



# UNIVERSITY OF LOUISIANA AT LAFAYETTE

## DIVISION OF GLOBAL ENGAGEMENT



*November 2020 Newsletter*



*Inside the Issue*

### STUDENT SPOTLIGHT

We talk to the Ragin' Cajuns Water Ski team captain Harry Spavin about his experience in civil engineering and what he has learned at UL Lafayette.

### INTERNATIONAL EDUCATION WEEK

Find out what UL Lafayette is doing to celebrate international education and exchange during International Education Week.

### FINALS STUDY TIPS

Finals week will be here before you know it! We give you some tips to try and help you be better prepared to take on those tests.



# INTERNATIONAL EDUCATION WEEK 2020

## AT UL LAFAYETTE

Starting the week of November 16th, International Education Week will take place as an opportunity to recognize the importance of education and exchange across the world. To appreciate this, we will be focusing on studying abroad and how it changes students' lives. Study abroad gives you a whole new perspective on what discovery is and makes you a traveler for life. Join UL Lafayette Study Abroad alumni to hear about their experiences abroad!

[Click here](#) to register for our virtual information session entitled "Why not Embark on the Journey of a Lifetime: Traveling and Learning from UL Lafayette faculty."

After registering, you will receive a confirmation email containing information about joining the meeting.

Please stay tuned for other events planned for International Education Week!



## TRAVEL AUTHORIZATIONS

The Division of Global Engagement is strongly discouraging F-1 students and J-1 scholars from traveling outside of the U.S. during the University's winter break due to rapidly changing immigration regulations and safety concerns regarding the COVID-19 pandemic. There are several country specific travel restrictions in effect worldwide and routine U.S. visa services have been suspended due to COVID-19. Additionally, many airlines around the world are cancelling flights to help combat the transmission of COVID-19. Please note that DGE staff cannot guarantee your return to the U.S.

**It is important that student and scholars understand the risks of international travel. If you do decide to travel and are unable to reenter the U.S., you can:**

- Be ineligible to keep your assistantship (Graduate students cannot hold assistantships while they are outside the U.S.)
- Be ineligible to keep scholarships and/or on-campus employment
- Be unable to complete your degree program (not all classes are offered remotely)
- Lose a semester of eligibility for OPT and/or CPT
- Owe rent even that you may be legally bound to pay
- Be required to reapply for admission - Students who skip a major term(Spring or Fall), are required to apply for readmission

Students who decide to travel during the Fall Break, must read through and complete a *Request to Travel Authorization* form in order to receive a travel authorization. Travel authorizations are valid for 12 months.

## STUDENT SPOTLIGHT: HARRY SPAVIN

*Meet your classmates!*



Harry Spavin is an undergraduate student from Lincoln, England who is pursuing a degree in Civil Engineering at UL Lafayette.

**Why did you choose to attend UL Lafayette?**

I chose to come to UL Lafayette because of the Water Ski Team; I was recruited to come and ski for the Ragin' Cajuns. The Ragin' Cajuns Water Ski Team is one of the very few college water ski teams that allow athletes to get scholarships for water skiing. As a World Ranked water skier before I came to college, UL Lafayette was the best place to continue my skiing to reach the next level and start my academic career.

**What advice can you give to other international students?**

Take advantage of every opportunity you get. The university system in the US is so student-athlete friendly. If you are a student-athlete looking to study abroad, I would 100% recommend making the decision to go. The support from the University is unbelievable. I think it is the best choice to make as a young athlete.



## GRADUATION

Congratulations to our Fall 2020 Graduates! We wish you much success on your next adventure!

The Fall 2020 Commencement Ceremonies will take place outdoors on Tuesday, December 8th and Wednesday, December 9th. All ceremonies will be held outdoors, so the Office of the University Registrar asks that you leave December 10th and 11th schedules free just in case the ceremonies have to be moved due to weather.

For more information on locations and times go to  
<https://commencement.louisiana.edu/ceremony/fall-2020-ceremony>

## STUDYING TIPS FOR FINALS

As the semester is coming to an end, finals are taking place on November 21st to the 25th. Be sure to check when your exams are taking place and how you will be assessed. Here are some studying tips to help you along the way!

