

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 excited 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!

Preparing for Finals

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.

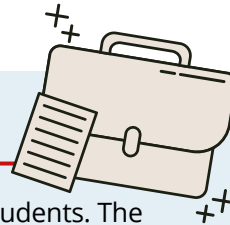
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Final exams week (December 4-8) is also approaching quickly. Keep in mind that your student's final exam schedule is often different from their standard class schedule. [Click here to see the Fall 2023 Examination Schedule](#). Some instructors choose to administer their final exam prior to the official final exam period. Your student should check their class syllabi for details about each of their finals.

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



Major Changes

The career development process is brand new to most first-year 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 support them:

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

- [Career assessments](#) and [career planning guidance](#)
- [Major and career individual meetings](#)
- [Career fairs](#) as well as [workshops and seminars](#)

2 Be there for them:

- Talk to them about their interests, skills, and values.
- Listen to what your student is 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, help to facilitate an informal interview or "shadow day."
- Inspire them to investigate majors and careers based on their strengths.

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 workforce while following their passions. [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, we want them to 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.](#)

FALL 2023 ACADEMIC CALENDAR

(Subject to change)

November 23-24
Thanksgiving Holiday

November 29 - December 3
Dead Days

December 1
Last Day of Classes

December 4-8
Final Exams

December 8
Semester Ends

SPRING 2024

January 10
Deadline to Pay Tuition & Fees
and Classes Begin

January 15
MLK Holiday

January 17
Last Day to Add/Drop Classes

February 12-14
Mardi Gras Holiday

March 11-22
Advising Session for Summer/Fall

March 21
Last Day to Drop Class with "W"

March 25 - April 1
Spring Break

April 24-28
Dead Days

April 26
Last Day of Classes

April 29 - May 3
Final Exams

May 3
Semester Ends

Spring 2024 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 2024 semester will be available through ULink in **December** (students will receive an email).

With parking-related questions, have your student contact the [Office of Transportation Services](#) at 337-482-6858 or parking@louisiana.edu. [Click here for parking zone listings and maps.](#)

Housing Application

The Upperclassman Housing Application for Academic Year 2024-2025 will open on **November 20, 2023**. [Read more about housing renewals, room selection, and other important details online here.](#)

Please have your student contact the [Housing Office](#) directly with any questions. Their team can be reached at oncampusliving@louisiana.edu or 337-482-6471.

Dining

Meal plans for students who live on campus will auto-default onto their fee bill for the Spring 2024 semester. If your student would like to make a change to their meal plan for the Spring semester, they have until **12:30 PM on the Friday of the first week of Spring semester classes** to do so. [Learn more about requesting a meal plan change.](#)

Please note that students living in the traditional residence halls are required to purchase either a Cajun Freedom Plan or a Cajun Select Plan. [Learn more about meal plans and pricing.](#)

Students should contact [Campus Food Services](#) directly with questions at 337-482-2871 or by email at campusfoodservices@louisiana.edu.

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 2023 semester must earn a 2.0 GPA for the Spring 2024 semester.

If a freshman student is on academic probation after this fall semester, they are required to enroll in ACSI 100: Fundamentals of College Learning. If your student is put on academic probation, they will be contacted through their University email. For more information please have your student contact the [Academic Success Center](#) by emailing success@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 and may make them ill. [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!"