Hello Cardinal Families!

To all of our returning Cardinal Families, welcome back! To all of our new Cardinal Families, welcome!

Our department is dedicated to creating an environment in which your student has the opportunities they need to grow as a student, leader, and civil servant. We communicate with the students via on-campus flyers and through social media posts.

The purpose of this newsletter is to serve as a conversation starter between you and your student. We want to provide you with information about life on campus and ways to get involved (without being a helicopter parent) so that you can use this information to stay connected with your student and what they are doing on campus!

If you have any questions about what is happening on campus, please reach out to us! We want to help you stay connected to campus life; after all, you are a part of the Cardinal Family!
Parent and Family Day!
Join us this Spring for our Parent and Family Day!
Spend time with your Cardinal and get immersed in our LU traditions and campus life on Saturday, February 20th!
This event is going to be fun for the whole family!
Follow LU_Parents and visit our website lamar.edu/parents for more information and don't forget to wear RED!

Volunteer Fair
Service is an integral part of life at Lamar University; encourage your student to join us for the Volunteer Fair on November 10th to connect with various organizations seeking volunteers!

Our partnering community organizations will represent a variety of social issues, including opportunities to engage in service related to youth and education, the elderly and hospice, environmental justice and animals, poverty, healthcare access, food insecurity, homelessness, and much more!

MARK THEIR CALENDAR
Listed below are the dates that your student should have saved for Fall 2020:

October 1st
FAFSA Opens for 2021-2022 School Year

October 19th -20th
Fall Break

November 2nd
Early Registration for Special Populations

November 9th
Registration Opens for Spring 2021 Courses

November 10th
Volunteer Fair

November 26th - 27th
Thanksgiving Break

November 30th
Last Day of Classes

December 1st - 8th
Final Exams

December 21st - 31st
Winter Break
Let's Get Digital

Taking classes online is not the easiest task for students, especially if they have not taken many online classes before. Here are some tips and tricks for getting digital this semester:

Create Your Schedule
It is difficult for many students to take online classes because the classes do not have a lot of structure, just deadlines. A solution: create your own structure and make sure to stick with it. Plan to "attend" your online class every day or every other day at the same time and create time for homework and studying!

Make Your Own Deadlines
Make sure you turn your assignments in on time. But also remember that the due date isn't the "do" date. Create your own schedule and mini deadlines.

Find Your Space
Whether in a specific room of your house, under a tree, or at a local library, find a place that works for you.

Do More than Schoolwork
Online classes take a lot of work, but you also need some time away from the computer to de-stress and let your brain rest. Follow @LamarUCab and @LU_Leadership on social media for virtual events and ways to stay connected to campus!

Have a Back-Up Plan
The WiFi stops working in your room, loud relatives took your spot in the living room, or the library is closed for the day. Where are you going to go? Have a back up plan! Hopefully you won't need to use it, but it is better to be prepared!

Contact Your Classmates
Create a GroupMe, email chain, or virtual study group! If you have questions or concerns about the class or upcoming project, they probably do too! You can find their emails in BlackBoard to ask if they want to make a chat!

Connect with Your Professors
Email your professors if you have any questions! Most professors respond quickly and encourage you to ask questions, it shows you care. Also, visit their virtual office hours, they have them for you!

Here are just a couple of easy things you can do to help your student:

Show them this list of tips and tricks!
Use this list as a conversation starter!

Listen to them
Students have a lot on their mind, they need someone to talk to, and more importantly, someone to vent to. They don't necessarily want you to solve their problems, but they do need to talk about their struggles, frustrations, and stress.

Show an Interest and Acknowledge Their Efforts
Ask how and what they are doing in their classes! Acknowledge that what they are doing is hard work. College is difficult; students must be hard-working and dedicated to putting in an extreme amount of effort to do great.

Talk to Them About More than School
They spend a lot of time thinking about class, studying, and doing homework. It is nice to take a break from that and talk about something different.

Ask Your Card

How have you been balancing web-based and/or in-person coursework, while also prioritizing your physical and mental wellness?

Have you contacted your professors or been to their virtual/in-person office hours?

What study skills are you utilizing? Are they the same for every class or do they vary?

Are you getting involved in campus life by attending virtual and/or in-person events?

What did you eat for lunch?
**MidTerm Madness**

It is about that time of year: students get MidTerm Madness. Students are extremely stressed and are cramming in as much studying time as possible. Unfortunately, many students become hyper-focused on studying and forget to take breaks to rest, eat, and de-stress. If your student is more moody than usual or seems incredibly stressed, remind them that breaks are important for retaining information. If your student needs help studying or creating a study schedule, have them contact our STARS department on campus. [lamar.edu/stars](http://lamar.edu/stars)

For activities and tips about de-stressing, please visit the Student Health Center’s page about stress at [lamar.edu/healthcenter](http://lamar.edu/healthcenter).

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**LU HUB**

Lamar University just released its new student organization platform in August of this year! LU Hub is the newest tool in our students' tool belts. It is great for searching and joining organizations, finding events on campus, tracking and reporting your service hours, requesting rooms in the Setzer Student Center, and much more! Every student has access to LU Hub with their LEA Username and password! Has your student logged in yet?

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**Cardinal View**

Do you have a future Cardinal in your nest? Come to Cardinal View!

Cardinal View is an opportunity for you and your student to take a tour of the University, talk to Financial Aid & Scholarships and Admissions, and stop by booths hosted by departments and organizations on campus.

Our Fall Cardinal View will be held on **October 31st**, and our spring Cardinal View will be on **February 13th**!

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**Resource Spotlight**

The Student Health Center is able to provide testing, immunizations, and vaccinations in addition to counseling services and health education classes, information, and resources. The Student Health Center also serves as a Class D (clinic) pharmacy.

Please visit the Student Health Center's website to view all of the services and to get more information about health and wellness available to your student, including helpful links, online health tools, local health resources, mental health resources, and stress prevention information and tips.

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www.lamar.edu/healthcenter

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Lamar University wants to ensure the health and wellness of your student by granting them full access and the full services of the Student Health Center. The mission of the Student Health Center is to promote the health and wellness of the university population by offering quality medical and psychological services to the students of Lamar University and Lamar Institute of Technology.