

# UL LAFAYETTE

## PARENT & FAMILY NEWSLETTER



## First-Year Resilience

The first year of college can be a year of tumultuous change, uncertainty, and anxiety. It can also be a year of unparalleled intellectual, social, and emotional growth. While there were likely challenges along the way, we hope that you and your student take time in the coming weeks to celebrate their successes and accomplishments thus far.

As this first year of college comes to a close, take time to recognize what your student has accomplished. Here are some of the topics you may wish to discuss with your student as they wrap up the first year and prepare for the second:

- Compliment your student on the **positive changes** that you've observed so far.
- Reinforce that completing the first year is a **big accomplishment**.
- Talk with your student about the classes they have taken this year. What were their **favorite courses**? What classes **challenged them**?

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*Another semester closer to graduation!*

- How certain are they about their **choice of major**? Changing majors after the first year can often be done without substantially increasing the length of time they will be in school.
- Ask your student how they feel about their level of **engagement and involvement** with UL Lafayette. Have they found student organizations or activities in which they feel comfortable? Are they making friends and participating in clubs that will help to build their resume? If not, encourage them to check out Pathways (the student organization portal) on the Campus Services card in ULink.

## [Click here to take the 2023-2024 Freshman Parent & Family Survey!](#)

Tell us about your student's first year at UL Lafayette! Your feedback will help us prepare to welcome a new group of first-year families and develop next year's newsletters.

## Final Exams

When students return from spring break, there is often a tendency to "check out" until summer comes around. Passing finals though, is an important step towards crossing the finish line of summer!

One of the best things you can do to help your student prepare for final exams is to simply ask when their exams are. The last few weeks of class are filled with projects and deadlines, often leaving studying for finals pushed to the back burner. Asking your student about their final exam schedule helps them begin thinking about and planning for finals.

Some professors hold final exams outside of their regularly scheduled class time to provide extended test time—this is normal. View the [Spring 2024 Exam Schedule](#) here, and remind your student to check their syllabi for class-specific exam information.

### **SPRING 2024** **ACADEMIC CALENDAR** *(Subject to change)*

**April 24-28**  
Dead Days

**April 26**  
Last Day of Classes

**April 29-May 3**  
Final Exams

**May 3**  
Semester Ends

### **FALL 2024** **ACADEMIC CALENDAR** *(Subject to change)*

**August 26**  
Tuition & Fees Deadline

**August 26**  
Classes Begin

**August 30**  
Last Day to Add/Drop Classes

**September 2**  
Labor Day Holiday

**October 3-4**  
Fall Holiday (Tentative)

**October 21-November 1**  
Advising Session for Spring

**November 7**  
Last Day to Drop Class with "W"

**November 28-29**  
Thanksgiving Holiday

**December 4-8**  
Dead Days

**December 6**  
Last Day of Classes

**December 9-13**  
Final Exams

**December 13**  
Semester Ends

# Sophomore Year Resources

## For Students

We hope your student has a relaxing and rejuvenating summer break! Come August, encourage your student to reconnect and re-engage with campus right away by utilizing these campus resources:

- **[Major & Career Exploration Center](#) and [Career Services](#)
  - If your student remains uncertain about their major, there are plenty of resources available to help them explore their options and decide.
  - Career Services can help identify internships and part-time job opportunities in your student's field of study.
  - This is the year to start attending on-campus career fairs and networking events.
  - Joining student organizations, especially those related to a field of study, is another great way to network!**
- **[The Learning Center](#)**
  - The need for tutoring certainly does not end with freshman year. Encourage your student to ask for help when needed.
  - Students with strong GPAs might consider looking here for a paid position as a tutor.
- **[Office of Student Engagement & Leadership](#)**
  - It's never too late to get involved! Sophomore year is the time to take an active role in leadership and community service opportunities.
  - Involvement, leadership, and service lead to greater satisfaction while in college and help to enhance your student's resume.



*Students networking at a recent Career Fair hosted by Career Services!*



*Tutors at The Learning Center are eager to help students succeed!*



*With so many student organizations to choose from, everyone has a place at UL!*

## For Parents & Family

This may be your last Parent & Family Newsletter, but we will continue to be here for you throughout your student's UL Lafayette journey!

- Stay connected through the official [UL Lafayette Parents & Family Facebook group](#)
- Save the date for Family Weekend: September 20-22, 2024
- Email your questions to [parents@louisiana.edu](mailto:parents@louisiana.edu)

## The April & May Student

During the month of April, students begin to feel the pressure and stress of final exams and projects. Final exams week is April 29- May 3, 2024, with the Spring semester concluding on Friday, May 3. Summer plans, summer jobs, housing arrangements for Fall, and dealing with course scheduling issues are all things that your student will be thinking about during the last weeks of school. As parents, here are a few things that you can do to help:

- Remind your student to take care of themselves by eating healthy, making time for exercise, drinking plenty of water, and getting enough sleep.
- Respect and appreciate who your student has become. They will likely return home more independent, self-reliant, and mature after their first year of college.
- If your student is moving home for the summer months, be sure to communicate your expectations of them ahead of time. This will allow them to be respectful of your expectations when scheduling vacations, social activities, and summer jobs.
- Encourage your student to manage their time wisely as the summer months go by more quickly than expected! Fall classes will be here before they know it.

## End of Year Checklist

Share this checklist with your student to help them finish off their Spring semester:

- Make a to-do list (including due dates) with everything that needs to be done.
- Study hard for final exams.
- Finish final exams and submit any final projects.
- Pack up your residence hall (clothes, books, your personal furniture, etc.)
- Clear out your room.
- Thoroughly clean your entire room.
- Follow all [housing move-out and checkout instructions](#).
- Finalize your class schedule for next semester.
- Return rented textbooks and/or library books.
- Look for summer jobs or internships.
- Make sure summer housing is in order (if applicable).
- Enjoy your summer!