WELCOME!

Our students aren’t the only ones that are a part of Cardinal Nation! We want to create an engaging environment for all of our students as well as our cardinal parents and family members.

We know the transition process can also have an effect on you, so we want to make sure to provide resources that will help you adjust to your student’s transition.

During Cardinal Orientation, we dedicate part of the day to your experience as a cardinal parent or family member. We talk about some of the challenges you may face as your student begins to transition to college, but we also emphasize all of the positives of being a part of our Cardinal Family!

We also host Parent and Family Day over our Homecoming weekend. Parent and Family day gives you the chance to experience life as a cardinal, as well as reconnect with your family.

Overall, we strive to create a positive experience for all of our Cardinal parents and family members. You are a valued part of our community and we are dedicated to developing new programs and initiatives that showcase our appreciation and allow you to engage with Lamar University.

Hi, my name is Brandie Van Zanden. I recently was selected as the new Director for New Student and Leadership Programs. I started in my new position on November 1st after serving as LU’s associate director of student involvement for the last two years. I received my bachelor’s degree from Stephen F Austin State University in 2012 and earned a master’s in Student Affairs and Higher Education in 2014 from Stephen F Austin University. I have enjoyed my time at Lamar University and am very glad to make the move back to New Student Programs.

Hi there Lamar parents and family members! My name is Michael Sloboda and I’m the current Assistant Director of New Student and Leadership Programs here at Lamar. I’ve been in my current role since June 2018 and have loved my time as a member of the Cardinal family! I received my Bachelor’s of Science in Business Administration and Psychology from Albright College in 2015. Additionally, I recently completed my graduate work at Bloomsburg University of Pennsylvania and received my Master’s of Educational Leadership.
THE BIG EVENT
Scheduled for April 13, 2019

The Big Event started at Texas A&M in 1982 as a way for students at the university to say "thank you" to their community.

Since then, universities across the nation have taken on this tradition by volunteering in their community every year, making The Big Event the largest one-day, student-run service project in the nation.

On April 13, Lamar University will have our 3rd annual Big Event, serving non-profit organizations in the area.

The Executive Team has already started the necessary preparations to make this year's Big Event a success.

Shannon Mills, the Student Director of Lamar University's Big Event, said that "The Big Event built friendships and bonds that were unbreakable."

The Big Event is a day full of service and opportunities to help others. It is "a life-changing experience for both the participant and the recipient" that leaves a smile on everyone's face.

Mills shares that "the joy and warmth that comes from serving a person in need is invaluable!"

Lamar University takes pride in helping others and cannot wait for this year's Big Event on April 13th!

"The joy and warmth that comes from serving a person in need is invaluable."

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MARK THEIR CALENDAR

Listed below are the dates that your student should have in their academic calendar for Spring of 2019:

January 22nd
Classes Begin

January 22nd - 25th
Welcome Back Week!

February 18th
Final Non-Payment Purge

March 11th - 15th
Spring Break!

April 5th
Dance Marathon

April 13th
The Big Event

April 15th
2019 Summer Registration Opens

April 19th
Good Friday - No Classes

May 6th
Last Day of Classes

May 7th - 14th
Final Exams

May 18th
Spring Commencement

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STUDENT POLL
Where does your student like to study on campus?

- The library is a cool place to study because you can study alone, or you can use a study room to do group projects.
  - Anna Shaffer, Freshman

- I study in the Department Building I work in because it is usually empty and quiet, and I can take off my shoes.
  - Keith Adarkwa, Senior

- I like to study in the library because it is always quiet and gives me another reason to leave my room.
  - Ethan Comeaux, Freshman

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Bedroom
The Quad
Department Building
Library
Setzer Center
Support our cardinals by attending our Theatre and Dance performances, and by rooting for our athletic teams. For more information or ticket pricing, visit the Lamar’s Theatre and Dance web page and Athletic page! We hope to see you and your student in the auditorium and in the bleachers!

**THEATRE/FINE ARTS**

This Spring, the Department of Theatre and Dance is putting on a total of three shows that are open to the public. The first play is *The Birds*, showing February 7th through 10th in the Studio Theatre. *The Comedy of Errors* will be on stage March 21st through 24th in the University Theatre. Finally, the spring dance concert, *Dance Unleashed*, will be held April 12th through 14th in the University Theatre.

**ATHLETICS**

Support our Lamar Athletics teams by cheering in the bleachers for all of our Spring sports!

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Lamar University Dance Marathon is all about the kids! Dance Marathon is a charity group on campus that raises money year-round for our local Children’s Miracle Network Hospitals! At the end of our fundraising year, we celebrate with a Dance Marathon that is packed full with games, prizes, activities, and of course, dancing!

*Mark Your Calendar: Lamar University’s Dance Marathon will be held on April 5th!*

I personally got involved with LU Dance Marathon because of my experiences with childhood cancer. Nobody’s child should have to fight illness and injury alone, so we’re here to help!

-Cade Johnson, Executive Director

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**Resource Spotlight**

**The Student Health Center**

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.

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 information about health and wellness available to your student. This information includes helpful links, online health tools, local health resources, mental health resources, and stress prevention information and tips.

Stay Healthy, Cardinals!

www.lamar.edu/healthcenter
**Welcome Back Week!**

**Tuesday, January 22nd**

- **Art Fest**
  - Dining Hall Lawn
  - 11:00 AM - 10:00 PM
- **Dodgeball**
  - Recreational Sports Center
  - 4:00 PM - 7:00 PM
- **Tacos and Trivia**
  - Setzer Student Center
  - Food Court
  - 8:00 PM - 10:00 PM

**Thursday, January 24th**

- **Donuts with CAB**
  - Setzer Center Circle Drive
  - 8:30 AM - 10:30 AM
- **Vision Boards**
  - Setzer Student Center
  - Bayou North #124
  - 12:00 PM - 2:00 PM
- **Cardinal Orientation Team Info Session**
  - Setzer Student Center
  - Port Neches Room
  - 2:00 PM - 3:00 PM

**Wednesday, January 23rd**

- **Career Services Welcome Back Breakfast**
  - In front of the Galloway
  - 7:30 AM - 9:30 AM
- **#WEARELU - Interactive Mural**
  - Library Breezeway
  - 10:00 AM - 10:00 PM
- **Dance Marathon Card Making for the Kids**
  - Setzer Student Center
  - 1:00 PM - 4:00 PM
- **Crate Stacking**
  - Recreational Sports Center
  - 4:00 PM - 7:00 PM
- **Men’s Basketball Game VS. Incarnate Word**
  - Montagne Center
  - Starting at 7:00 PM

**Friday, January 25th**

- **Cardinal Orientation Team Info Session**
  - Setzer Student Center
  - Port Neches Room
  - 11:00 AM - 12:00 PM
- **Carnival Night at the Set**
  - Setzer Student Center
  - 5:00 PM - 10:00 PM

Get your student back into the college groove by encouraging them to participate in these events during our Welcome Back Week!