

Supporting Your Student

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UNIVERSITY *of*
LOUISIANA
L A F A Y E T T E[®]

Orientation



*The Office of
Orientation is
here for YOU!*

Even after Orientation is over.

**Consider us a
part of your
"village."**

Freshman Parent & Family Newsletter

MARCH 3, 2023

UL LAFAYETTE

PARENT & FAMILY NEWSLETTER



Advising for Summer & Fall 2023

It's already time for your student to start preparing for their **sophomore year** of college! Advising for Summer and Fall 2023 takes place **March 13-24**. During this time, your student is required to meet with their academic advisor who will help them plan for the upcoming semester and lift their advising hold. Your student can find their advisor's contact information on the "Academics" tab in ULink. As your student prepares for advising, remind them to do the following:

- Schedule an appointment with your advisor.
- Check your registration time ticket in ULink.
- Use the [Schedule of Classes](#) and [Academic Catalog](#) to start planning your schedule.
- Check for [holds](#) and have them cleared from your account.

The [Course Registration Guide](#), provided by the [Registrar's Office](#) is a helpful tool that students can use to prepare for and complete course registration.

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- We communicate with freshman parents all year long!
- Summer College 101 Newsletters
- Monthly Fall & Spring Newsletters
- Scan the QR code to sign up:



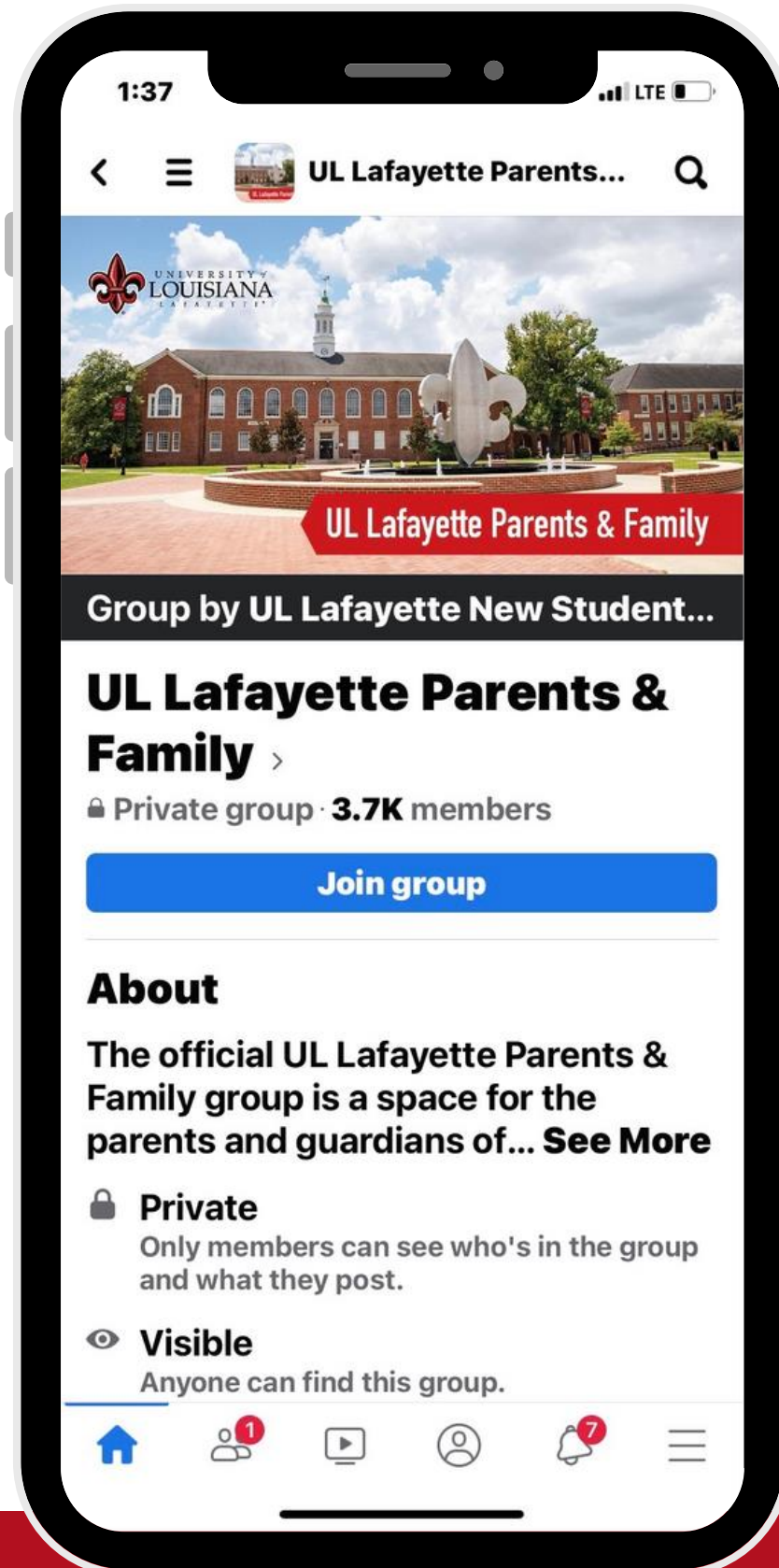
Family Weekend

Save the Date:
September 20-22, 2024

- Engage in Academic Programs
- Experience Game Day Traditions
- Explore Campus & our Local Community



Parent & Family Communication



Have Questions? We Have Answers!