1. **Consider whether your final will be cumulative or not.** If it is cumulative, start studying older material so it is fresh in your brain.
2. **Change up your scenery!** It might be more difficult to be in public spaces, but opt to study somewhere that is not your usual spot if you are studying for a long duration of time.
3. **Limit your distractions!** Be sure to put away your phone and avoid straying from the task at hand.
4. **Don't forget to take breaks!** Prevent yourself from burning out by scheduling breaks to allow your brain to rest.
5. **Make your own test and study guides!** Actively learning the material by testing yourself and others can be super efficient compared to just reading your notes.
6. **If possible, space out your studying over a span of time instead of doing it on one or two strenuous sittings.** Studying for a shorter period of time consistently may be more beneficial in the long run.
7. **Be mindful of your schedule!** Stay organized and commit to times and deadlines that you set up for yourself. Creating a schedule will help you stay on track and give you purpose.



What has been your favorite part of coming to UL Lafayette? The culture and location of Lafayette. The people are amazing. There are so many nice people in the city, and it shows through the University. It is one of the friendliest cities I have visited. The people of Lafayette are the biggest Ragin' Cajuns fans. I find it crazy how the whole city is Ragin' Cajun mad. It all adds to the collegiate experience.

What is your favorite part of the program you're studying?

I am a Civil Engineering major, so my program has a high workload. It is very in depth and requires a lot of focus. My favorite part of the program would be the laboratory experiments we conduct. To be able to see the theory we learn in class put into application in front of our eyes really helps to understand it clearer. The professors in Civil Engineering are also very accommodating. As a student-athlete, I have had to miss time to go to events to compete as a Cajun. All my professors have been understanding when it came to my water ski activities.

What's been the best part about being the Water Ski Team Captain?

Watching our 'Cajun Family' grow. I was made Team Captain in January of 2018. At that point we were a very young and inexperienced team. Each of the skiers were talented enough on the water, but we struggled to put everything together as a team. Fast forward a year later and we went completely undefeated in the 2019 year, ranked #1, and won the National Championship Title to conclude the year. Watching the skiers on the team grow and mature enough to achieve our goal was great to witness.





## RAGIN' CAJUNS WATER SKI TEAM

The UL Lafayette's Ragin' Cajuns Water Ski Team won the Division 1 crown at the National Collegiate Water Ski Association's National Championship. This is the seventh national championship title earned since it's founding in 1988 (1995, 1997, 2003, 2005, 2010, 2015, and 2019). Congratulations to our Ragin' Cajun Water Skiers!

## INTERNATIONAL CIRCLE

Every Thursday at 9am, the International Circle provides a welcoming environment for international students to discuss their experiences.

Students work together and talk about how they overcome the obstacles and challenges they face through a themed discussion each week. Join and connect with your peers through these virtual meetings!

Contact  
[mariam.abdo@louisiana.edu](mailto:mariam.abdo@louisiana.edu)  
for any questions or to register.

|   |   |
|---|---|
| <b>FEELING HOME SICK?</b><br>Learn about ways to connect with your peers and find ways you can reconnect with your home country.  | <b>SAFE SPACE</b><br>This is a space where you can express your experiences without worry. Join peers who understand your experience.   |
| <b>SHARE YOUR EXPERIENCE</b><br>Whether it is a new fun experience or a going through, let us know what your experiences are like!  | <b>CULTURE</b><br>We all experience family, food, communication, life differently. These differences make us unique!  |
| <b>LEARN SKILLS</b><br>Learn skills that can enhance your daily life. From finding new hobbies, to learning how to format emails, we are here to provide an environment for you to learn relevant skills. | <b>COMMUNICATION</b><br>An important part of student life is communication. Let's talk about how to speak with your professors, miscommunication concerns, body language, and translations. |

## CELEBRATING THANKSGIVING

It's November, so it's time to start thinking about Thanksgiving!



Thanksgiving is a National holiday in America that commemorates a harvest feast shared by English colonists and the Wampanoag people in 1621. It is celebrated on the 4th Thursday of November, which is on November 26th this year.

