Advice from UL Students

Encourage their child to experience people who are not like them. They will not only learn about others' ways of life, but they will also identify who they are as a person so much faster.

Samuel Jones
Bastrop, LA
Other tidbits of advice

• Get your child's schedule so you don't call during their class.
• Don't be afraid to let them go a little bit. This is their time to spread their wings, let them!
• Your kids will need a lot of moral support to keep positive in college. So don't get mad at them when they make a mistake. Be a good cheerleader and teacher to them. After all, college is about finding yourself.
•
• Don't doubt your kid if they make one bad grade.
• Cook them food that they can freeze and reheat. Home cooked food is the best food.
• Invest in an umbrella and boots.
• Always give hugs. No matter how much I complained about my mom giving me her big bear hugs in front of everybody, I always secretly loved them oh so much. It just went further to let me know that she was always going to be there for me and she would always be my mom.
Discuss things now
Take the “slow cooker approach”

• Talk about the transition for your student and also for the family
• Academic expectations
• Financial plan
• Time management (school/work/social)
• Involvement on campus
• Your changing relationship
Helping your student adjust

• Maintain perspective
• Listen more, intervene less
• Encourage use of campus resources
• Resist the urge to fix it for them – ask “What are you going to do about that?”
• Allow student to make mistakes
• Keep your student updated with changes at home.
• Be your student’s coach