

# UL LAFAYETTE

## PARENT & FAMILY NEWSLETTER



### One Semester Down!

The end of your freshman's first semester of college is almost here. Your student is likely feeling exhausted at this point in the semester. They've experienced large adjustments from high school and a variety of lifestyle changes. They have endured many weeks of lectures, quizzes, assignments, presentations, and group projects, and still have finals to face.

When your student returns home for winter break, they might be quite different from the person they were just a few months ago in August. They will need and appreciate sleep after a busy week of final exams and projects. Give your student time to relax and rejuvenate for a couple of days. Be sure to inform them of any family plans in advance so that no surprises interrupt their time to unwind.

After finals week, instructors will submit students' final course grades. Students will access their final grades through ULink. While some students may be ecstatic to receive their grades, others may feel nervous or uneasy. It is common for students to explore the idea of changing their major after finishing their first semester. Encourage and support your student as they explore their interests and strengths so they can choose a major that they are passionate about.

Enjoy your time with your student during the winter break! Happy holidays!

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## Preparing for Finals

Your student, if identified as being at risk, has already received their second [Grade Check](#) of the semester. The next grade they receive will be the final grade that will count towards their GPA. With just a few weeks left of the semester, it is more important than ever for your student to be diligent in their studies.

If your student is struggling in any of their classes, now is the time for them to ask for help. During these last few weeks, encourage your student to manage their time well, seek assistance from a tutor at [The Learning Center](#), and meet with their professors during office hours.

Final exams week (December 5-9) is also approaching quickly. Keep in mind that your student's final exam schedule is often different from their standard class schedule. [Click here to see the Fall 2022 Examination Schedule.](#)

In planning for Final Exams, it is important for your student to remember to eat healthy, exercise, and get enough sleep. [Here are twelve tips to help your student prepare for final exams.](#)

## Major Changes

### Quick Tips for Parents

The career development process is brand new to most freshman students. The options and pressure can feel overwhelming. As your student begins to explore and establish their major goals and career interests, here are a few ways you can help support them:

#### 1 Encourage them to visit the Major & Career Exploration Center which provides:

- [Career assessments & Career planning guidance](#)
- [Major and career individual meetings](#)
- [Career fairs & Workshops and seminars](#)

#### 2 Be there for them:

- Talk to them about their interests, skills, and values.
- Listen to what your student might be considering and be receptive to what makes their considerations compelling.
- Help them recognize their strengths and career possibilities without letting your personal biases carry much weight.

#### 3 Foster connections:

- If you know someone in a field related to their interests, mutually facilitate an informal interview or "shadow day."
- Inspire them to investigate majors and careers based on their strengths.

## FALL 2022 ACADEMIC CALENDAR

*(Subject to change)*

**November 24-25**  
Thanksgiving Holiday

**November 30 - December 4**  
Dead Days

**December 2**  
Last Day of Classes

**December 5-9**  
Final Exams

**December 9**  
Semester Ends

## SPRING 2023

**January 11**  
Deadline to Pay Tuition & Fees  
and Classes Begin

**January 16**  
MLK Holiday

**January 18**  
Last Day to Add/Drop Classes

**February 20-22**  
Mardi Gras Holiday

**March 13-24**  
Advising Session

**March 30**  
Last Day to Drop Class with "W"

**April 7-16**  
Spring Break

**April 26-30**  
Dead Days

**April 28**  
Last Day of Classes

**May 1-5**  
Final Exams

**May 5**  
Semester Ends

## Majors Offered at UL Lafayette

With our wide variety of undergraduate majors, UL Lafayette provides as much educational diversity as possible to provide our students with the skills they need to enter the work force while following their passions. [Click here to explore our undergraduate majors, minors and concentrations.](#)

## What Can I Do With My Major?

Whether your student is exploring multiple majors or searching for information about their chosen field, this site will help them connect majors to careers. Learn about the typical career areas and the types of employers that hire people with each major, as well as strategies to help make students more marketable. [Click here to see what your student can do with their major.](#)

[Career Services](#) | [Major and Career Exploration Center](#) | 337-482-1444 | [explore@louisiana.edu](mailto:explore@louisiana.edu)

# Spring 2023 FYI's

## Parking Permits

Both residential and commuter students who park on campus must obtain a new parking permit each semester. Parking permits for the Spring 2023 semester will be available through ULink in December. For parking-related questions, contact the [Office of Transportation Services](#) at 337-482-6858 or [parking@louisiana.edu](mailto:parking@louisiana.edu). [Click here for parking zone listings and maps.](#)

## Housing Application

The Housing Application for Academic Year 2023-2024 is now open! This year, we are putting the power in the student's hands and allowing them to self-select their room for the next year.

- Students will access the 2023-2024 Housing Application through ULINK. Find instructions and FAQs on the [housing website](#).
- Room self-selection is designed to only allow students to pick rooms they are eligible for. If your student is not seeing their preferred room type, it means they are either not eligible for that type or there are no more rooms available in that type. Try adjusting the filters to see available rooms.
- There are no official roommate groups this year, but during the process, your student will be able to view available rooms and roommates in real time. They can either select the same room with their preferred roommates or select a room and then have time to chat with the roommates. If it is not a good fit, they can return to the application and select another room from other available rooms.
- University awarded scholarship recipients will be able to self-select rooms in Huger Hall and Agnes Edwards Hall (4th floor). There are a limited number of Legacy Park spaces reserved for scholarship students each year. Those assignments are based on the original housing application completion date. You can opt into this waiting list on the housing application.
- Please note that housing on campus requires entering a legally binding contract with UL Lafayette Housing that runs continuously from August through May. Students are not required to move out over winter break.
- You should **NOT** use the Housing Portal to check room availability. You will have to sign the contract to see available rooms.

