



## Parent & Family Programs

# February update

KEEPING YOU IN TOUCH



### A NOTE FROM THE VICE PRESIDENT

Dear LSU families,

Wednesday was Groundhog Day, and while we never want students to get stuck repeating the same experiences every day, there are times when repetition and reinforcement can promote learning, growth, and progress toward goals.



Even as you give your Tiger the space and autonomy to navigate campus and solve problems independently, it's OK to periodically ask them repetitive questions that reinforce the goals they set for themselves and the future they're working to create with their LSU education. Now is the time to remind them that LSU has the resources to help them when they're stuck, to support them when they're not feeling like their best self, and to propel them forward when they're ready to take on new challenges.

In addition to our world-class resources to support our students academically, we are also committed to supporting their mental, physical, and emotional wellness. This is so important to us that we recently hired an Assistant Vice President for Student Health & Wellbeing whose role is to work all day, every day, to bring together all available resources to foster a culture of wellbeing at LSU. Dr. Daniel Bureau joined our team in August to lead the effort. We're excited about what's possible and optimistic that our focus will make a tangible difference for LSU students.

### Upcoming Dates & Events

**Click on underlined events for more info**

**February:** [LSU celebrates Black History Month](#)

**February 1:** LSU Pre-College registration opened to rising 6th-12th graders

**February 1-27:** [On-Campus Apartment Leasing](#)

**February 4:** Last day to add or modify a meal plan

**February 5:** [Apartment Tours](#)

**February 7-10:** [CAS Math Strategy Workshops](#)

**February 8:** [Career Expo](#)

**February 8:** [Apartment Tours](#)

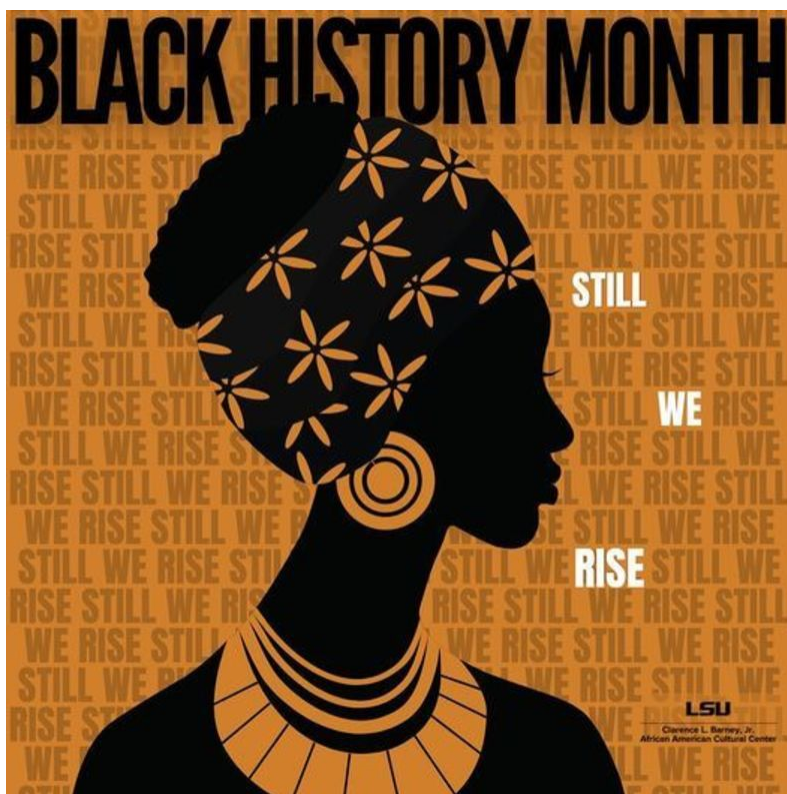
Our [Levels of Care](#) model is one of many tools designed to help students prioritize self-care and seek assistance when necessary. It includes various tiers of wellness ranging from relaxation techniques to counseling and crisis intervention. As always, our [Mental Health Service](#) offers individual support and group options for a wide range of student needs.

We appreciate the opportunity to partner with you to help your student achieve a balanced life and a great LSU experience. So go ahead...ask them how they're doing. I know they'll appreciate you checking in.

Sincerely,  
Jeremiah Shinn  
Vice President for Student Affairs

## ASK YOUR TIGER

- How do you plan to prioritize your mental, physical, and emotional wellness this semester?
- Have you considered your living arrangements for the next academic year?
- What are your plans for Mardi Gras break?



