



Parent & Family Programs

April update

KEEPING YOU IN TOUCH



A NOTE FROM THE VICE PRESIDENT

Dear LSU families,

Working on a college campus can give you a distorted sense of the passing of time. The days are long, but the months are unbelievably short. I can hardly believe that the end of another academic year is upon us. I hope your student is doing well and committed to finishing their semester strong. Working against that is the fact that the weather is nearly perfect, the end is in sight, and there is no shortage of exciting things happening on campus. I've noticed that the last few weeks of the spring semester present the most irresistible temptations for students to slow to a metaphorical jog a few steps before they hit the finish line. Whether your Tiger is completing their final semester or wrapping up their first year, our team is here to help.



Final Exams will be held [May 9-14](#). Now is the perfect time to ask your Tiger about their final exam schedule, how they're preparing, and which campus resources they are using for assistance. If you'd like to point them in the right direction, I would first recommend encouraging them to take advantage of the [LSU Center for Academic Success](#) resources. Additionally, you can remind them that there are some very easy things they can do to fuel their bodies, jumpstart their brains, and finish the semester strong:

Upcoming Dates & Events

Click on underlined events for more info

April 20, 22: [DIY SPA Week at UREC](#)

April 20: [Registration closes for Soccer Tournaments](#)

April 22: [LSU Discover Day 2022](#)

April 22: [LGBTQ and Allies Kayak the Lakes](#)

April 23: [International Cultural Center Crawfish Boil](#) from 12-2 p.m.

April 29: [Registration closes for 3v3 Basketball Tournament](#)

May 4-8: Concentrated Study Period begins

May 7: Last day of classes

May 9-14: Final Exams

- Get some sleep (at least 7 hours/night) and maintain a consistent sleep schedule.
- Drink an extra few glasses of water every day and eat a little healthier than usual.
- Move for at least 30 minutes a day. This could be walking, running, dancing, lifting weights, swimming, or playing sports. [UREC](#) is the best collegiate rec facility in the country...and you can do all those things there.

For those of you who have a Tiger returning next year, use this as an opportunity to build some great end-of-year habits. For those of you who are about to be proud family members of an LSU graduate, congratulations to you! It's not an accident that they're at this fantastic milestone. While they were putting in the hard work in the classroom, you were behind them, cheering them on and making it possible. Please check out these [commencement details](#), so you're up-to-speed and ready to celebrate. We'll be celebrating with you.

Geaux Tigers!

Jeremiah Shinn

Vice President for Student Affairs



LSU Class of 2022: Then & Now Pictures

To commemorate all the hard work our students have done since first starting their education, we are making a personalized "Then and Now" photo album of our graduating LSU Tigers to feature on the [LSU Parent & Family Programs Facebook page](#). This appreciation post will be composed of two photos, one from childhood/any K-12 graduating ceremony and the other of any LSU senior pictures. [Submit your pictures here](#). The deadline for submissions is Monday, May 16.

May 13: [Final Date to Request Extenuating Circumstances Housing Extension](#), 12 p.m.

May 14: [Final Date for Residential Hall Move-Out](#), 8 p.m.

May 16: [Deadline to submit LSU Class of 2022: Then & Now photos](#)

May 17: Final grades due at 9 a.m. (degree candidate)

May 18: Final grades due at 9 a.m. (non-degree candidate)

May 20 - 21: [Commencement ceremonies](#)

May 23: Summer classes begin

May 31: [Priority Deadline for Student Support Services Fall 2022 Cohort](#)

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

To view the 2022-2023 Academic Calendar, please [click here](#).

ASK YOUR TIGER

- How are you preparing for your final exams?
- How are you taking care of yourself?



JOIN TODAY

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LSU Spring Family Fling T-Shirts

If you missed the chance to purchase an LSU Spring Family Fling t-shirt, it's not too late! You can [place your t-shirt order here](#) by May 1.

CAMPUS HIGHLIGHTS

Barnes & Noble: Motivation Monday: \$3 any size cold brew or iced coffee. All April Long:

- 20% off newly released books
- Poetry-themed tables will be set up in the bookstore
- \$5 red-dot books in-store
- \$5 pizzas on Thursdays!

Newly In: Nike baseball & basketball jerseys. Available while supplies last!

Bursar Operations: Students participating in the Deferred Payment Plan for Spring 2022 had an installment due April 1 and the next installment is due May 1. Payments can be made via myLSU > Financial Services > Billing Statement. You may contact Bursar Operations at bursar@lsu.edu with questions.