The most popular Thanksgiving tradition is the Thanksgiving meal. People usually share a large meal with loved ones where everyone reflects on what they are thankful for. This meal typically includes turkey, bread stuffing, cranberries, pumpkin pie, and a variety of other side dishes. Along with the big meal, watching the Macy's Thanksgiving Day Parade or a football game on tv with friends and family are also fun way to celebrate.

## STUDY ABROAD 2021 UPDATE

The Study Abroad Office has completed the revisions for their Summer 2021 faculty-led programs. Instructions on how to apply and make the initial deposit are on the Study Abroad website and Moodle page.

If you wish to know more about these programs, you can schedule a meeting, attend a virtual student panel of Study Abroad alumni, or be part of a virtual discussion with faculty from each of the programs. A virtual student panel will be held on November 16th at 4pm.

# HOMECOMING WEEK

## NOVEMBER 1-7, 2020

What is Homecoming?

Homecoming is a celebration to welcome former members back to a community. Schools and universities throughout the U.S. welcome back their alumni during homecoming, which usually takes place after a football team's longest stretch of away games. There are some fun traditions like the elected homecoming court that recognizes students' contributions to their community and a fun parade, as well as a home football game.

This year's "Timeless Traditions" Homecoming Week will offer many opportunities for students to get involved and have fun. There will be Ragin' Rock and Bowl, a campus scavenger hunt, cupcake giveaway, a movie madness night, a pep rally, and much, much more!

For information on all homecoming events, click [here](#).

This year, Homecoming week is from November 1st-7th and ends with a football game against Arkansas State at Cajun Field on Saturday, Nov. 7th at 11 am.



## NOVEMBER GAME SCHEDULE:

### Football:

- vs. Arkansas State (Nov. 7th, 11am)
- vs. South Alabama (Nov. 14th, TBA)
- vs. Central Arkansas (Nov. 21st, TBA)
- at. ULM (Nov. 28th, TBA)

### Volleyball:

- vs. UT Arlington (Nov. 6th, 11 am & 6 pm)
- vs. UT Arlington (Nov. 7th, 1pm)
- Sun Belt Conference Tournament (Nov. 18th-22nd)

### Men's Basketball:

- vs. Xavier (Nov. 25th) @ the Cajundome

## GROUP EXERCISE

## FALL 2020

| MON   | TUES   | WED  | THURS  | FRI                                 |
|---|--|--|--|-------------------------------------|
| CYCLE<br>HALEY<br>6:45-7:15AM                 | CAJUN CORE *<br>BONNI + TESS<br>12:00-12:30PM            | STRENGTH +<br>TONE *<br>PRESTON<br>12:00-12:45PM | CYCLE<br>HALEY<br>6:45-7:15AM                  | CYCLE<br>ROTATING<br>8:15-8:45AM    |
| CYCLE<br>KELSEY<br>12:00-12:30PM              | CYCLE +<br>STRENGTH<br>HALEY<br>3:30-4:00PM              | STRENGTH +<br>TONE *<br>JULIEN<br>4:15-5:00PM    | YOGA *<br>TESS<br>12:00-12:45PM                | YOGA *<br>ROTATING<br>10:00-10:45AM |
| BOOTCAMP *<br>KOBIE<br>4:00-4:30PM            | STRENGTH +<br>TONE *<br>JULIEN<br>5:30-6:15PM            | ZUMBA® *<br>KELSEY<br>5:30-6:00PM                | STRENGTH +<br>TONE *<br>PRESTON<br>3:15-4:00PM |                                     |
| LOWER BODY<br>LIFT *<br>TAYLOR<br>5:00-5:45PM | CAJUN *<br>CONDITIONING<br>KOBIE + JULIEN<br>6:45-7:15PM | BODY WEIGHT<br>PLUS *<br>LAUREN<br>6:15-7:00PM   | CAJUN CORE *<br>JOHN<br>4:30-5:00PM            |                                     |
| UPPER BODY<br>LIFT *<br>LAUREN<br>6:15-7:00PM | HIIT *<br>JOHN<br>7:45-8:15PM                            | YOGA *<br>JASON<br>7:15-8:00PM                   | HIIT *<br>LAUREN<br>5:30-6:00PM                |                                     |
| CYCLE +<br>STRENGTH<br>KAITLYN<br>7:30-8:00PM | ZUMBA® *<br>ARRINGTON<br>8:30-9:00PM                     | CYCLE<br>KAITLYN<br>8:15-8:45PM                  | CYCLE +<br>STRENGTH<br>KAITLYN<br>6:30-7:00PM  |                                     |
| YOGA *<br>JASON<br>8:15-9:00PM                |  | ZUMBA® *<br>ARRINGTON<br>7:15-7:45PM             | YOGA *<br>JASON<br>8:15-9:00PM                 |                                     |
|   |  | ALL LEVELS<br>AND ABILITIES<br>WELCOMED!         |  |                                     |

