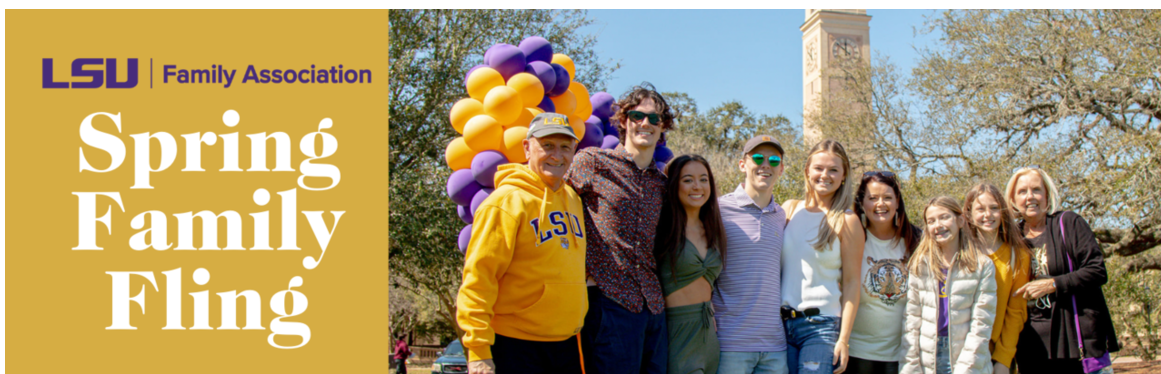




## Parent & Family Programs

# January update

KEEPING YOU IN TOUCH



### 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!



### Preparing for Upperclassmen Living: January 25

Are you and your Tiger interested in learning more about upperclassmen living? Join us on Tuesday, January 25 at 6 p.m. CT to hear from LSU Residential Life, along with student and parent panelists, as they offer tips for the on and off-campus apartment leasing process.

and help answer your questions. No registration is required to attend.

Zoom Link: <https://lsu.zoom.us/j/91423431296>

Webinar ID: 914 2343 1296

Passcode: 951154

You can also watch our webinar live on the LSU Parent & Family Programs Facebook page at [facebook.com/LSUFamily](https://facebook.com/LSUFamily). Stay tuned for our full schedule of spring webinars coming soon!

## A NOTE FROM JEREMIAH SHINN

Dear LSU families,

I hope you had a festive holiday season and were able to enjoy time with your student(s). We are thrilled to welcome them back to campus, and we look forward to an exciting and productive spring semester.



The beginning of a new year is a great time to reflect on where we've been and where we're going. I hope you will encourage your Tiger to think about what went well in the fall...and what they hope will go differently moving forward. Whether the fall semester went as they hoped or would like a do-over, now is a great moment to do more of what worked or change what didn't. Talk with them about what it means to achieve a solid finish to the academic year. Remind them of the world-class support resources we have for them at LSU and encourage them to make good use of them.

Some of the many resources you and your student should be aware of include: the [Center for Academic Success](#), which offers students tools for time management, information on staying organized, tips on using a planner, study techniques, and tutoring; the [Olinde Career Center](#), which can advise students on deciding on or changing their major, and help them begin to articulate what they know, what they're doing, and who they are into a powerful narrative for future employers or graduate schools; and [Campus Life](#), which can help your student get involved, improve their leadership skills, and find student clubs or organizations that appeal to their interests.

We want your student to be successful. We also want them to be safe and healthy. Remember that as we come back to campus, [masks are required](#) indoors and within 50 feet of

## Upcoming Dates & Events

**Click on underlined events for more info**

**January 18:** Spring semester classes begin

**January 18:** [MLK Commemorative Keynote](#), 5-6:30 p.m.

**January 18:** [T.A.I.L. Applications](#) open

**January 18:** [Tiger Year One Applications](#) open

**January 19:** [Resident Assistant Applications](#) Close

**January 19:** [Foosball Tournament](#)

**January 20:** [Air Hockey Tournament](#)

**January 21:** [Dodgeball Tournament](#)

**January 24:** [Leadership LSU Applications](#) due

**January 25:** [Archery Tag Tournament](#)

**January 25:** Tiger Family Talks: Preparing for Upperclassmen Living, 6 p.m.

**January 26:** Final date for dropping courses

building entrances/exits where groups congregate. As we proceed through the semester, the LSU Health and Medical Advisory Committee will monitor the Omicron variant. LSU will adjust protocols to help keep our community safe.

