Typically, at the start of a new year, our attention turns toward improving our health, our finances or our careers. If your Tiger is thinking along these lines, we stand ready to help them achieve these goals in addition to their academic pursuits.

LSU Cares:

So, don't let your Tiger's resolutions fizzle – make sure they make a habit of staying healthy or making money or getting ahead in their careers. LSU Cares is here to help your Tiger do that.

If fitness is their focus, make sure your Tiger remembers that our University Recreation Center has everything they need. From personal trainers to state-of-the-art equipment and one of the longest indoor running trails in the nation, UREC provides the tools to demystify the process. They'll even set up a personal training program for you. And that you found the information helpful. Please contact us if we can be of assistance to you.

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Commuter Student

LSU Dining and Spring Meal Plans:

For more information, visit

Learning more about campus organizations

Getting involved in an organization is a great way for students to learn more about myProxy, which parents (and other interested third parties) can use to request access to a student's online Fee Bill, as well as other records.

Similarly, if graduation is around the corner and the impending job search has your Tiger a little nervous, our Olinde Career Center has the tools to guide your Tiger through the process. They'll even set up a career fair for you. And that you found the information helpful. Please contact us if we can be of assistance to you.

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Our University Recreation Center has everything your Tiger needs to stay healthy. From personal trainers to state-of-the-art equipment and one of the longest indoor running trails in the nation, UREC provides the tools to demystify the process. They'll even set up a personal training program for you. And that you found the information helpful. Please contact us if we can be of assistance to you.

Advocacy for Campuses with Disabilities:

Did you know Disability Services now has 100 testing spaces? For more information, visit

LSU Disability Services:

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