LSU Parent & Family Programs hopes you have enjoyed reading the January Email Update.

**UREC Updates:**
Visit [lsu.edu/tigertwelve](http://lsu.edu/tigertwelve) to learn about the Tiger Twelve Class of 2019. For award criteria, visit the Tiger Twelve website.

**Stay Safe LSU:**
For more information about the LSU Ring, visit [lsu.edu/ring](http://lsu.edu/ring).

**Put a Ring on It:**
If you or someone you know is struggling with mental health, please contact the LSU Counseling Center. For more information, visit [lsu.edu/disability](http://lsu.edu/disability).

**More Testing Spaces Available!**
Commuter Students and First and Second Year Students Living on Campus can use additional testing spaces. For more information, or to register your Tiger with Disability Services, visit [lsu.edu/disability](http://lsu.edu/disability).

**January 15-16 from 11 a.m. – 1 p.m.**
LSU University Recreation Center will be open with mock-interviews so that your Tiger is ready to shine during their job search. If your Tiger's job search has your Tiger a little nervous, our Olinde Career Center is here to help.

**Longest Indoor Running Trails in the Nation!**
The LSU University Recreation Center provides the longest indoor running trails in the nation. Our University Recreation Center has everything your Tiger needs to stay fit. If fitness is your focus, make sure your Tiger remembers that LSU cares about each of its members. If you ever have a concern about your Tiger, let us know. To request access to a student's online Fee Bill, visit [myLSU](http://myLSU).

**Getting involved in an organization is a great way for students to...**
Does your Tiger know and understand the academic and behavioral expectations at LSU? 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, visit [lsu.edu/myproxy](http://lsu.edu/myproxy).

**January 17:**
The LSU Office of Student Financial Aid offers second-year students and transfer students who are currently registered for classes the opportunity to use myProxy to request access to a student's online Fee Bill, as well as other records. 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, visit [lsu.edu/myproxy](http://lsu.edu/myproxy).

**January 21:**
LSU will be closed for Martin Luther King Jr. Day and the University will observe a day of reflection for James H. Meredith, the first Black student to attend the University of Mississippi. For more information, visit [lsu.edu/whylsu](http://lsu.edu/whylsu).

**January 29:**
The LSU Alumni Association will celebrate the second annual Tiger Family Weekend from October 4th to October 6th. For more information, visit [lsu.edu/familyweekend](http://lsu.edu/familyweekend).

**January 30:**
The LSU Office of Student Financial Aid will host the 2019 Spring Family Fling from 4:00 p.m. to 8:00 p.m. in Manship Square. Registration for our Spring Family Fling will open on Wednesday, January 9th at 4:00 p.m. Registration includes an entire weekend of activities for the whole family, including a cajun cookout, LSU Baseball game, LSU Basketball game, and fun for the whole family. For more information, visit [lsu.edu/urec](http://lsu.edu/urec).

**January 31:**
The LSU Alumni Association will offer a special discount for Spring 2019 families at The Cook Hotel. Great rates right on campus. Visit [TheCookHotel.com](http://TheCookHotel.com) for more information. We hope you can join us for this fun-filled event!