

Supporting Your Student

Office of New Student Orientation
orientation@louisiana.edu or
parents@louisiana.edu



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



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



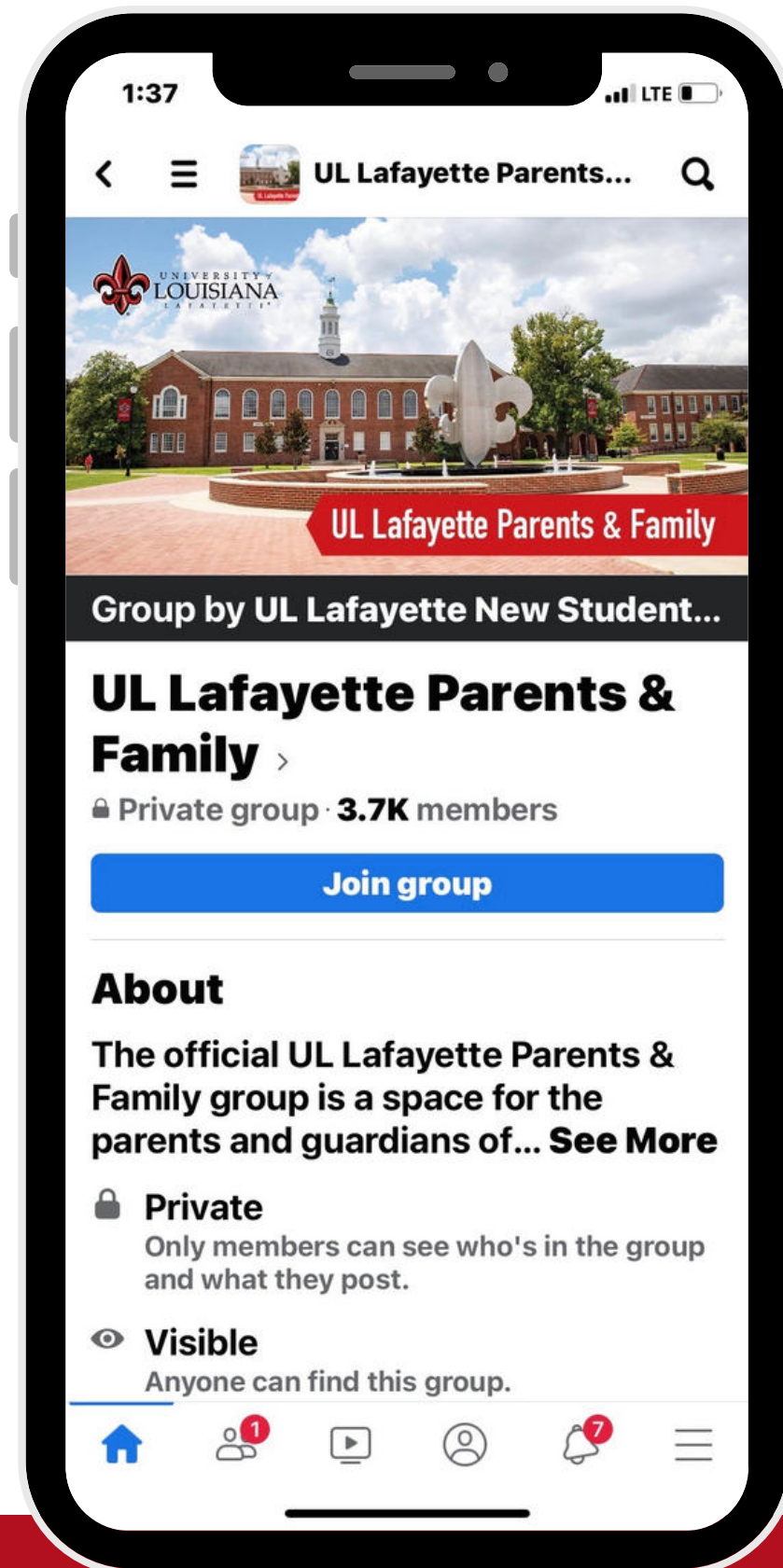
Family Weekend

Save the Date:
Fall 2024 Dates TBA

- 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.

