August update

Welcome back to campus! As your Tigers come back to campus this month, LSU's Student Health Center (SHC) is here to help you stay healthy and prepared for the semester.

SCHOLARSHIP OPPORTUNITY

Spring 2022 Undergraduate Awards
Applying for a scholarship is simple! With an application deadline of August 30, you can enter multiple applications and increase your chances for success! Visit lsu.edu/scholarship to get more information about LSU Family Association and join today to apply for Spring 2022 Undergraduate Awards!

Tiger Card

The Tiger Card serves first-generation students, income-eligible, and students with disabilities. The priority application deadline is August 15. For more information visit sue.lsu.edu/tc.

*Insurance billing will be conducted for primary care, gynecology, and psychiatry services.

Student Health Center

Open August 13. For more information visit sue.lsu.edu/shc.

Insurance options available: GroupX, United Healthcare Access Blue, United Healthcare Access Prime, Blue Cross Blue Shield, and Blue Cross (Prime). The deadline to purchase insurance is the 14th day of class. Visit lsu.edu/mylsu/health for more information.

The LSU Student Union

Volunteer LSU: During the fair, you can find your Volunteer LSU office in room 144. Parking will be available in the Union Square Garage.

The Park-N-Geaux program

Serves as an express shuttle across campus from the Tiger Student Union to the new LSU Student Union on your way to the LSU Student Union. Open August 13. Visit lsu.edu/parkngeo to learn more.

Leadership Training for First-Year Students

Tiger is still looking for a job on campus, we are here to help! Students are encouraged to use the LSU Employment Center to help find a job on campus! Visit lsu.edu/employment for more information.

T.A.I.L.

T.A.I.L. is open to students that have at least 24 credit hours. Visit lsu.edu/tail to learn more.

Lighthouse Program

Wellness coaching, programming, and outreach; Safety; Public health initiatives essential for personal or campus community health and well-being; Immunization processing and compliance verification. Visit lsu.edu/lighthouse for more information.

Parking

Parking is available for all LSU lots. Visit lsu.edu/parking for more information.

Paw Point

The Paw Point commuter plan? Purchase your meal plan through your myLSU account today! All Month Long: TigerLink makes it easy for students by serving as a one-stop-shop for finding all student organizations and their events. Have your student log onto tigerlink.lsu.edu or reach out to the Campus Life involvement staff at involvement@lsu.edu.

Campus Federal Credit Union

LSU President Dr. Joe J. Savoie has named Amy C. K. Griffin as the new president of LSU Federal Credit Union, effective September 1, 2021. The credit union serves students, faculty, staff, and their families and is dedicated to providing high-quality, low-cost financial services.

Disability Services

The LSU Department of Student Access Services (DSS) is a diverse group of professionals who strive to serve students with disabilities in accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. The program of services and accommodations offered to students is flexible and intended to ensure equal access to education and equal opportunity to participate in university sponsored activities.

Financial Aid & Scholarships

The LSU Office of Student Financial Aid is committed to providing students and their families with the information and tools they need to be successful both in and out of the classroom. Students must complete the Free Application for Federal Student Aid (FAFSA) to be considered for most financial aid programs.

Counseling & Development

The Counseling & Development Center provides services for all students in areas such as personal, academic, and career concerns. Services are available on a confidential basis and are designed to help students develop skills, knowledge, and abilities to enhance personal well-being.

Residential Living

The LSU Residential Association offers a competitively priced and affordable meal plan to supplement a meal plan. The Meal Plan promotes a healthy and balanced lifestyle with a wide variety of meal options. Visit lsu.edu/familyweekend for more information.

LSU Dining

Dining Services at LSU provides more than 85 dining locations and 500,000 meals daily to students, faculty, and staff. Campus Dining strives to meet the varying dietary needs of all students.

Student Government Association

The Student Government Association is a student-led organization that provides services to the LSU campus community. SGA is an outlet for the university's students to gain leadership experience and work with the university to address their concerns.

College of Human Development and Education

The College of Human Development and Education offers undergraduate and graduate programs designed to provide students with the knowledge and skills they need to make a difference in the lives of others. The college is dedicated to providing high-quality education and research opportunities for all students.

LSU Parent & Family Programs

LSU Parent & Family Programs is dedicated to strengthening the parent and family relationship through a range of programs, services, and events designed to support and enrich the lives of parents and families. Visit lsu.edu/parentfamily for more information.

COVID-19 Testing

COVID-19 testing is available for all students, faculty, and staff. Visit lsu.edu/covidtesting for more information and to register for a test.

Welcome Week

Welcome Week serves as the final part of your student's orientation to LSU and signifies the start of the academic year. During Welcome Week, you will have the opportunity to connect with fellow students, faculty, and staff and get involved in all that LSU has to offer.

LSU Foundation

The LSU Foundation is dedicated to supporting the mission of LSU by raising funds for scholarships, programs, and initiatives. The Foundation's annual report highlights the impact of their work and provides opportunities for donors to give back to the university.

Research Information

Research Information is available on the LSU Foundation's website. Visiting lsu.edu/research will provide you with more information about LSU's research initiatives and programs.

August 23:

- MELONS - Melons contain up to 94% water, making them great for hydration and a refreshing snack. They are also rich in vitamins and minerals, including vitamin C and potassium. Melons are also a good source of fiber, which can help with digestion.

August 30:

- AVOCADOS - Avocados are a nutrient-dense superfood that are rich in healthy fats, protein, and fiber. They are also a good source of potassium and vitamin E. Avocados can be used in a variety of dishes, including salads, sandwiches, and smoothies.

- MUSHROOMS - Mushrooms are a versatile and healthy food that can be used in a variety of dishes. They are rich in protein, fiber, and antioxidants, and are also a good source of minerals such as potassium and selenium. Mushrooms can be used in soups, stews, and stir-fries.

- TUNA - Tuna is a lean and nutritious seafood that is rich in protein and omega-3 fatty acids. It is also a good source of vitamin D and B12. Tuna can be used in salads, wraps, and sandwiches.

- GARLIC - Garlic is a pungent herb that is rich in antioxidants and has anti-inflammatory properties. It is also a good source of vitamin C and B6. Garlic can be used in a variety of dishes, including soups, stews, and sauces.