

UL LAFAYETTE

PARENT & FAMILY NEWSLETTER



Advising & Registration

It's almost time for your student to schedule an appointment with their academic advisor to be advised for the **Spring 2024** semester. The academic advising period is **October 16-27**. Please remember that it is now the student's responsibility to get advised and schedule their classes. There are a variety of resources available to help with this process, including the [Registration Guide](#). This document contains nearly everything that your student needs to know about course registration.

Registration Question Checklist

To ensure that your student is prepared for advising and registration, ask them the following questions:

- ☐ **"Have you scheduled a meeting with your advisor?"**
 Before students can register for classes each semester, they must meet with their academic advisor. Your student can find their advisor's name and contact information on the "Academics" tab in ULink. Share these [tips about preparing for advising](#) with your student.
- ☐ **"Have you started planning your Spring 2024 schedule?"**
 The [Schedule of Classes](#) and [Academic Catalog](#) are helpful resources that your student can use as they plan for the upcoming semester.
- ☐ **"Have you checked your registration time ticket?"**
 Each student is assigned a specific date and time that they can log into ULink and schedule their classes. Students can view their time ticket on the "Registration" tab in ULink under "Access Registration Dashboard."

Inside This Issue

Advising & Registration 1-2

Grade Check 2

Student Health 3

Student Life 4

October Student 5

Parent Advice 5

“Do you have any holds on your account?”

All students will have an advising hold until they meet with their academic advisor. [Any other holds](#) though, should be taken care of now to ensure that your student is not prevented from registering for classes. [Click here to view the different types of registration holds and how to resolve them.](#)

“Do you remember how to register for your classes?”

Some students may need a refresher on how to register for classes. If your student needs assistance, [share this guide with them.](#)

Helpful Registration Resources

- [Registration Guide](#)
- [Common Pre-Registration Errors](#)
- [Common Registration Errors](#)
- [General Registration Information](#)
- [General Advising Information](#)

If your student is having trouble getting in touch with their advisor or needs additional assistance, encourage them to contact the Academic Success Center asc@louisiana.edu or 337-482-6818.

Grade Check

Many parents and students alike are concerned with academic progress, especially in the first semester. Most students have completed several graded assignments and one or two tests in each course by now. Some instructors post grades on Moodle and others hand back graded work and expect students to keep track of their grades. If your student is unsure of their current grade in a course, encourage them to visit the instructor during office hours. Office hours are stated on each instructor's course syllabus.

Instructors may* complete the second freshman grade check by October 23. Students will receive an email from their instructor if they are identified as being at risk of failing a course. Your student also has the opportunity to ask for guidance from their UNIV 100 instructor or Peer Mentor for any type of issue that they may currently be dealing with.

***Not all faculty submit grade alerts. It is ultimately the student's responsibility to stay informed of their grades.**

FALL 2023 ACADEMIC CALENDAR

(Subject to change)

October 12-13

Fall Holiday

October 16-27

Advising Session for Spring

November 2

Last Day to Drop Class with "W"

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

Student Health



Healthy Habits

Encourage your student to take a moment to breathe amid the stress of college life! An unmanaged schedule, lack of sleep, and improper nutrition can have negative effects on your student's mental and physical health. Here are some steps your student can take to maintain well-rounded health this semester:

- 1 Plan ahead.** If your student feels like they lack control, order, and structure, encourage them to create a weekly schedule. Printed or digital calendars are great tools.
- 2 Make time for exercise.** Physical activity is important for all students. The [Rec Center at Bourgeois Hall](#) offers fitness and aquatic centers, fitness classes, personal training, and much more!
- 3 Eat healthily.** Pizza and burgers are fine in moderation, but it's important for your student to eat a variety of well-balanced meals. Challenge your student to try new foods and get out of the junk food rut.
- 4 Make time for hobbies.** All work and no play can cause physical and mental burnout. Encourage your student to find something they enjoy doing and set aside time each week to do it. They'll feel better and have more energy to do what has to be done.
- 5 Know when to seek help.** If your student does become sick or is feeling down, remind them of the free health services available on campus. They can't perform at their best if they aren't feeling well.

Student Health Services

[Student Health Services](#) provides quality, accessible, and cost-sensitive primary medical care to UL Lafayette students. All students taking six or more hours in the Fall/Spring and three or more hours in the Summer have been assessed the student membership fee and are SHS members. SHS, located in the Saucier Wellness Center in O.K. Allen Hall, offers a [variety of services](#) to students and is open during [University business hours](#).