### Black History Month

The Clarence L. Barney Jr. African American Cultural Center and the Black History Month Student Committee is excited to prepare

**February 8:** [Self-Care and Creating Life Harmony](#), 1 p.m.

**February 9:** [Professional Communication Post-Expo](#), 10:30 a.m.

**February 9:** Mardi Gras Mambo, 11 a.m.-2 p.m.

**February 10:** [Interviewing in a Digital World](#), 1 p.m.

**February 10:** [Deadline to join the Family Association for Spring Family Fling invitation](#)

**February 11:** [Leveraging Tech in Your Search Post Career Expo](#), 9:30 a.m.

**February 11:** Mardi Gras Masquerade, 8 p.m.-midnight

**February 12:** [Apartment Tours](#)

**February 14-17:** [CAS Math Strategy Workshops](#)

**February 14:** [Starting Your Grad School Search](#), 11 a.m.

**February 14:** [Valentine's Day Belaytianship at UREC Climbing Wall](#)

**February 15:** [Budgeting in College](#), 1:30 p.m.

**February 16:** [Personal Statements](#), 12 p.m.

**February 16:** [Apartment Tours](#)

and continue a legacy of celebrating the annual campus-wide Black History Month calendar. We will explore traditions and new knowledge about the Black experience in society and at LSU. Come join in the celebration all month long [\[...read more\]](#).

## MARDI GRAS AT LSU



Mardi Gras season is here! Encourage your Tiger to join in on the fun with Mardi Gras Mambo and the Mardi Gras Masquerade.

**Mardi Gras Mambo:** LSU's newest Mardi Gras event will return this year. The daytime event will take place on Tower Drive. Come out for the music, food, giveaways, and parade floats on Wednesday, February 9 from 11 a.m. to 2 p.m. on Tower Drive.

**Mardi Gras Masquerade:** LSU's Mardi Gras ball returns to campus for the first time since 2019! This free event is open to all students wanting to get a taste of how we celebrate Mardi Gras in Louisiana. This event will be held on Friday, February 11 from 8 p.m. to midnight at The Cook Hotel and Conference Center at LSU, 3848 West Lakeshore Drive. Free admission. Bring Tiger Card for entry.

## SPRING FAMILY FLING

**February 16:**

[Leadership Workshop](#), 1 p.m.

**February 16:** [Día de la Amistad - Karaoke](#), 6 p.m.

**February 17:**

[Registration Opens for Spring Family Fling](#), 9 a.m.

**February 17:** [Exploring Your Why](#), 10:30 a.m.

**February 17:** LSU Dining's Delight\*Full!, 11 a.m. - 1 p.m.

**February 17:** Leadership LSU Speaker Series, 5 p.m.

**February 18:** [Coffee & Resume Critiques](#), 9 a.m.

**February**

**18:** [Wheelchair Basketball Intramural Sports](#)

**February 20:** [Adult and Pediatric CPR, AED, and First Aid Course](#)

**February 21:** [Starting Your Job Search](#), 11 a.m.

**February**

**21:** [Registration Opens for Flag Football and Wiffle Ball Intramural Sport Tournaments](#)

**February 22:**

[Apartment Leasing opens to first-year students](#), 10 a.m.

**February 22:** [CAS Signature Series Learning Strategies Workshop](#), 6 p.m.



### Save the Date for Spring Family Fling: April 1-3, 2022

All LSU Family Association members are invited to campus for our annual Spring Family Fling to enjoy a weekend of LSU athletic events and to experience Louisiana culture and cuisine, while mingling with other LSU families. Registration for our Spring Family Fling will open on Thursday, February 17 at 9 a.m. CST. All LSU Family Association members will receive an email on February 17 with details about how to complete registration.

The Spring Family Fling will include an entire weekend of activities and fun for the whole family, including a crawfish boil tailgate, LSU Baseball games, LSU Softball games, and more. Visit [lsu.edu/family](https://lsu.edu/family) for more information. We hope you can join us for this fun-filled event!

If you would like to join the Family Association, please visit [lsu.edu/join](https://lsu.edu/join) to learn more. The deadline to join the Family Association in order to receive the invitation to register for Spring Family Fling is February 10.

## HOLIDAY SHUTTLES



Shuttles will be offered for Spring Break to transport students to and from campus to the New Orleans (MSY) Airport. Registration

**February 23-24:** [Grad Fair](#), 10 a.m.-5 p.m.

**February 23:** [CAS Signature Series Learning Strategies Workshop](#), 6 p.m.

**February 23:** [Interview Practice](#), 2:30 p.m.

**February 24:** [Level Up Your Resume](#), 2 p.m.

**February 24:** [Emotional Intelligence](#), 11 a.m.

**February 24:** [Soul Food Fest](#), 11 a.m.-2 p.m.

**February 24:** [Afro-Latinx Black History Speaker](#), 5 p.m.

**February 25:** [Salary Negotiations](#), 1 p.m.

**February 26-March 1:** [Mardi Gras Outdoor Climbing Trip to Alabama](#)

**February 28-March 2:** [Mardi Gras Holiday](#)

**March 2:** [Classes resume](#), 12:30 p.m.

**March 6:** [LSU Discover Day applications due](#)

**March 11:** [Mid-semester grades due](#)

**March 14-18:** [Spring Break](#)

**March 23:** [LSU Giving Day](#)

*To view the 2021-2022 Academic Calendar, please [click here](#).*



is now open. Visit [lsu.edu/holidayshuttle](https://lsu.edu/holidayshuttle) to register and learn more about shuttle dates, times, and costs.

