

# UNDER OUR WING

Official Newsletter of Lamar University's Parent and Family Programs



CARDINAL FAMILIES

We enjoyed connecting with many of our Cardinal Families at Orientation this summer!  
 We have more pictures on our Facebook and Twitter, so be sure to follow us!  
 If you have any pictures of your at Orientation or any pictures with your Cardinal,  
 please tag us in your posts!

## WELCOME TO CARDINAL NATION!



We look forward to welcoming the LU Class of 2026 to campus for Move-in this weekend. Whether your student is

among the newest additions to the Cardinal family or they are counting down to graduation, the entire LU faculty and staff community stands ready to assist them as they pursue their academic and career goals. Also, regardless of where your student is in their LU journey, we are eager to establish or continue our relationship with you as partners in their success.

If you have any questions, ask! Our friendly New Student & Leadership staff is always ready to help you and our students with anything and everything Lamar.

We couldn't be more excited for the beginning of a new academic year—and we are so glad you and your student are members of the LU family.

## CONNECT WITH PARENT & FAMILY PROGRAMS!

The goal of our Parent and Family Programs is to help open the doors of communication between students and families.

We believe that by providing families opportunities to get involved on campus, information about campus resources, and advice, families will be able to start conversations with their student that flourish into deep discussions and new understandings.

We want your student to grow, and we know you do too! With this growth comes change, and when there is change there should be conversation!

Follow us for advice, and feel free to contact us with questions about how to facilitate these conversations or any other questions you may have!



@LU\_Families



parents@lamar.edu



@LU\_Parents



(409)880-7775



# WEEK OF WELCOME!

Week of Welcome starts on August 18th when students move in and continues through August 27th!

Week of Welcome (WOW) is a great way for students to connect with other students and with campus while having fun! ALL students are encouraged to attend WOW events! For the full schedule of events, encourage your student to visit [lamar.edu/wow](http://lamar.edu/wow) and to follow New Student and Leadership Programs on social media! @LU\_Leadership

## PARENT & FAMILY DAY

This year, Parent & Family Day is the same day as Homecoming! So, mark your calendars for *October 1st!*

Enjoy a day with your student filled with activities for the entire family!

For more information, a schedule of the day, and to register for Family Day visit our website [lamar.edu/parents](http://lamar.edu/parents)



## THEATRE & DANCE

Here are the plays and concerts scheduled for the Fall 2022 season:

**The Clean House**  
October 6th-9th

**Lost Lake**  
November 3rd-6th

**Fall & Recovery:  
Faculty Dance  
Concert**  
November 18th-19th

Students and families can purchase tickets at [lamar.edu/theatre](http://lamar.edu/theatre)

## FIRST DAY OF SCHOOL PICS!

Encourage your Cardinal to stop in front of the Library and Setzer Student on August 22nd and 23rd to get their "First Day of School" Picture Taken.

All pictures are posted to our Facebook page.

Monday, August 22nd & Tuesday, August 23rd – 8 am – 1 pm

## ATHLETICS

Fall 2022 Football Home Games:

- September 17th v. Northern Colorado
- October 1st v. Houston Baptist University
- October 22nd v. Prairie View A&M
- October 29th v. Nicholls
- November 5th v. Southeastern Louisiana

*Peck 'em,  
Cards!*

To purchase tickets or to view the schedule for our other fall sports, visit [lamarcardinals.com](http://lamarcardinals.com)

## MARK THEIR CALENDAR

Listed below are the dates that your student should have saved for Fall of 2022:

**August 18-19th**  
Move-In

**August 18-27th**  
Week of Welcome

**August 22nd**  
First Class Day

**August 20th**  
Academic Success Conference

**September 5th**  
Labor Day Holiday

**September 17th**  
First Football Game!

**September 19th**  
Last Day to Drop or Withdraw Without Academic Penalty

**October 1st**  
Homecoming & Cardinal Family Day!

**October 27-28th**  
Fall Break

**November 14th**  
Last Day to Drop or Withdraw with Academic Penalty

**November 24-25th**  
Thanksgiving Break

**November 28th**  
Last Class Day

**Nov. 29th - Dec. 6th**  
Final Exams



# ASK YOUR CARD

Here are more conversation starters for you and your student!

Have you joined any new clubs/organizations?

How is your roommate?

Have you visited your professor during his/her office hours?

Did you join or create any GroupMe chats for your classes?

What has been your favorite subject in your classes so far?

Have you met anyone new?

What is one goal you have for this semester? Do you have a social goal and an academic goal?

Have you attended any LU sporting events this semester?

# CLOCKWORK

Certain times in the academic year tend to be universally challenging to students. Understanding the ups and downs of the first college year is essential for open and honest conversations that help students navigate these challenging times.