Counseling & Testing Center

Your student's mental health is just as important as their physical health. The [Counseling and Testing Center](#), also located in the Saucier Wellness Center, offers free counseling services for students. [Visit their website](#) to learn more about the types of counseling and other services offered.

Alcohol & Drug Abuse



A student's first year of college often brings many new freedoms, most of which are positive experiences that provide opportunities for self-sufficiency and growth. Sometimes though, college students take their newfound freedom down a destructive path and begin experimenting with substances that can have detrimental effects on their health. As the parent or guardian of a college student, it's important to [know the warning signs of substance abuse](#) as well as the campus resources available to help if needed.

If you notice warning signs in your student, please know that help is available. Encourage your student to visit the [UL Lafayette Counseling & Testing Center](#) for information regarding alcohol and drugs, screenings for alcohol/drug dependence disorders, or help in dealing with alcohol and drug use problems. The center offers an unlimited number of sessions, free of charge, to all students. [Click here to read UL Lafayette's Student Alcohol & Drug Policy.](#)

Student Life

Roommate Issues

Many students have difficulties living with roommates, whether they were friends prior to move-in day or complete strangers — it happens often. Sharing a room with someone who has a completely different lifestyle or schedule from your student might feel like the end of the world, but fear no more...here are some tips to share with your student:

- [10 Types of College Roommates](#)
- [10 Tips for Getting Along with your College Roommate](#)
- [How to Set Up a College Roommate Agreement](#)
- [What to do if you Hate your College Roommate](#)
- [What to do if your College Roommate Uses your Stuff](#)



A piece of advice to give to your student is simply to give it time. Remind your student that it is only October and only two months have passed so far during this school semester. While this might seem like forever for your student, remind them a lot can change even in just a week or two after discussing their problems with their roommate. Roommates don't have to be a problem - often they can be the opposite: a supporter, friend, confidant, and study buddy, as long as communication is open!

Homesickness



Homesickness is a common feeling among college students. After the initial excitement of newfound freedom and living without parents wears away, students may feel homesick, lonely, or worried. While this is completely normal and not cause for worry, here are several tips for helping with homesickness:

- **Don't allow too many trips home.** Frequent home visits typically make homesickness even worse. It is important for your student to spend time on campus during the weekends, exploring the city of Lafayette, to help their new city feel like a home away from home.
- **Check-in on your student regularly, but also allow space for freedom and individuality.** Listen closely and ask questions about how your student is adjusting to campus life. Be available to them, but not so available that your student becomes dependent on your immediate support.
- **Encourage your student to step out of their comfort zone.** Getting involved and meeting others is how your student will start to build a sense of community on campus. If formal group gatherings are intimidating, suggest that they strike up a conversation with a student in their class, at tutoring, or the gym.
- **Send your student a [care package](#).** Some things to include are their favorite snacks, pictures, school supplies, or anything that will bring a smile to their face and encourage them to push through hard times!

Interested in more tips about helping with homesickness? [Read more here.](#)

The October Student

During the month of October, students living on campus will need to begin thinking about where they want to live next year. The UL Lafayette Housing Application for 2024-2025 will be opening soon. Academically, students may be going through mid-term exams or have just finished mid-term exam week. This can be a relief for many, but can bring added stress when mid-term grades come out. October usually marks the opening of the FAFSA for the upcoming school year, but it will be delayed this year. Read more below.

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



Discuss their current living situation, highlighting the good and bad. If your student wants to live off-campus next year, it's important that they understand the added stresses that they may encounter, like landlord or new roommate issues. Additionally, if they do not wish to continue on the University's meal plan, they will have added expenses with groceries.



Encourage your student to be proactive in planning and studying for their classes. Just because mid-terms are over doesn't mean that classes are over! Due dates for projects, papers, and more exams are just around the corner.



In previous years, the Free Application for Federal Student Aid (FAFSA) for the upcoming academic year would open in October. Please note that this year, the **2024-2025 FAFSA will open in December**. Current college students receiving financial aid must reapply each year by submitting the FAFSA and any other forms required by their school.

[Learn how to prepare for and stay informed about the FAFSA launch.](#)

Parent-to-Parent Advice

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

"Be sure that your student knows where Lee Hall is and what services are provided. Support your student but encourage them to address issues promptly and responsibly."

"Listen to your child. Show them love and patience. Let them grow so they can be responsible and independent adults."

"Ask your student how things are going. Do you need help? Are you getting around well? Are you interacting with others? Are you taking advantage of things offered?"

"Communication is key during this time. Allow your child the freedom to grow and adapt to their new way of life but always be ready to help. Sometimes they need a little guidance and small reminders (although they may not want to admit it)."