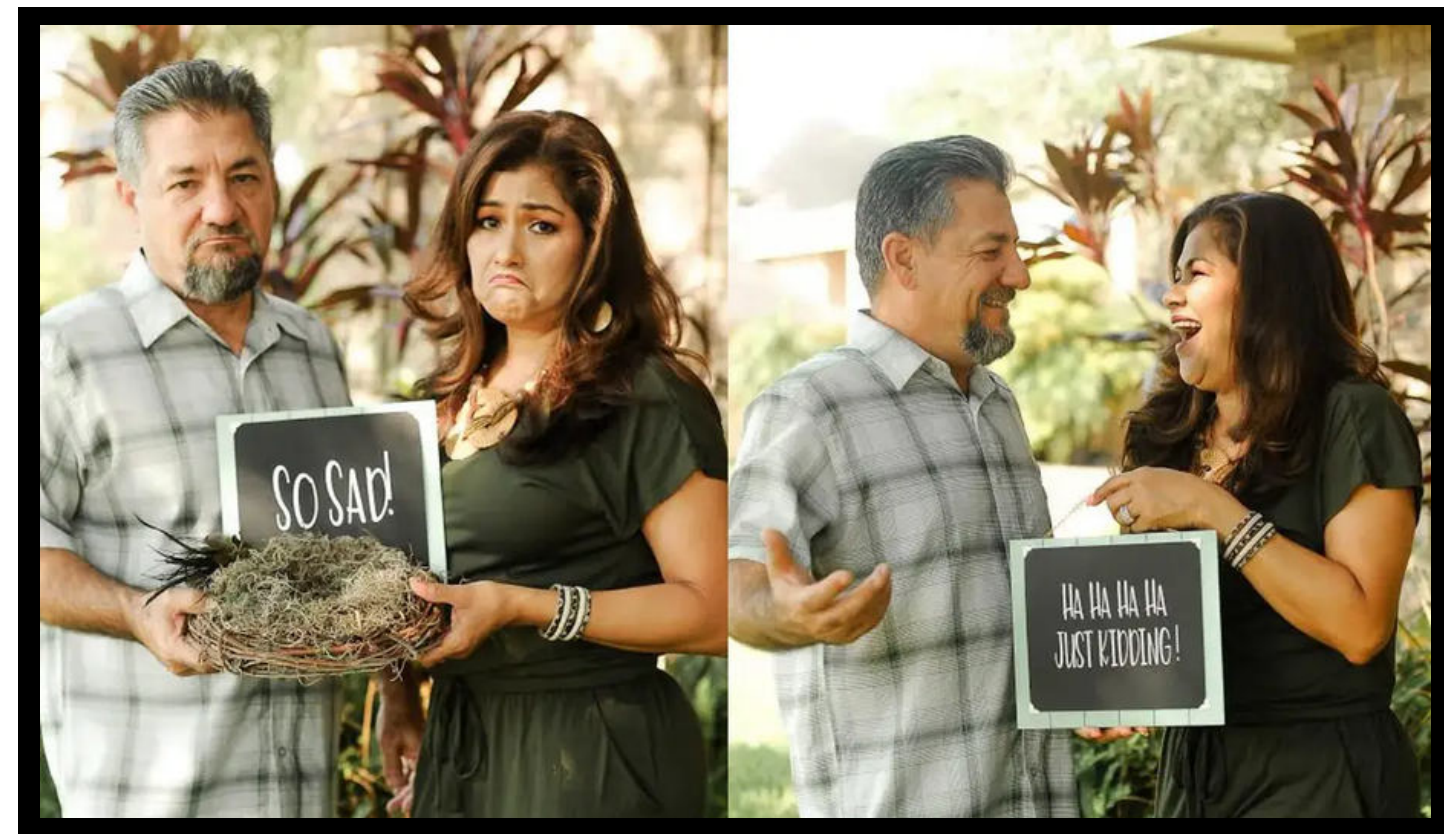
- Joining student organizations
- Using tutoring services
- Making new friends & mentors
- Gaining independence
- Learning balance



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.



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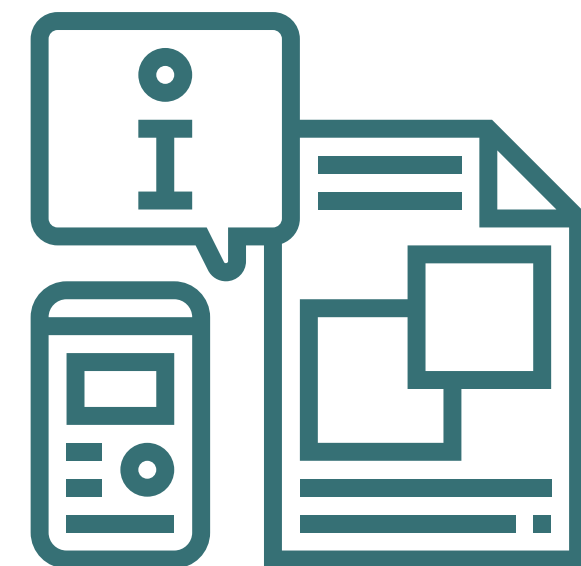
**Attending Orientation
provides you with the
tools and resources
needed to best
support your student.**

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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