

January update

KEEPING YOU IN TOUCH



SPRING FAMILY FLING



Save the Date for Spring Family Fling: March 3-5, 2023

All LSU Family Association members are invited to campus for our annual Spring Family Fling to enjoy a weekend of LSU athletic events and to experience Louisiana culture and cuisine, while mingling with other LSU families.

Registration for our Spring Family Fling will open on Thursday, January 26 at 9 a.m. CT. All LSU Family Association members will receive an email on January 26 with details about how to complete registration.

Spring Family Fling will include an entire weekend of activities and fun for the whole family, including a crawfish boil tailgate, LSU Baseball games, LSU Softball games, and more. Visit lsu.edu/family for more information and to view the tentative

Upcoming Dates & Events

Click on underlined events for more info

January 19:
Involvement Fest, 3-6 p.m. on Tower Drive

January 19: NPHC Intake, Greek Code, 6 p.m.

January 23: IFC Recruitment Interest Meeting, 6-8 p.m.

January 24: Retro Remix Lunch at 459 Commons

January 24: Panhellenic meet and greet with participating chapters

January 25: Final date for dropping courses without receiving a "W"

January 26: Final date for adding courses for credit and making section changes

schedule of events. We hope you can join us for this fun-filled event!

If you would like to join the Family Association, please visit lsu.edu/join to learn more. The deadline to join the Family Association in order to receive an invitation to register for Spring Family Fling is January 31.



ASK YOUR TIGER

- What can we do to help you stay focused and motivated this semester?
- What do you think you may need to do differently this semester to help you succeed in school and life?
- Are you planning on getting involved in any new student organizations this semester? If so, which one(s)?

JOIN TODAY

LSU | Family Association

DONATE HERE

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CAMPUS HIGHLIGHTS

Center for Academic Success (CAS): Help your Tiger succeed with CAS! The Center for Academic Success offers [free services](#) to help students perform their best in their classes. For courses with [Supplemental Instruction](#), students who attend three or more sessions

January 26: [Virtual Insurance Forum](#)

Feb 1: [CAS Workshop: Time Management](#), 6 p.m.

February 1: [Upperclassmen apartment selection begins](#)

Feb 2: [CAS Workshop: Time Management](#), 6 p.m.

February 3: Last day to add or change a meal plan

February 3-5: [Self-Defense Class for Women](#)

February 4: [Bayou King Cake Festival](#)

February 6: [Engineering Networking Reception](#), 6-8 p.m.

February 7: [Career Expo](#), 11 a.m.-4 p.m.

February 14: [Mardi Gras Mambo](#), 11 a.m.-2 p.m. on Tower Drive

February 20-22: Mardi Gras Break (classes resume at 12:30 p.m. on February 22)

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

typically earn a 0.5 letter grade higher than students who do not attend. [...[read more](#)]

FAFSA Reminder: If your Tiger is interested in receiving financial aid, it's time to renew their FAFSA! The Free Application for Federal Student Aid is available for the 2023-24 school year at studentaid.gov.

Gulf Coast Scholars Program: Does your Tiger have summer plans? Encourage them to apply to participate in a [Gulf Scholars Summer Impact Project](#) in which they will work alongside an LSU faculty member on a project related to the Gulf South. Students can earn up to \$6,000 in wages while working on their project. Applications are accepted on a rolling basis and close on April 23. Email questions to lsudiscover@lsu.edu [...[read more](#)].

Gumbo Yearbook: 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.

Health Insurance: Navigating health insurance can be confusing. The LSU Student Health Center offers free, virtual Insurance Forums and 1:1 Case Management appointments to educate and support students through the insurance and billing process at the Student Health Center. [Learn more and register for the next forum on Jan. 26th.](#)

Hit the road with Campus Life to the Bayou King Cake Festival: Join us on February 4 to laissez les bon temps rouler at the Bayou King Cake Festival! We will depart campus from Tower Drive to Thibodaux, La., for their inaugural festival that includes king cake tasting and the Krewe of King Cake Children's parade. Each student will receive one ticket that allows them to sample five different king cake flavors and vote for their favorite. The trip is free and open to all LSU students. Depart from Tower Drive at LSU, 11:30 a.m We will arrive back in Baton Rouge around 5:30 p.m. RSVP: <https://cmlink.me/2mq/r1954069>

IFC Recruitment: For the IFC Spring 2023 recruitment, the IFC Recruitment Interest Meeting will be Monday, January 23 from 6-8 p.m. in the Magnolia Room of the Student Union. This will be an opportunity for all those interested in participating in Spring 2023 IFC Recruitment to meet with representatives from the six chapters participating (Alpha Gamma Rho, Alpha Tau Omega, Beta Theta Pi, Sigma Chi, Sigma Phi Epsilon, and Theta Chi). The link to indicate you are interested in recruitment can be found [here](#) and all relevant follow-up information will be available on the LSU Interfraternity Council's Instagram page.

Involvement Fest: Joining an organization yields resume-worthy experiences, establishes networking skills, and provides students the chance to find their place on campus! At Involvement Fest, students can browse and learn about student organizations on campus and talk with other student leaders. January 19, 3-6 p.m. on Tower Drive by the LSU Student Union.

LSU Baseball First Pitch Banquet: Join us for the LSU Baseball First Pitch Banquet on Sunday, January 22, 2023 at the Crowne Plaza! Meet Head Coach Jay Johnson, coaching staff, entire team, alumni, and friends of the program to celebrate the beginning of another exciting LSU Baseball season. The evening will feature a cocktail reception, dinner, raffle, and auction. This event sold out in just a few weeks last year, so we have relocated to a larger venue. Secure your table today before it's too late! [...[read more](#)].

