

UNDER OUR WING

Official Newsletter of Lamar University's Parent and Family Programs



----- WELCOME BACK! -----

Cardinal Families, welcome to the Spring 2021 semester!

Due to COVID restrictions and guidelines, and to keep you safe, we are limiting visitors on campus. This newsletter will focus on ways that your student can get involved on campus and important information that you and your student need to know!

We understand that communication is essential in every relationship, but starting conversations can be difficult. Our goal is to provide you with conversation-starters and topics that you and your Cardinal can discuss!

PARENT & FAMILY EVENTS

In order to keep you and your Cardinal as safe as possible, **Parent and Family Day** (February 20th) & **Sibling Saturday** (April 24th) have been cancelled for Spring 2021

Stay up to date and involved on our Facebook page @LUParents and our Twitter @LU_Parents!



FREE COVID TESTING

Lamar University offers Free COVID-19 testing for LU students, faculty, staff, and the community
Monday-Friday from 8am-5pm in lot A of the Montagne Center.
The Testing Kiosk will be available until February 18th.
To register for a test, visit lamar.edu/covidtesting

MARK THEIR CALENDAR

Here are some dates that your student should have saved for Spring 2021:

February 3rd

Last Day for Full Refund on Dropped Courses

February 19th

Last Day to Drop without Academic Penalty

February 12th

CO-Team Applications Due

February 13th

LAMARdi Gras

March 5

LU Ambassador Applications Due

March 19

Spring Break/LU Offices Closed

April 2

Good Friday / No Classes

April 10

Big Event

April 12

Last Day to Apply for May 2021 Graduation

April 13

Last Day to Drop with Academic Penalty

April 30

Last Class Day

May 4 - 11

Final Exams



*This event is in-person and virtual!

Cardinal View is an open house for prospective students.

At Cardinal View, attendees will learn more about academic majors, campus life, and all LU has to offer.

For more information or to register, visit lamar.edu/cardinalview

Job Postings for Students

CO TEAM

Our Orientation Leaders develop leadership skills while helping new students and their families transition to campus life during Orientation and Week of Welcome!

This is a FUN, paid summer job that builds friendships and develops skills that will last a life time!

Is your student interested?

Have them apply at lamar.edu/coteam



Applications Close February 12th!

LU AMBASSADORS

Lamar University Ambassadors have a rich tradition of promoting service to Lamar University and to the community at large. Ambassadors represent the Lamar University student body at official university events and work to promote university pride among students, prospective students, alumni and friends of Lamar University.

Is your student interested?

Have them apply at lamar.edu/ambassadors

Applications Close March 5th!



For more on-campus jobs, visit jobs.lamar.edu

STUDY HABITS

Encourage your student to start the semester with strong study habits. If your student would benefit from some helpful study tips, direct them to the Student Tutoring and Retention Services Website: lamar.edu/stars

Some study tips include:

- Use the posted weekly schedule to determine available study times in-between classes or during evenings.
- Too much to do and not enough time? Your student can create a plan using the '[How to Prioritize Your Time](#)' template.
- Set up tutoring sessions with the LU Tutoring Center.



HEALTHY CARDS!

Lamar University provides many resources available to help students manage their mental health and well-being.

The Student Health Center provides students with a number of resources for health and wellness.

For tips and strategies on how to manage health, including physical, social, mental, and emotional, visit the [Student Health Center's website!](#)

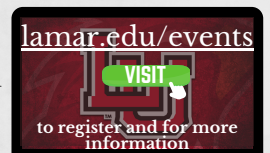
VIRTUAL EVENTS

February 18th from 1pm-3pm
Computer Science Fair

March 4th from 2pm-4pm
Spring Career Expo

March 25th from 2pm-4pm
Criminal Justice & Social Services
Career Fair

April 15th from 3pm-5pm
Educators Career Fair



BIG EVENT

April 10th, 2021

The Big Event is about giving back to the community!

This event allows students to come together and showcase their cardinal pride through service by spending the day as a volunteer at a nonprofit organization!

For more information and to register, visit the Big Event website at lamar.edu/bigevent!



GRAD SHOUTOUT

If your cardinal is about to graduate, we know that you're excited and so are we!

So, lets give your grad a shoutout and spread the good news!

Post your grad on Facebook and/or twitter and tag us, and we'll repost it!
@LUParents on Facebook and @LU_Parents on twitter!

If you don't have social media but want us to spread the word for you, send us an email to parents@lamar.edu

ASK YOUR CARD

What clubs, orgs, or groups are you involved in?

How do you feel you are managing your physical health and your mental health?

What type of music do you listen to while you're studying?



What were your New Year's resolutions for this semester? Have you kept up with them?

Do you feel connected wiht campus life? If not, what can we do to get you more connected wiht campus life?

Have you utilized STAR services before?