I am honored to participate in your student's education and life journey alongside you. Happy New Year!

Sincerely,  
Jeremiah Shinn  
Vice President for Student Affairs

## COVID-19 ROADMAP

LSU is committed to providing the most up-to-date information regarding COVID-19 and our roadmap to spring. Below are several helpful links:

- [Spring 2022 COVID-19 Entry Test Verification Portal](#)
- [COVID-19 Testing](#)
- [COVID-19 Reporting Dashboard](#)

## ASK YOUR TIGER

- What can we do to help you stay focused and motivated this semester?
- What do you think you may need to do differently this semester to help you succeed in school and life?
- Are you planning on getting involved in any new student organizations this semester? If so, which one(s)?



LSU Center for Academic Success

without receiving a grade of a "W," 4:30 p.m.

**January 26:** [UREC Outdoor Fitness Grand Opening](#)

**January 26:** [Ladies Rock Climbing Night at UREC](#)

**January 26:** [NBA 2K Esports Tournament](#)

**January 27:** Final date for adding courses for credit and making section changes, 4:30 p.m.

**January 27:** [Student Involvement Fair](#), 11 a.m. - 1 p.m.

**January 28:** [Indoor Volleyball Tournament](#)

**January 29:** [Bike the Levee](#)

**January 29:** [Get CPR/AED/First Aid Certified](#)

**January 30:** [5v5 Intramural Basketball](#)

**January 31:** [Become a Personal Trainer](#)

**February 1:** [CAS Time Management Workshop](#)

**February 2:** [CAS Time Management Workshop](#)

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

**February 17:** [Registration Opens for Spring Family Fling](#), 9 a.m.

Encourage your Tiger to start the semester strong with the [Center for Academic Success](#) (CAS). We offer free academic and learning support services for LSU students, including academic coaching, study groups, tutoring, Supplemental Instruction (SI), workshops, and online resources. With the CAS, students can start strong and stay on track all semester long!

Students should plan now to attend a [CAS Signature Series Workshop](#). The first workshop, Time Management and Goal Setting, will be offered:

- Tuesday, February 1: 6 p.m., In Person at the LSU Student Union (Register on Navigate)
- Wednesday, February 2: 6 p.m., Zoom (Register on Navigate)

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

**JOIN TODAY**

**LSU** | Family Association

**DONATE HERE**

**LSU** | Family Association

## CAMPUS HIGHLIGHTS

**Barnes & Noble at LSU:** Check out this month's events, deals, and promotions.

- Select new titles will be 20% off. There will also be themed trade book displays all month long!
- New flavors have arrived at the cafe: stop in to try the pistachio latte or brown sugar shaken espresso!
- Monday Motivation: stop in the cafe to get \$3 any size iced coffee or cold brew.
- 25% off all year long academic calendars.
- Up to 50% off on select school supplies.

**Bursar Operations:** For students who have not completed registration, please note the first purge occurred at 4 p.m. CST on January 14. It may be helpful to know that through myProxy, parents (and other interested parties) can request access to a student's online Fee Bill as well as other records located [here](#).

**Calling all parents of Graduating Seniors!** The LSU Gumbo Yearbook and Reveille student newspaper are offering full, half, and quarter page ad spaces to families who want to congratulate their special graduate. For more information and pricing, please visit [here](#).

**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](#)].

**LSU Foundation:** Save the date, Tigers! On Wednesday, March 23, the entire LSU community will join together for Giving Day 2022. Mark your calendars by clicking [here](#).

**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!

**Involvement Fair – January 27:** Joining an organization yields resume-worthy experiences, establishes networking skills, and provides students the chance to find their place on campus! Students can browse and learn about the many student organizations in the Royal Cotillion Ballroom at the LSU Student Union from 11 a.m.- 1 p.m. Meet our incredible student leaders as we continue to build a great campus community together.

**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](#)].

Do you want to understand how to better address mental health as a family? LSU alumn Tatiana Gonzalez will lead discussions on how to discuss mental health with family within the Hispanic community on March 30 and April 28 [[...read more](#)].