## Dining

Meal plans for students who live on campus will auto-default onto their fee bill for the Spring 2023 semester. Commuter students who wish to purchase a meal plan may do so by logging into ULink and following the commuter meal plan links found in the Housing Portal. Should you have any questions or concerns, please contact [Campus Food Services](#) directly at 337-482-2871 or by email at [campusfoodsolutions@louisiana.edu](mailto:campusfoodsolutions@louisiana.edu).

## Academic Reminders

### Grade Point Average

GPA is calculated every semester as well as cumulatively after a student has more than one semester of academic history. Students have access to an easy-to-use GPA calculator through ULink. [Click here to read more about calculating GPA.](#)

### Major Changes

It is common for freshman students to realize that they aren't in the major that is best for them. Don't worry, your student is not alone! Freshmen can change their major in the [Academic Success Center](#) (ASC) in Lee Hall, room 115. If your student is unsure, they should visit ASC or schedule a meeting with an academic advisor to review possible options.

## Campus Resources

### Academic Success Center

Lee Hall, room 115  
337-482-6818  
[asc@louisiana.edu](mailto:asc@louisiana.edu)

### Office of Disability Services

Agnes Edwards Hall, room 126  
337-482-5252  
[ods@louisiana.edu](mailto:ods@louisiana.edu)

### Counseling & Testing Center

Saucier Wellness Center  
O.K. Allen Hall  
337-482-6480  
[counseling@louisiana.edu](mailto:counseling@louisiana.edu)

### Student Health Services

Saucier Wellness Center  
O.K. Allen Hall  
337-482-1293  
[shs@louisiana.edu](mailto:shs@louisiana.edu)

### Dean of Students

Student Union, room 169  
337-482-6276  
[deanofstudents@louisiana.edu](mailto:deanofstudents@louisiana.edu)

### The Writing Center

Dupre Library, 1st floor  
[writingcenter@louisiana.edu](mailto:writingcenter@louisiana.edu)

# Academic Reminders Continued

## The Library

If your student hasn't already found their perfect study spot, encourage them to visit Edith Garland Dupre Library, located right in the heart of campus on St. Mary Boulevard. The library is bustling every day with students who take advantage of the many services offered. Library services include:

- Knowledgeable librarians
- Computer labs
- Printers
- Large tables for groups
- Private study tables
- Free Wifi
- Jazzman's Cafe
- Copy machines
- Charging lockers/stations
- Audio/video equipment
- Individual & group study rooms
- Extended hours during finals



**Have a question? [Ask a Librarian](#) | Learn more at: [library.louisiana.edu](http://library.louisiana.edu)**

## Schedule Adjustment Period

If your student wants to make changes to their Spring 2023 schedule, they can do so throughout the Schedule Adjustment (Drop/Add) Period. Students can add and drop classes on their schedule through the 5th day of class (3rd day for summer session). After that time, students may not drop or add classes through ULink. Encourage your student to keep the academic plan that they developed with their academic advisor in mind when adding and dropping classes.

## Academic Probation

Academic Probation occurs when a student's cumulative GPA is below a 2.0. A student may attend the University while on academic probation but must earn at least a 2.0 semester GPA the following semester. This means that a student who is placed on probation at the end of the Fall 2022 semester must earn a 2.0 GPA for the Spring 2023 semester.

If a freshman student is on academic probation after this fall semester, they are required to enroll in ACSK 100: Fundamentals of College Learning. If your student is put on academic probation, they will be contacted through their University email. For more information contact the Academic Success Center, or email [asc@louisiana.edu](mailto:asc@louisiana.edu). Read more about academic status in the Catalog.

## The November & December Student

During the months of November and December, students will be anticipating the holidays and may get caught up with excitement. It is important to encourage your student to keep an eye on their academic finish line! Academically, students will begin to understand final exam expectations and they should begin finalizing final projects.

***As parents or guardians, here are a few things that you can do to help your student:***

- **Final Exam Planning** - Encourage your student to make a final exam study schedule. This will help them to plan ahead and avoid cramming at the last minute. Time management is something that students - especially freshmen - struggle with. Encourage your student to take note of deadlines and final exam schedules for each scheduled class.
- **Personal Health** - Students must take care of their personal needs during this busy time. They may lose sleep, neglect nutrition needs, and fail to exercise, which does not lead to productivity. [Click here to read an article on how to help your student with their personal health.](#)
- **Family Time Again** - Your student may go home for the holidays. This might cause unexpected stress for you and your student as they are used to being independent. Keep this in mind over the holidays to allow your student to maintain their new independence. [Click here to read an article with conversation starters for the Thanksgiving table!](#)

## Parent-to-Parent Advice

Here's what former freshman parents and guardians have to say:

*"The first semester will be a wake-up call to students. No one will make sure they get to class on time, or tell them they need to study. They will figure it out as they become more responsible and self-confident."*

*"It is difficult to let go, but in the end it is worth it. Students at UL Lafayette get amazing support!"*

*"Help your student de-stress. Don't add to their stress. Give them opportunities over the break to do fun, relaxing things with you."*

*"Give them space, listen (let them talk), and encourage, encourage, encourage!"*