**JOIN TODAY**

**LSU** | Family Association

**DONATE HERE**

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## CAMPUS HIGHLIGHTS

**Bursar Operations:** Students participating in the Deferred Payment Plan for Spring 2022 will have the next installment due March 1. Payments can be made on myLSU > Financial Services > Billing Statement between March 1st and 4:30 p.m. CST, Friday, March 11th to avoid the assessment of a late fee.

**Center for Academic Success:** Help your Tiger be their academic best by encouraging them to utilize the programs and services provided by the Center for Academic Success (CAS). Students who attend CAS programs and services can earn higher grades and discover more effective study strategies. In addition to [academic coaching](#) and [course support](#), we're offering the following workshops this month:

- **[Math Strategy Workshops:](#)** This workshop targets resources and effective strategies for students enrolled in Math 1021, 1022, and 1029. It will be offered multiple times, so students can choose the session that best fits their schedule. All workshops are from 3-4 p.m. on Zoom. Students must register on Navigate.
- **[Geaux For the Gold: Use Super Strategies:](#)** Does your student have the basics down and now want to deepen their learning? Students explore different learning strategies that can help enhance their understanding of course materials and boost their grades.

### LSU Dining:

- **Win It Wednesdays!** Follow @lsu.dining on Instagram for the chance to win prizes every Wednesday!
- **Mark Your Calendars!** Along with our campus partners, LSU Dining will host the third event in our Joy\*Ful series called Delight\*Ful! Join us **February 17th on Tower Drive from 11 a.m. – 1 p.m.** for free food and music as we spread kindness throughout campus with random acts of kindness activities, bracelet making, letter writing to troops, Mardi Gras bead giveaway, photobooth, and so much more! We are taking the celebration to the dining halls that night with king cake and another special surprise you won't want to miss!
- **International Pop Up Series:** Our international pop up series continues in February with Ethiopian cuisine at SMOKED in the Student Union on Friday, February 11. On Friday, February 25th, we will serve a Puerto Rican feast at The 5 dining hall you won't want to miss! Pop Ups kick-off at 11 a.m.!

- **Enter to Win a Bike:** No purchase necessary! Thanks to our partners at Coca Cola, visit On The Geaux in the Student Union and the Markets at 459 Commons and The 5 to enter to win a bike. Promotion starts February 4th.
- **The Club at Union Square:** In addition to the buffet served Monday through Friday from 11 a.m.-2 p.m., **The Lounge** is now open daily for lunch and Happy Hour Wednesday through Friday from 4-7 p.m.. Check out [lsudining.com](https://lsudining.com) for The Lounge menu!

**LSU Discover:** LSU Discover Day applications are now open! Encourage your Tiger to get presentation experience beyond the classroom. Undergraduates from all majors are invited to submit an application to present at LSU's annual research and creativity symposium. Applications are due by March 6th [[...read more](#)].

Does your Tiger have summer plans? Summer funding available for student projects! LSU undergraduates from any major are welcome to submit a proposal to have their research or creative project funded by the LSU Discover Undergraduate Research Program for Summer 2022. Applications are due by March 27th [[...read more](#)].

**Health insurance doesn't have to be confusing. Let us help!** The Student Health Center is now in-network with most major health insurance companies. The Case Manager is facilitating a virtual forum to provide students with an opportunity to learn more about the insurance and billing process. Students can register for the forum through Tigerlink to receive the Zoom link. View [www.lsu.edu/shc](http://www.lsu.edu/shc) for additional details and remind your Tiger to update the [Patient Portal](#) with their most updated insurance information today!

**LatinX Affairs:** How much do you know about the Afro-Latinx intersection? Come learn more about the history of African diaspora in Latin American and the local Baton Rouge context on Thursday, February 24 from 5 to 6 p.m. [[...read more](#)].

**Leadership LSU Speaker Series:** The Leadership LSU Speaker Series is hosting sessions open to all students throughout the spring semester. Each session brings a vibrant, community leader to campus to speak on topics relevant to today's world. February's speaker is K. Renee Horton, Ph.D., Space Launch System (SLS) Quality Engineer, NASA Michoud Assembly Facility, and the topic is addressing the intersection between talent and passion - and putting it into action. This event will be held on Thursday, February 17 from 5 to 6:30 p.m. in the Atchafalaya Room, 339 LSU Student Union.