LSU Discover: Student volunteers needed! Calling all Tigers – volunteers needed to help with [LSU Discover Day on Friday, April 22nd](#). Students can volunteer for as little as one hour. Snacks and volunteer shirt provided. [Click here to access the volunteer sign-up form.](#)

LSU Olinde Career Center: How can you encourage your Tiger to look for internships and jobs? [\[...read more\]](#).

ParkZen App: Driving through the parking lots at LSU to search for an open parking space can be stressful. To address this, Manos Chatzopoulos, assistant professor of Physics & Astronomy, has developed a [free smartphone app](#) to assist drivers in locating available parking on LSU's campus.

Partnering with LSU Parking and Transportation Services, ParkZen is now available through the LSU Mobile App. ParkZen utilizes smart data analytics to identify real-time open parking spaces and then broadcasts parking availability in the general proximity of selected campus parking lots. ParkZen can also locate a parked vehicle so there is no need to wander around the lot searching for a car.

Student Health Center: The Student Health Center's Mental Health Service is offering an Emotional Wisdom series which covers a variety of topics related to coping skills to help students manage their emotional and mental health. All sessions will be held in-person at MHS (second floor of the Student Health Center) on Wednesdays at 3 p.m.

Is your Tiger getting enough sleep? Consistent, restful sleep is one of the greatest predictors of physical and emotional health (and is often something college students neglect). Encourage your student to sign up for a free **Wellness Coaching** appointment at the Student Health Center to receive personalized support for their health and wellbeing goals, including sleep hygiene strategies. To make an appointment, call 225-578-5718.

Navigating health insurance can be confusing. We want all students to learn this important life skill and be an informed patient at the LSU Student Health Center. We offer free, virtual Insurance Forums and 1:1 Case Management appointments to educate and support students through the insurance and billing process. Learn more about this process and sign up for our next forum [HERE](#).

Student Media: 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 lsureveille.com/gumbo.

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 are currently open for the Fall 2022 cohort. May 31 is the priority deadline. Questions? Email sss@lsu.edu.

University College - Center for Freshman Year (UCFY): Check out our April Newsletter [here!](#) to help your freshman Tiger prepare for course scheduling.

University Recreation (UREC): Sign Up. Show Up. Play.
Intramural sports create community in a healthy, active, and safe environment for all LSU students. They are designed for students of all levels of fitness and ability, and all students are encouraged to create or join a team. In order to decrease barriers of entry to sport participation, UREC removed all registration fees for intramural sports two years ago. There is one more month of organized sports available for students to [register](#).



SUMMER REGISTRATION IS OPEN!

Summer Course Registration is Open! [LSU Summer School](#) provides your Tigers the opportunity for graduate faster and enter the professional world quicker. Students can retake a course to raise their GPA and get ahead of the game by focusing on one or two classes at a time without the stress of a full semester load. Encourage your Tiger to enroll or speak to their academic advisor today about summer course options.

LSU

SUMMER CAMPS

LSU has a variety of summer programs for all ages, interests, and abilities.

Register Today!

lsu.edu/summer

Spend the Summer with LSU! Parents and caregivers can program the summer with a host of high-quality summer camps and pre-college programs for ages Pre-K - adult. These camps range from academic to athletic from the classic arts to the latest technology. Visit www.lsu.edu/summer to find summer programs for you or your child.



*It's officially
crawfish season!*

lsualumni.org/coast-to-coast

LSU | ALUMNI
ASSOCIATION

Craving crawfish this spring? Check out our Coast to Coast crawfish boils hosted by our local alumni chapters across the country. The crawfish boils are open to all LSU fans! A portion of the proceeds benefit scholarships for LSU students. Check out our website to [connect with a chapter](#) near you and purchase tickets today!

WHERE EVERY
STAY IS A
Home Run!

THE COOK HOTEL
and Conference Center at LSU

3848 W. LAKESHORE DR. | 225.383.2665 | [THECOOKHOTEL.COM](https://thecookhotel.com)

Visit us this spring! Spend time with your student, catch a baseball game, and see campus in full bloom. Experience our elevated accommodations, complimentary breakfast, full-service bar, ample parking, and more. Visit TheCookHotel.com to book today.



Save the Date for LSU Family Weekend 2022! Our fall Family Weekend will be held September 23-25, which is the weekend of the LSU vs. University of New Mexico football game. More information about registration dates, the schedule of events, hotel blocks, and football ticket sales will be added to lsu.edu/familyweekend later this summer.

FOLLOW US ON SOCIAL MEDIA



LSU Parent & Family Programs hopes you have enjoyed reading the April 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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