**Leadership LSU - Now Accepting Applications for Spring:** Open to students with 61 academic credit hours and above, the program welcomes Juniors, Seniors, Graduate Students, Law Center Students, and Veterinary Medicine students. Application deadline: January 24 at 8 a.m. Apply [here](#).

**MLK Commemorative Program - January 18:** Celebrate the legacy of Dr. Martin Luther King, Jr! Your Tiger can honor Dr. King's ideals of social justice, non-violence, education, and service at the MLK Commemorative Keynote tonight, January 18th, at 5 p.m. in the LSU Student Union Theater [[...read more](#)].

**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:** New year, fresh start! The new year and semester offer fresh opportunities to move toward a successful and fulfilling career [[...read more](#)].

**On-campus Apartment Tours:** Take a tour of on-campus apartments when you move your Tiger back for the spring semester! View tours schedule [[...read more](#)].

**Residential Life - Build Your Resume & Bank Account!** Resident Assistants earn real-world experience and a paycheck. Learn how your Tiger can join the tRAdition [[...read more](#)].

**LSU Student Union Building Hours:** Our hours from Tuesday 1/18/22 through Friday 2/25/22 are Monday through Friday from 7 a.m. to 10 p.m.; Saturday from 8 a.m. to 10 p.m.; and Sunday from 10 a.m. to 10 p.m.

**Tigers Advancing in Leadership (T.A.I.L.):** T.A.I.L. is designed to prepare second-year

and third-year students to exercise leadership skills critical to promoting positive social change on campus and beyond. Applications open on January 18. More information can be found [here](#).

**Tiger Year One:** Tiger Year One is a leadership exploration program for students in their first year at LSU. Examine who you are, what you can do to lead and serve at LSU, and who you want to be when you graduate. Applications open on January 18. More information can be found [here](#).

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

**University Recreation (UREC) Personal Training:** Brain Derived Neurotrophic Factor (BDNF) are proteins found in the brain, and they are linked to better learning, memory, and higher thinking. When students get moving at UREC, BDNF increases, which can result in higher test grades and GPAs. If your Tiger is looking to learn how to use the weights and cardio equipment or just start off the spring semester on a healthy note, UREC offers certified personal trainers to create custom workouts. Learn about the packages available to students [here](#).

**UREC Outdoor Fitness Space Grand Opening:** UREC is bringing fitness outside! All are invited to join the grand opening of the newest addition to the UREC facility on January 26. The ribbon cutting ceremony begins at 2:30 p.m. followed by open air workouts, fitness demos, snacks, prizes, and music. [Click here](#) for a list of scheduled events.

**Volunteer LSU:** Volunteer LSU has a vibrant spring semester of service activities planned, including the return of Geaux Big Baton Rouge on April 9. Geaux Big is LSU's single largest day of service, and the call is already out for volunteers. [Check out the recent service day](#) to see the type of work that will be done. Sign up [here](#).

**We're Hiring - Leadership Experience for Students:** The CAS is [hiring tutors and SI Leaders](#). Our tutors and SI peer leaders earn a competitive wage while helping other LSU students with understanding course content, as well as strengthening their own conceptual knowledge and academic performance. In addition, peer leaders develop valuable leadership skills; collaborate with professors; and enhance skills in public speaking, time management, critical thinking, and interpersonal relationships. Encourage your tiger to apply!

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THE "H" STYLE GOAL POST REPRESENT THE THRESHOLD INTO TIGER STADIUM. THIS CROSSBAR IS A SECTION OF THE GOAL POST THAT STOOD FROM 1935 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).



20<sup>th</sup> Anniversary Celebration  
**THE COOK HOTEL**  
and Conference Center at LSU

Reserve your room today to stay on campus at The Cook Hotel. Our hotel has more to offer than a convenient location. Stay and experience our elevated accommodations, complimentary breakfast, full-service bar, ample parking, and more. Visit [TheCookHotel.com](https://TheCookHotel.com) to book today.

## FOLLOW US ON SOCIAL MEDIA



LSU Parent & Family Programs hopes you have enjoyed reading the January 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!

**Lindsay McCrory**  
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Baton Rouge, LA 70803  
225-578-1173

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