

Welcome Parents!

College Years:



for Parents

Office of the First-Year Experience

Lee Hall 109

<http://firstyear.louisiana.edu/>

Dr. Theresa Wozencraft

Dana Bekurs

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We are here for FRESHMEN!!!



UNIVERSITY OF LOUISIANA AT LAFAYETTE

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







To apply

- Must have sent in housing application
- Apply on line at OFYE website.
- Don't wait because slots are filling up.
- <http://firstyear.louisiana.edu/>

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

Quick Links

[» Student](#)[» Underg](#)[» Grad Sc](#)[» Online](#)[» Univers](#)[» Financi](#)[» Scholar](#)[» Apply](#)[» Requ](#)[» Conta](#)[» Appli](#)[» Accep](#)[» My R](#)

<http://survivalguide.louisiana.edu/> Survival Guide

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



EXPLORE 

Academics & Tuition

The Essentials

Get Plugged In

My Future

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



[About Us](#)

[Students](#)

[Parents](#)

[SOUL Camp](#)

[Resource Center](#)



[Parent Orientation](#)

[Parent Perspectives](#)

[Helpful Resources](#)

[Campus Safety](#)

[Home](#) » [Parents](#)

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.

Web address

<http://orientation.louisiana.edu/>

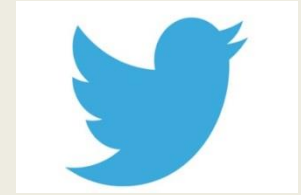
Click on Parents at the top

Overview

- Understanding today's college student and parents
- Predictable cycles of the first year of college
- Utilizing summer to effectively transition
- Office of the First-Year Experience

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
- Communication



Change is inevitable...
Change can and will be good!
Transitions are about to begin!



WHEN I GROW UP
what do you want to be when you grow up?



Top Challenges

According to 2013 Freshmen Parents

- Time management
- Learning to be independent
- Roommate conflicts
- Scheduling classes in the for the spring

Top Successes

According to 2013 Freshmen Parents

- Joined student organizations
- Used tutoring
- Great GPA
- Made new friends
- Became more independent
- Learned balance