\* CLASSES ALSO AVAILABLE  
ON ZOOM (REGISTRATION  
STILL REQUIRED)

TRAINING STUDIO  
DANCE STUDIO



## RECREATIONAL SPORTS

Bourgeois Hall, our recreational center, is now open to the public and offers a variety of ways to have fun and get a good workout in! You will find a number of ways to stay active from pick-up basketball to Group Exercise classes as well as ways to relax and unwind by getting mindful through yoga or getting some "you" time by the pool.

Group Exercise classes began a few weeks ago and give students the opportunity to get fit together in a fun and inviting group setting with classes taught by certified instructors.

For more hours, to sign up for Group Exercise classes, or for more information, go to <https://recsports.louisiana.edu/about-us/hours/break-hours>

@ulrecsports

@ULRecSports

# STUDENT RESOURCES & IMPORTANT DATES

*Take advantage of these resources our campus provides.*

## IMPORTANT DATES

Last Day of Classes -  
Friday, November 20th

Last Day of the Fall 2020 Semester -  
Wednesday, November 25th

Thanksgiving Day -  
Thursday, November 26th

Fall Commencement -  
Tuesday, December 8th

Winter Intersession 2020: Class Begins -  
Monday, December 14th

OPT Application Deadline -  
Monday, February 1st, 2021



## EVENTS TO ATTEND

The International Circle -  
Thursdays @ 9 AM

Study Abroad Panel- Monday,  
November 16 @ 4 PM

## RESOURCES

**Handshake** - Looking for a job as a student worker? Create a free account on the Handshake website and fill out a profile to find jobs specifically suited for you.

**Campus Cupboard**- Hours are on Tuesdays from 3:30 p.m. - 5:30 p.m. and on Fridays from 10:30 a.m. - 12:30 p.m. Students who visit the Campus Cupboard will be asked to present their University IDs.

**Free, walk-up COVID- 19 testing on campus** - Testing for students and faculty who register is through November 25th. The site is located at a small tent near the intersection of Herbrard Blvd. and Boucher St. For more information, check the university's website.

**Career Closet** - Located in Room 104 of Agnes Edwards Hall, the Career Closet provides students with free, gently used professional clothing items for interviews and career fairs. Current students can visit the Career Closet during business hours to shop for suits, ties, belts, shoes and other professional items.

**The Writing Center**- Located in Room 108 of Griffin Hall, the Writing Center helps students improve on their writing skills.

**Learning Center**- Located in Lee Hall on the 2nd floor, this center offers free individual or study group tutoring and many other services to help students succeed in their area of study.

## IEP SESSION DEADLINES

### 2021 Sessions

Spring I 2021 (January 7 – March 12)

Spring II 2021 (March 18 – May 21)

Summer 2021 (June 3 – July 30)

Fall I 2021 (August 12 – October 8)\*

Fall II 2021 (October 14 – December 10)\*

### Deadline for Students outside the U.S.

November 20, 2020

February 12, 2021

May 7, 2021

June 30, 2021

September 3, 2021

### Deadline for Students inside the U.S.

December 18, 2020

March 12, 2021

May 28, 2021

August 6, 2021

October 8, 2021

\*Application not yet available online. Application will be available 6 months from program start date.

## FOLLOW US ON SOCIAL MEDIA!



UL Lafayette Division of Global Engagement

International Student Council at UL Lafayette



@ulglobalengagement  
@ISC\_UL