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:

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!
**Lamar University’s Big Event** will take place on

**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!

Questions? Email **lubigevent@lamar.edu**

**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](http://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 **nslp@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!
The Disability Resource Center (DRC) is dedicated to supporting students with disabilities at Lamar University through the appropriate use of advocacy, accommodations, and technology 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!

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

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!

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.

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.

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?