Predictable cycles the first semester

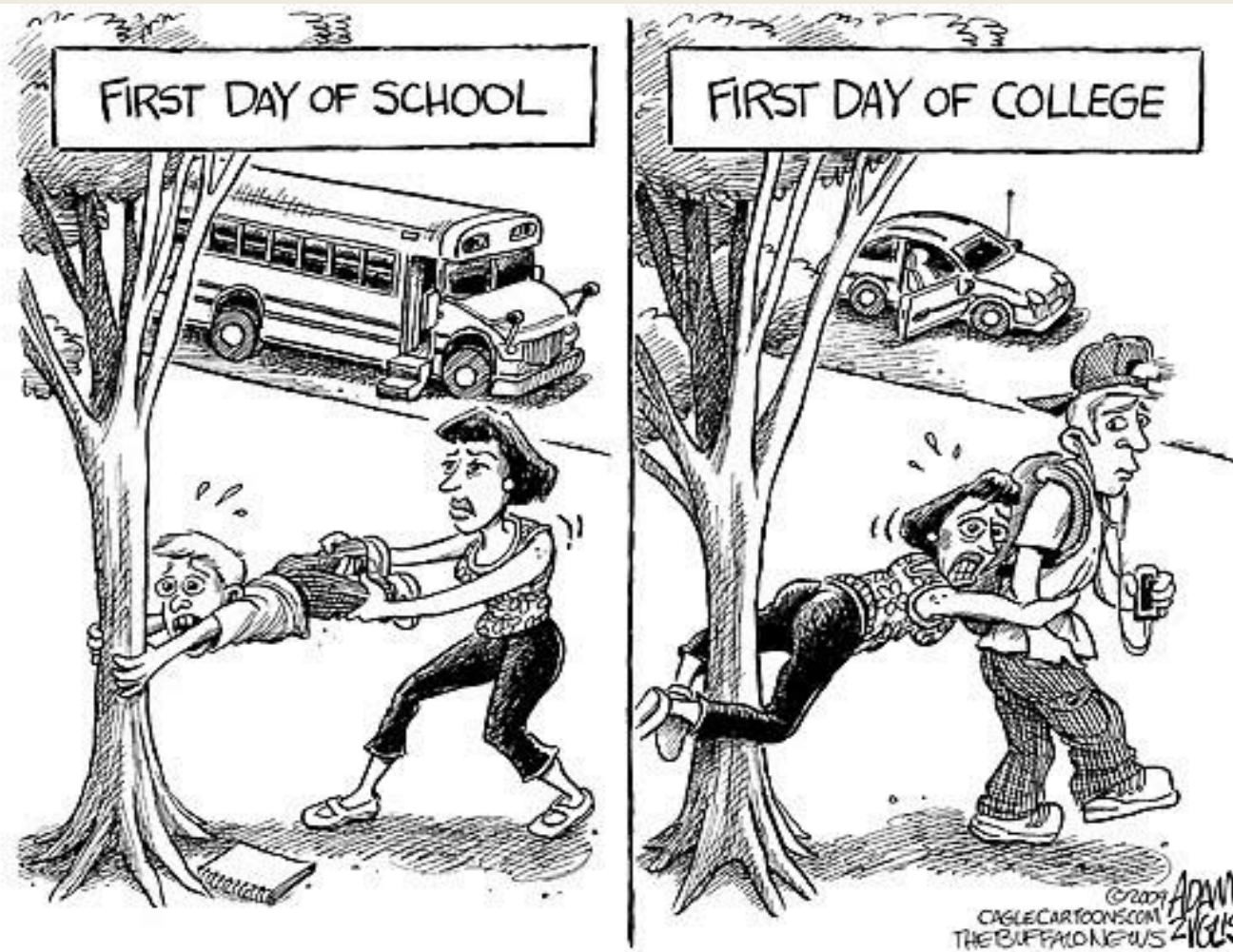
Move – In Day

Let your student take the lead in organizing the room



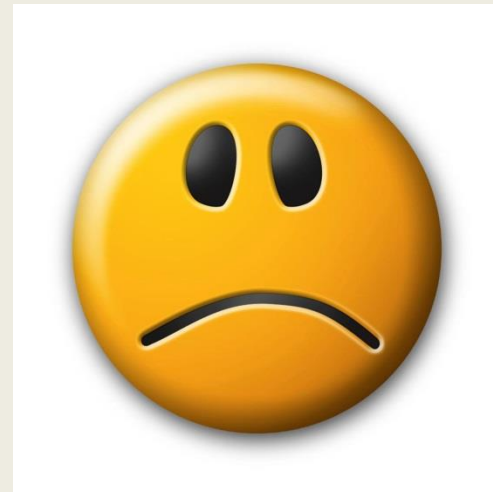
First Day of classes

Give your student space



First 6 weeks – critical for engagement

Homesickness is common. Encourage engagement by asking about activities happening on campus.



Visits

- Freshman First Down

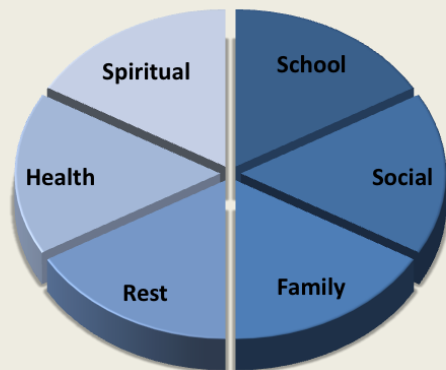
Usually in October.

- 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



Going home – the return of the natives. Now you're back together under the same roof, trying to figure out whose new rules apply.



During and after the first year
College experiences help shape the student!

Establishing identity – Feeling comfortable in who they are as a person.

Developing purpose – understanding vocational goals and developing commitment to personal interests. What career path will make a difference. What are they passionate about?

Independence – Learning how to be a successful adult in society.

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.

