A friendly reminder that it’s finals week! Whether your Tiger has just finished one of their exams or is preparing for one this week, please encourage them to eat well, exercise, and get enough sleep. This will help set the stage for a strong note — and the best way to do that is to study hard, take care of their body, and recharge the mind. Don’t forget to give them the tools they need to obtain a fitness goal. UREC Personal Trainers will help them reach their goals.

LSU UREC Personal Training packages will give the gift of health to your Tiger this year, and will help them get ready for the new year. The Spring Involvement Fair will be held on Tuesday, April 9 in the LSU Student Union. This is a great opportunity for your Tiger to network with potential employers and student organizations. The fall semester is almost finished, and it's time to think about new years耶稣。While we put the finishing touches on 2018 and look toward the new year, I hope you’ll join me in pausing for a moment to be thankful for the opportunity to attend a university like LSU that encourages students to seek out new experiences, explore their passions, and be inspired to work hard and do their best. Thank you for giving your student the tools they need to obtain a fitness goal.

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CAMPUS HIGHLIGHTS

Take Five, Tiger is a student leadership program for students interested in leading campus events and programs.

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