**Leadership Workshops:** Join LSU Campus Life for a leadership workshop to discuss "What type of leader are you?" This will be held on Wednesday, February 16, 1 - 2 p.m. in the Olinde Career Center Classroom. The deadline to register is February 15 at noon. [Register here](#).

**Mental Health Service:** MIND your health. Self-care and connection have never been more important. Mental Health Service not only offers individual support but group options, ranging from interpersonal therapy groups to semi-structured groups on specific topics. Students can find one that's right for them. Visit [www.lsu.edu/shc](http://www.lsu.edu/shc) for the Spring 2022 topics and dates.

**MyStudentBody Requirement:** Avoid the hold! Remind your Tiger to complete the required MyStudentBody (MSB) Essentials Course. Visit [www.lsu.edu/shc](http://www.lsu.edu/shc) to learn more about the requirement for incoming Spring students.

**LSU Olinde Career Center:** Now is a great time to be thinking about that summer job, internship or full-time position after graduation [\[...read more\]](#).

**LSU Pre-College:** Inspire and encourage your rising 6th-12th grader with an unforgettable summer experience under the oaks and arches. Students will interact with field experts and like-minded peers, while having fun honing analytical reasoning skills. Reserve your Tiger cub a spot in one of our many exciting offerings at [precollege.lsu.edu](http://precollege.lsu.edu).

**Residential Life - Live Easy, Live On.** On campus apartment leasing began February 1 – review the leasing timeline [\[...read more\]](#).

**Soul Food Fest:** The Soul Food Festival celebrates the rich tradition of comfort food and African American culture and heritage. LSU Dining chefs will cook up some favorites for students to sample. Join us on Thursday, February 24 from 11 a.m to 2 p.m. on Tower Drive.

**Stay well for Mardi Gras and don't let COVID-19 or the flu rain on your parade!!** Vaccines and boosters are available at The Student Health Center during Injection Clinic hours. Appointments are not necessary. However, to expedite the process, students are strongly encouraged to upload their insurance card prior to presenting for their vaccine. Students should bring an LSU ID, an insurance card and a form of payment (if applicable). Currently, the COVID-19 vaccine is free to students. Most insurance plans will cover the full cost of the flu vaccine; if students do not have coverage or opt out of filing to their plan, the cost is \$15. For more information and hours, visit: <https://www.lsu.edu/shc/medical/covid19-vaccines.php>.

**Student Support Services:** Is your first generation student receiving the support they need? Encourage them to apply to [Student Support Services](#)! We are a federal grant that serves first generation students, income-eligible, and students with disabilities. Applications will open in late March for the Fall 2022 cohort. Students can express interest by filling out [our interest form](#) and will be contacted when applications open. Questions? Email [sss@lsu.edu](mailto:sss@lsu.edu).

**University College - Center for Freshman Year (UCFY):** Check out our February Newsletter [here](#)!

**Wellness and Leadership Workshops:** We believe every student has leadership potential. This workshop series is designed to tap into the drive and excitement needed to succeed on campus and after graduation. Encourage your Tiger to come learn how to incorporate wellness into leadership for their success today and in the future. February workshops include:

- **Self-Care and Creating Life Harmony**  
Tuesday, February 8, 1 - 2 p.m.  
Olinde Career Center Classroom  
[Register Here.](#)
  - **Emotional intelligence**  
Thursday, February 24, 11 a.m. - Noon  
Olinde Career Center Classroom  
[Register Here.](#)
-



THE "H" STYLE GOAL POST REPRESENT THE THRESHOLD INTO TIGER STADIUM. THIS CROSSBAR IS A SECTION OF THE GOAL POST THAT STOOD FROM 1955 TO 1984. SINCE 1984, THE TIGERS HAVE TOUCHED THIS BAR BEFORE THEY ENTER "DEATH VALLEY" AS A SIGN OF COMMITMENT TO WHATEVER IT TAKES FOR VICTORY! LSU

**COLLEGIATE CLUB AT LSU**



*Join today!*

**Exclusive access to the  
best student experiences  
LSU has to offer!**

Encourage your Tiger to become a member of the Collegiate Club, presented by the LSU Alumni Association and Tiger Athletic Foundation. Membership includes exclusive access to our annual crawfish boil, away game watch parties, a private study area, premium tickets, leadership opportunities, and more! Learn more at [lsualumni.org/memberships](https://lsualumni.org/memberships).





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## FOLLOW US ON SOCIAL MEDIA



LSU Parent & Family Programs hopes you have enjoyed reading the February email update and that you found the information helpful. Please contact us if we can be of assistance to you and your family.

Geaux Tigers!

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