

UNDER OUR WING

Official Newsletter of Lamar University's Parent and Family Programs

WELCOME BACK!

MARK THEIR CALENDAR

January 18-22
Welcome Back Week

February 11
Last Day to Drop/Withdraw
Without Academic Penalty

March 5
Parent and Family Game
Day

March 14-20
Spring Break

March 15-18
Alternative Spring Break

April 12
Last Day to Drop/Withdraw
With Academic Penalty

April 15
Good Friday Holiday

April 23
Sibling Saturday

May 2
Last Class Day

May 3-10
Final Exams

PARENT AND FAMILY PROGRAMS

Lamar University's Parent and Family Programs wants you and your student to have an incredible Spring Semester! This newsletter will provide you with upcoming events and important dates that you and your students should know!

If you have any questions, contact us via email at

✉ parents@lamar.edu

or give us a call at ☎ (409)880-7775

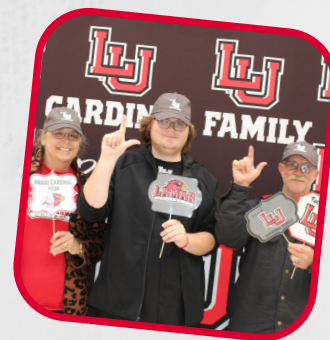
For updates and reminders, please follow us on Facebook and Twitter!



@LUParents



@LU_Families



WELCOME BACK WEEK

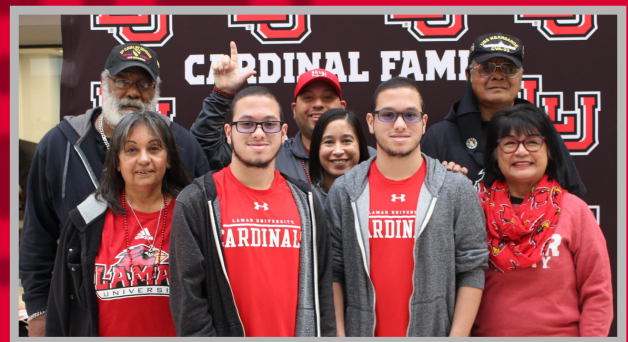
Welcome Back Week is happening now! January 18th - 22nd is full of events and activities so that students can make the most of their first week back on campus. Encourage your student to go to these events to have fun, get excited for the semester, and meet new peers on campus!

For the full schedule of Welcome Back Week events, encourage your student to visit lamar.edu/wow and to follow @LU_Leadership on social media.

2021 FALL FAMILY DAY *Recap*

Family Game Day was a blast!

We had such an amazing time with our Cardinal Families! We hope that you enjoyed our Family Game Show, caricature artists, photo booth, balloon artist, and spirit table! Check out our Facebook page for more pictures from Family Day! If you missed the event, check out our upcoming programs below!



.....UPCOMING FAMILY EVENTS:.....



CARDINAL FAMILY

PARENT AND FAMILY GAME DAY

Parent and Family Game Day is a family-reunion styled event that features family competitions and more. Bring the entire family for outside fun!

Family Game Day will be on *Saturday, March 5th* from 12pm - 3pm
Family Game day is only \$5 per participant!
Registration opens on Monday, January 31st
Register online at lamar.edu/parents

SIBLING SATURDAY

Sibling Saturday is a day for your student and their sibling to have some fun together! We will have special events, programs, tournaments, and games just for your student and their sibling to do together!

Sibling Saturday will be held on *April 23rd!*

Sibling Saturday is free for siblings! Register online starting Monday, January 31st at lamar.edu/parents!

UPCOMING EVENTS ON CAMPUS:



CARDINAL VIEW *Lamardi Gras!*



Future Cardinals meet with representatives from the five academic colleges, tour campus, snag LU gear, and receive financial aid and scholarship information.

If you have another student ready to leave the nest, Cardinal View is a great time for them to see Lamar University's campus and to get essential information! Cardinal View will be on February 26th!

Register online for Cardinal View at lamar.edu/cardinalview

ALTERNATIVE SPRING BREAK

During Spring Break, *March 15th-18th*, select LU students will travel to the *Mississippi Gulf Coast* to assist in environmental restoration, early childhood education, homelessness, hunger, and disaster relief.

To participate, students must submit an application via
LU Hub

Applications close January 31st

If you have questions, email ns/p@lamar.edu



Lamar University's Big Event will
take place on
Saturday, April 2nd!

The Big Event is Lamar
University's largest day of
community service and a chance
for LU students to give back.



Students will meet at the
Montagne Center Parking Lot,
then will get with their group
and go to a local non-profit
location to volunteer for the
day! Breakfast and snacks will
be provided!

Sign up on LU Hub!

Questions? Email lubigevent@lamar.edu

SPRING SEMESTER ADVICE

With pressures of returning to campus and balancing life with academics, many college students are facing a decline in their mental health.

Here are some tips for you to use if your student is struggling with their mental health, or you notice a change in their behavior:

- **Listen to your student.** Sometimes students need to feel heard; they do not want you to fix their problems. They just want to know that you care.
- **Create a space for safe, open, and honest communication.** Create the environment of honest, open communication now so that your student feels safe and comfortable talking to you if anything feels wrong in the future.
- **Ask your student about their emotions!** Ask about academics, but also questions about emotions. Such as, "Do your instructors fit you well?" or "How are you handling your professors' expectations?"
- **Encourage counseling!** Lamar University's Student Health Center has trained counselors who are ready to help! Many students refuse counseling because they believe their condition is normal and that all of their peers are overwhelmed and emotionally distressed. Although stress can be normal, constant stress and emotional distress has a huge toll on one's body and mental health. Encourage your student to step out of their comfort zone and talk with a counselor!



ASK YOUR CARD

What are you most excited for this semester?

Do you think that this semester's courses will be harder or easier than your courses last semester?

Do you plan to attend the Week of Welcome events or join any new clubs or organizations?

What is something that you struggled with last semester? Do you have a gameplan for diminishing that struggle?

Do you have any plans for Spring Break?

CONGRADULATIONS TO YOUR LU GRADUATE!

We are so excited your student is graduating from Lamar University!

We want to help you and your student celebrate by giving them a shoutout on our social media.

Please DM us your student's graduation photos, or tag us in your post!



LU_Families



LUParents



Resource SPOTLight

DISABILITY RESOURCE CENTER (DRC)

The Disability Resource Center (DRC) is dedicated to supporting students with disabilities at Lamar University through the appropriate use of advocacy, accommodations, and *supportive services* to ensure access to campus

courses, services, and activities.

The DRC provides *accommodations* and services on an individual basis through an interactive process. These accommodations may include alternate media services, assistive

technology services, communication access services, note-taking services, and testing accommodations.

The DRC website also lists assistive technology tools available to all students!

lamar.edu/drc

JOB POSTINGS

CO Team

The Cardinal Orientation Team is the best team on campus! As an Orientation Leader, you will work this summer to welcome incoming students and their guests and make them feel welcome at Lamar University! If you are interested in joining the Cardinal Orientation Team, apply before February 13th!



jobs.lamar.edu

Ambassador

Lamar University's Ambassadors represent the LU student body at official university events and work to promote university pride among students, alumni, and friends of Lamar University. If you are interested in becoming an ambassador, apply by noon on March 4th, 2022.

lamar.edu/ambassadors

CC Peer Mentor

Cardinal Communities provide students with a safe environment for students to meet peers that have the same major or interests. Peer Mentors lead a community with a professional staff member by creating an agenda for each meeting and by building a connection with the students.



jobs.lamar.edu