**August** - In August, students are excited and ready for this new chapter of their lives! They are exploring campus and meeting new people.

Ask Your Cardinal: What has been your favorite Week of Welcome event? Have you found where all of your classes are this semester?

**September** - After Week of Welcome, students may feel homesick or lonely. Students may also be experiencing anxiety about finances, roommates, classes, and professors.

Ask Your Cardinal: Do you have a budget or financial plan?

**October** - In the middle of October students take their midterms, which is their first major exam of the semester. Later this month, students meet with their Academic Advisor about classes they will take next semester.

Ask Your Cardinal: Have you viewed your Degree Audit online? What classes do you want to take next semester?

**November** - At this times, students have usually settled into campus and have found their footing. However, many students still struggle with time management conflicts between social and school obligations.

Ask Your Cardinal: How did you do on your Midterm Exams?

**December** - In December, students have anxiety about their final exams for classes. Students also have mixed emotions regarding going home for winter break!

Ask Your Cardinal: How do you feel about leaving campus for winter break?

## Resource SPOTLight

# DEPARTMENT OF HOUSING & RESIDENCE LIFE

[www.lamar.edu/residencelife](http://www.lamar.edu/residencelife)

The Department of Housing & Residence Life is committed to providing a safe, secure, and inclusive community for all students.

The *Department of Housing & Residence Life* provides students an environment for growth and prepares students to live lives of leadership, intellectual engagement, citizenship, and civility.

The residence halls are staffed with 24/7 security guards at the front doors, professional staff, and Student Resident Assistants.

Students are invited to participate in residence hall events for their hall, as well as events hosted in the other four residence halls! Encourage your student to get and stay involved!

If your student locks their key in their room, has a roommate conflict, or has questions about residence life, encourage them to contact their Student Resident Assistant or professional staff!

The Housing Office is located within Gentry Hall!

(409)880-8550  
housing@lamar.edu

# CAMPUS RESOURCES

## **Accessibility Resource Center**

Call (409)880-8347  
about questions regarding accessibility and accommodations

## **Cardinal Communities**

Call (409)880-7700  
about your student's Cardinal Community

## **Cardinal Activities Board**

Call (409)880-8723  
about free events on campus for your student

## **Career & Professional Development Center**

Call (409)880-8390  
about testing or career services

## **Cashier Services**

Call (409)880-8390  
about your student's bill or payment options

## **College of Arts and Sciences**

Call (409)880-8508  
for upper-level advising and information about this college

## **College of Business**

Call (409)880-7804  
for upper-level advising and information about this college

## **College of Education and Human Development**

Call (409)880-8661  
for upper-level advising and information about this college

## **College of Engineering**

Call (409)880-8741  
for upper-level advising and information about this college

## **College of Fine Arts & Communication**

Call (409)880-8173  
for upper-level advising and information about this college

## **Dean of Students Office**

Call (409)880-8458  
for resources and to address student issues including academic and personal concerns.

## **Department of Housing & Residence Life**

Call (409)880-8550  
for housing-related questions

## **Department of Recreational Sports**

Call (409)880-7586  
about free events on campus for your student

## **Department of Theatre and Dance**

Call (409)880-8037  
for information about on-campus performances and other ways to get involved

## **Dining Services**

Call (409)880-8055  
about dining options, plans, and information

## **Division of Student Engagement**

Call (409)880-8458  
for information regarding leadership, involvement, and service in the LU community

## **Lamar University Athletics**

Call (409)880-2248  
for information regarding tickets and sports

## **Lamar University Police Department (LUPD)**

Emergency: (409)880-7777  
For a non-emergency, call (409)880-8307

## **New Student & Leadership Programs**

Call (409)880-7775  
about involvement, leadership and service opportunities, parent and family programming

## **Office of Records & Registration**

Call (409)880-8365  
about student records management and maintenance

## **Office of Scholarships, Financial Aid, & Veteran's Affairs**

Call (409)880-8450  
about FA, scholarships, or veteran's affairs

## **Parking**

Call (409)880-7275  
about parking and purchasing parking decals

## **Reaud Honors College**

Call (409)880-2294  
about RHC requirements, questions, and involvement

## **Setzer Student Center**

Call (409)880-8722  
for room reservations, student organization services, and greek life

## **Student Health Center**

Call (409)880-7703  
for information about counseling and medical services

## **Student Tutoring & Retention Services (STARS)**

Call (409)880-7201  
to schedule tutoring services and academic coaching

## **The Math Shop**

Call (409)880-7017  
for information about upper-level math tutoring

## **Undergraduate Advising Center (UAC)**

Call (409)880-8822  
for academic advising questions or scheduling

## **Writing Center**

Call (409)880-8571  
for writing assistance