- Email us:
parents@louisiana.edu
- Join the official Facebook group:
UL Lafayette Parents & Family

Be sure to answer the 3 verification questions!

*Please note: The Facebook group is only monitored during University business hours.



What can parents expect during the first year?

**Both challenges & successes
are part of the journey.**



EXPECT CHANGE

It's why they're here.

- Change is inevitable.
- Change leads to growth.
- Transitions are about to begin!



EXPECT CHALLENGES

There will be bumps along the way.

- Time management
- Learning to be independent
- Roommate conflicts
- Scheduling classes
- Balance & adjustments



EXPECT SUCCESS

Their hard work will pay off.

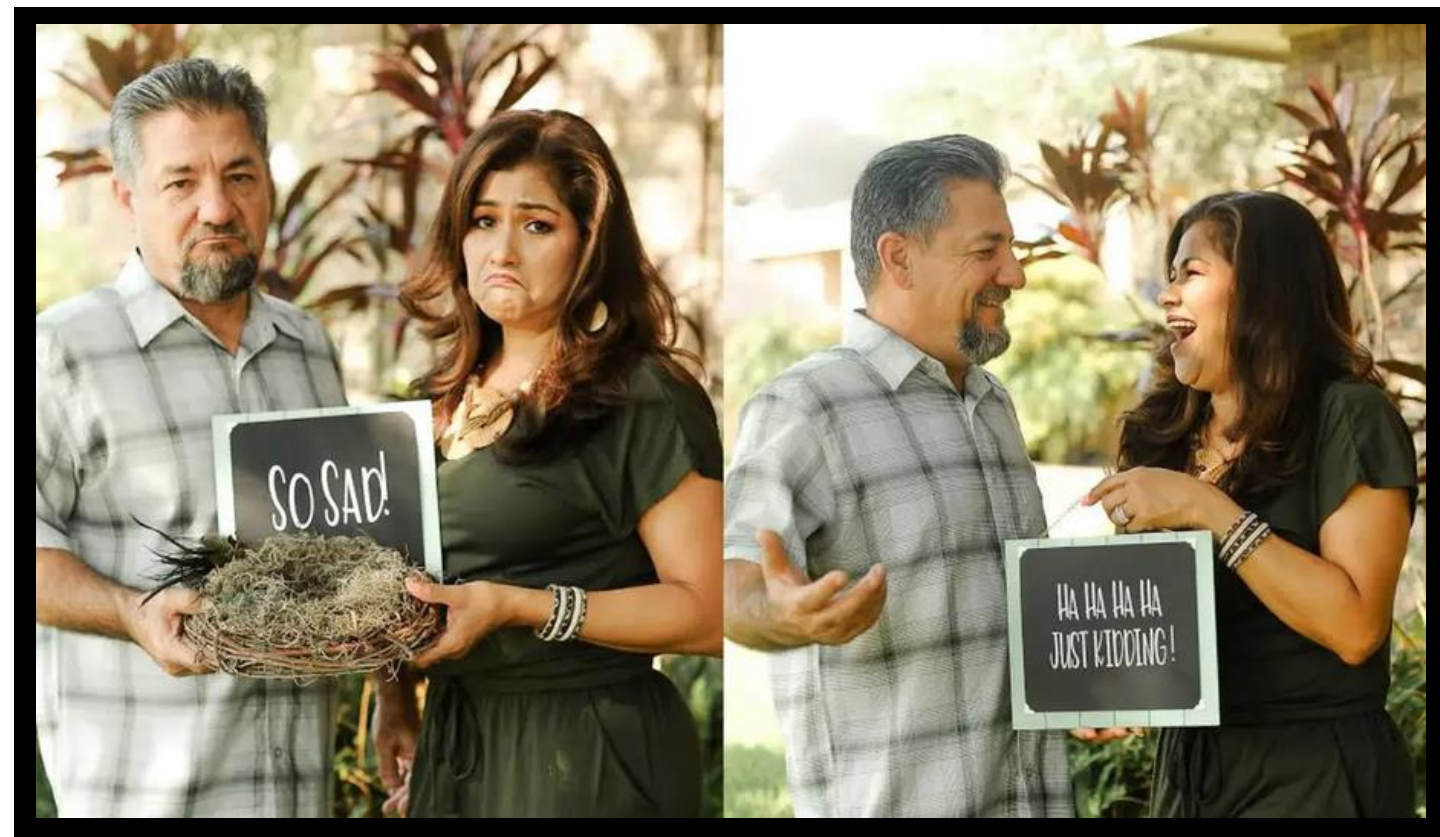
- Joining student organizations
- Using tutoring services
- Making new friends & mentors
- Gaining independence
- Learning balance



EXPECT NEW CHAPTERS

New beginnings for the whole family!