Office of the First-Year Experience

- UNIV 100 – Freshman success course
- Living Communities
- First-Year student programs
 - Cajun Craze – events and activities first 6 weeks
 - Red Run – August 30th

<http://firstyear.louisiana.edu/>

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UNIV 100 – freshmen success course

Campus Resources

Time Management

Study Skills and Test Taking

Information Literacy

Student Engagement on
Campus

Service Learning

Global Competence

Career Exploration

Money Management

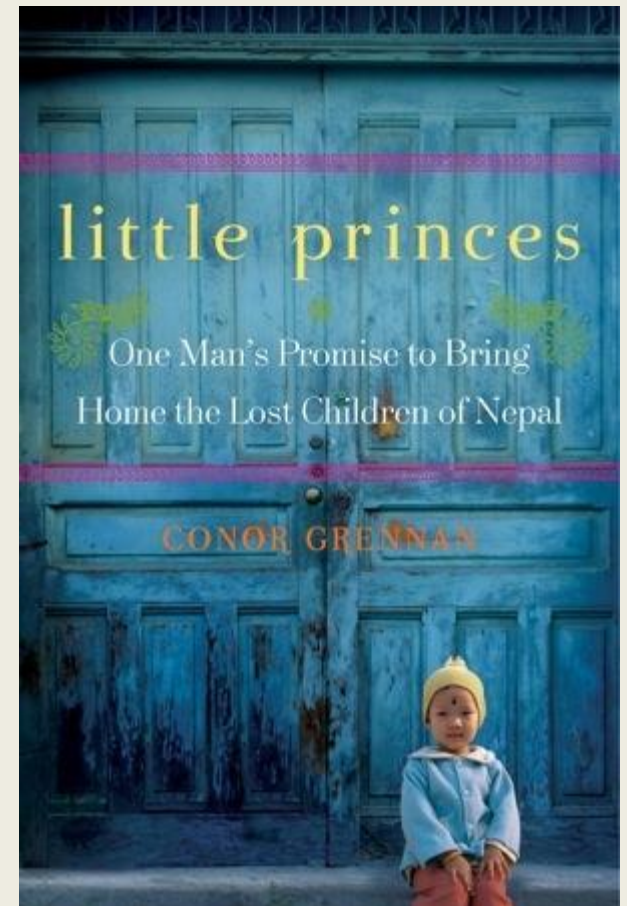
Global Competence

Common Reading book in UNIV 100

Little Princes

One Man's Promise to Bring
Home the Lost Children of
Nepal

By Conor Grennan



The Big Event - October 25th

2600 students doing service in one day!



**The University
of Louisiana
at Lafayette®**







Important Dates

SOUL Camp

- Camp A: August 6-9, 2014
- Camp B: August 12-15, 2014
- <http://orientation.louisiana.edu/soul-camp>



New Student Convocation

- Sunday August 24th – Cajun Dome Convention Center. Mandatory for ALL First-Year students.



Freshman First Down
Football Game with
your student
Saturday October 4, 2014



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.



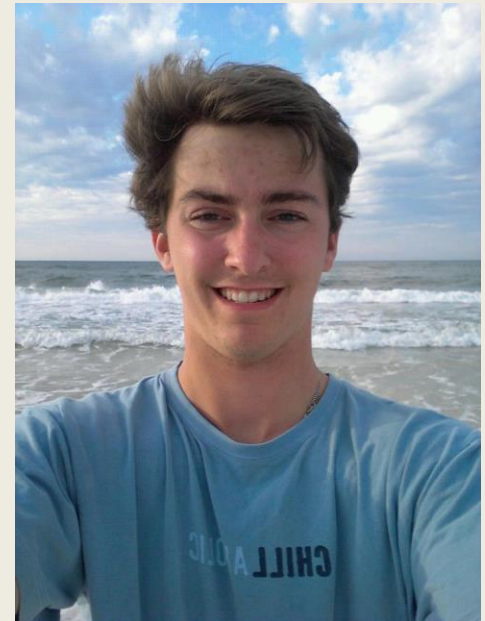
Taylor Dizor
Junior
Baton Rouge, LA

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
Senior
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 Sopera
Senior
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
Spring 2013 graduate
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

Senior

Bastrop, LA



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