LSU Dining: Follow us on Instagram @lsu.dining for more great events this semester! Reminder that the last day to add or change a meal plan this semester is February 3.

- Who doesn't need a lava lamp in their life! Join us January 24 for lunch at 459 Commons for Retro Remix! Chaos Fusion is a new trend, mixing various cuisines into one dish! Lots of great food and the opportunity to win a Lava Lamp!

LSU Foundation: Get pumped, Tigers! LSU Giving Day is March 29, and this year is going to be bigger and bolder than ever. Share your LSU spirit and join us as a Social Media Ambassador. [\[...read more\]](#)

LSU Shield: Have you heard of the LSU Shield app? It's an easy to download app for students and it has several safety features that are simple to use. Check it out now by clicking on the link below! [LSU Shield App | LSU Police](#)

Mardi Gras Mambo: We're celebrating Mardi Gras on the LSU campus! Join the Campus Life team and our campus partners on Tower Drive for floats, food, and fun! Tuesday, February 14, 11 a.m. - 2 p.m. on Tower Drive.

MLK Food Drive: The 2023 MLK Food Drive has an ABC theme: Anything but Cans. We are asking LSU student organizations to contribute to our campus's food insecurity. Organizations will collect items from Tuesday, January 17 until Tuesday, January 31 throughout campus. Anyone can donate [\[...read more\]](#).

NPHC Intake: The National Pan-Hellenic Council (NPHC) will be hosting Greek Code on January 19 at 6:00 pm in the LSU Student Union Theater. The event is free and mandatory for any LSU student interested in participating in membership Intake. The attire for the program is business casual. This is a great opportunity for students to learn more about the NPHC community at LSU and interact with members of NPHC. You can register for the event [here](#). Please follow us on Instagram at lsu_nphc to stay updated on programs and events.

Olinde Career Center: Happy New Year from the Olinde Career Center! The Spring semester is filled with career readiness opportunities for your Tiger! [Click here to learn more about upcoming events and programs.](#)

One-on-one Wellness Coaching Available at the Student Health Center: Is your Tiger struggling to navigate the transition to college? Do they need support managing their stress and building healthy habits and routines? Wellness Coaches at the Student Health Center are here to support your student in setting and achieving their wellness and life goals. They are available for one-time meetings, and or weekly short-term coaching. You can make an appointment by calling 225-578-5718.

Panhellenic Recruitment: Each Spring, LSU Panhellenic hosts Continuous Open Bidding. Continuous Open Bidding (COB) is an informal recruitment process in which participating sororities will contact Potential New Members (PNMs) by phone or email to invite them to attend their membership activities. Membership recruitment activities might include dinner at the house, coffee dates, or sisterhood events such as a movie night! Each year 6-7 of the

14 current Panhellenic sororities are eligible to participate. Continuous Open Bidding (COB) is recommended for anyone who did not to participate in Fall Primary Recruitment or did not match to a chapter during Primary Recruitment. Panhellenic will be hosting an information session on January 18 via Zoom and an in-person meet and greet with participating chapters on January 24. Interested women should go to lsupanhellenic.com to submit the interest form and learn more details about COB!

Self-Defense Class for Women: The Student Health Center and LSU Police Department will be hosting a 12-hour self-defense course for women on February 3-5. This personal safety course will include lecture, discussion, and development of self-defense techniques suitable for women of all ages and abilities. The training is free for LSU students. You can register [here](#).

Team TAF: Join Team TAF today to help support LSU student-athlete scholarships! Every dollar donated to Team TAF will directly offset the \$16 million annual student-athlete scholarship bill. Joining Team TAF is not only the best way to support all of our student-athletes, but also the best way to maximize your LSU experience! All Team TAF donors have access to the new [BENEFITS CHART](#), earn 4 points per \$1000 [PRIORITY POINTS](#) for postseason tickets, SEC Championship tickets, season parking and upgrading season ticket locations as a season ticket holder. Whether you are supporting from the stands, or are a Tiger supporting near or far from the boot, Team TAF is the best way to show your support! [\[...read more\]](#).

Upperclassmen Apartment Selection: The Housing Portal will open for Upperclassmen Apartment Selection on February 1, 2023. For details on the selection timeline [\[...read more\]](#).

Upperclassmen Apartment Tours: Tours of a 4-bedroom, 2-bathroom unit in East Campus Apartments and 2-bedroom, 2-bathroom unit in Nicholson Gateway will begin in February [\[...read more\]](#).

THE "H" STYLE GOAL POST REPRESENT THE THRESHOLD INTO TIGER STADIUM. THIS CROSSBAR IS A SECTION OF THE GOAL POST THAT STOOD FROM 1955 TO 1984. SINCE 1984, THE TIGERS HAVE TOUCHED THIS BAR BEFORE THEY ENTER "DEATH VALLEY" AS A SIGN OF COMMITMENT TO WHATEVER IT TAKES FOR VICTORY! **LSU**

WIN!

COLLEGIATE CLUB AT LSU



THANKS MOM AND DAD I LOVE YALL

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**Exclusive access to the best student experiences
LSU has to offer!**

Encourage your Tiger to become a member of the Collegiate Club, presented by the LSU Alumni Association and Tiger Athletic Foundation. Membership includes exclusive access to our annual crawfish boil, away game watch parties, a private study area, premium tickets, leadership opportunities, and more! Learn more at lsualumni.org/collegiate-club.



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complimentary breakfast, full-service bar, ample parking, and more.

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