- Empty-nesting looks different for everyone.
- Younger siblings will have feelings about the situation as well.
- Communication is key!



EXPECT THAT YOUR STUDENT WILL NEED A SAFE HAVEN

There's no place like home.

- Don't change their bedroom...yet.
- Their room is their "home base."
- Freshmen need a soft place to land.



DON'T EXPECT THE SAME GRADES THEY MADE IN HIGH SCHOOL

It's ok to have an adjustment period.

- Early GPAs are often lower and later ones higher.
- It takes at least one semester to get into a groove with college academics.
- No more report cards.
- Ask about course content, not just grades.



DON'T EXPECT COLLEGE STUDENTS OVERNIGHT

Give them time.

It takes time to
learn how to:

- Study
- Eat
- Do laundry
- Handle money
- Etc.



DON'T EXPECT THE SAME CHILD TO COME HOME AFTER THIS SEMESTER

Get ready for a new young adult.



- You won't be able to wait for them to come home...or leave.
- They'll bring new habits, routines, (and lots of laundry) with them.
- Establish rules and expectations.

MOST IMPORTANTLY, EXPECT TO BE PATIENT

All in good time.

- It takes time for students to figure it all out.
- They will make mistakes... it's ok!
- Resist the urge to figure it out for them.
- Have patience with yourself as well.



What can parents do to help?

Parents are partners in student success.



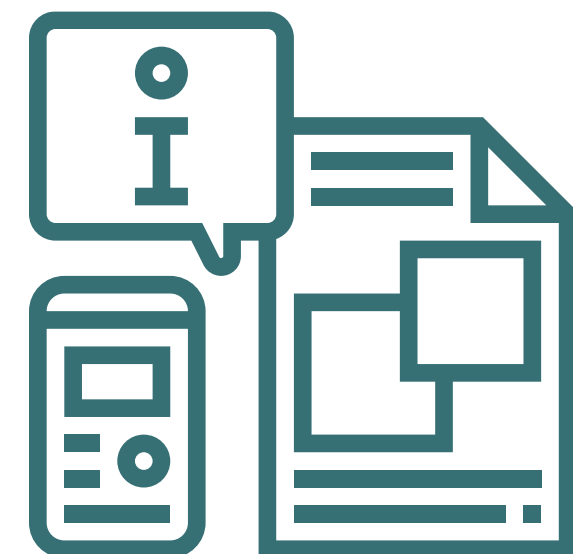
***Attending Orientation
provides you with the
tools and resources
needed to best
support your student.***

THANK YOU FOR BEING HERE!

Stay informed.

Help keep your student in the loop.

- Read the Parent & Family Newsletters.
- Follow official UL Lafayette social media accounts.
- Sign up for the Emergency Notification System.
- Ask your student prompting questions based on what you read and learn.



Encourage your student to check their University Email.

Everyday. Multiple times a day.

- All important information is sent via University email
- Official University announcements, professors, financial aid, etc.
- ULink, Outlook App, UL Lafayette App
- Important daily habit for your student!



Outlook

Send Care Packages.

Little treats go a long way.

- Students love mail and things they can share with new friends.
- Ex: Holiday decorations, snacks, small gifts, school supplies, etc.
- All residents receive a PO Box in our on-campus Post Office for mailed items.
- Food/flower deliveries cannot be accepted by the front desk. Student must be physically available to accept.



Resist the urge to fix it for them.

Let your student take the reins.

- Ask them, "What are you going to do about that?"
- Be your student's coach.
- From manager to consultant.
- They aren't just here to learn about their major. They're also learning how to be an adult in the process.



Know your limits.

There are federal laws in place.

- Federal law protects your student's privacy (FERPA).
- Parents/guardians must stay out of administrative issues.
- The student is the communicator with the University.
- Encourage the use of University resources.



**We
promise...**

**THEY
STILL
NEED
YOU!**

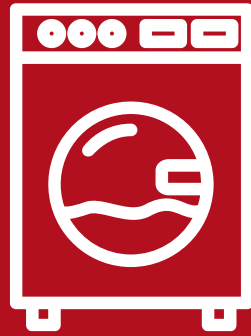
*(Even if they
pretend that
they don't.)*

Your student needs you to...

- *Encourage and support them.*
- *Connect them to campus resources.*
- *Empower them to make their own decisions.*
- *Encourage real-world problem-solving skills.*
- *Remind them to use their voice.*
- *Allow them to make mistakes.*
- *Listen more, intervene less.*
- *Check on them.*
- *Trust them.*



**Have these
conversations
BEFORE the
semester
begins:**



Life Skills

- Washing clothes
- Healthy eating
- Getting enough sleep
- Not ignoring illness
- Budgeting money
- Staying safe



Family Relationships

- Discuss your family's changing dynamic
- Set communication expectations
- Campus and home visits



Expectations & Goals

- Academic Goals
- Financial Expectations
- Time management
- Campus involvement

The greatest gifts you can give your children are the roots of responsibility and the wings of independence.

-Denis Waitley (Author and motivational speaker)



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