

# RED & READY

IMPORTANT  
DATES &  
DEADLINES

FALL 2025  
EDITION

FALL 2025 BEGINS  
THURSDAY,  
AUGUST 21, 2025

WEEK OF WELCOME  
AUGUST 16-28, 2025

ACADEMIC TIPS  
& RESOURCES

EVENTS & ACTIVITIES  
RELATED TO  
ACADEMIC SUCCESS



OFFICE OF STUDENT SUCCESS  
LAMAR UNIVERSITY





## IMPORTANT DATES

Fall Full-Term & First 8-Weeks begin Thursday, August 21, 2025!

Application for December 2025 graduation begins Thursday, August 21, 2025.

Last day to register for Fall Full-Term & First 8-Weeks is Monday, August 25, 2025.

Last day for a full refund on dropped First 8-Weeks courses (not withdrawn) is Thursday, August 28, 2025.

## QUICK LINKS

[Academic Calendar](#)

[Student Events Calendar](#)

[Athletics Calendar](#)

[Student Success Workshops](#)

## Welcome to Red & Ready!

Whether you're new to LU or continuing your journey, this is your insider guide for tips, tools, and campus know-how. From staying on track to finding your people, we've got what you need to thrive. Each issue is packed with resources to help you stay on track academically, connect with the LU community, and feel confident every step of the way. Let's make this your best year yet.



### MEET LU'S PRESIDENT

Come to New Student Convocation on Wednesday, August 20, 2025, at 4pm in the Neches Federal Credit Union Arena at the Montagne Center to meet President Dr. Jaime R. Taylor and be officially welcomed to the Cardinal Community.

### ON-CAMPUS STUDENT JOB FAIR

Date: Tuesday, August 26, 2025

Time: 1 - 3pm

Location: Setzer Student Center, Live Oak Ballroom

### STUDENT SUCCESS WORKSHOP

Title: The Road Ahead, Planning for a Successful Fall Semester

Date: Thursday, August 28, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

### W.O.W. EVENTS

August 16 - 28, 2025

Week of Welcome is your go-to kickoff for campus life—meet people, join the fun, and see what college is really all about.

[View Event Schedule](#)



[Video Tips: The Differences Between High School and College](#)



AUGUST 2025

## NAVIGATING COLLEGE IS NAVIGATING LIFE

Each year at Lamar University is a new chapter in your journey – not just as a student, but as a whole human being.

You're not just choosing a major. You're learning who you are, what you value, and how you want to show up in the world.

Here's how to make each year your best year at LU:

### First Year – Discover Who You Are

- Goals: Adapt to college, explore interests, connect with campus resources
- Mindset: I'm here to explore who I am, where I thrive, and what excites me.

### Second Year – Focus & Build

- Goals: Choose a direction, deepen involvement, be intentional
- Mindset: Now that I've explored, I'm investing in what matters most.

### Third Year – Apply What You've Learned

- Goals: Apply skills, prepare for post-grad
- Mindset: I'm creating momentum for life after graduation.

### Fourth Year – Lead, Reflect, & Transition

- Goals: Complete degree, connect with the LU Alumni Community, launch career
- Mindset: I've grown into who I am. Now I carry that forward.

## YOUR SUCCESS STARTS HERE!



Scan to access and explore available campus resources.

Need help?  
[studentsuccess@lamar.edu](mailto:studentsuccess@lamar.edu)  
(409) 880-7221



OFFICE OF STUDENT SUCCESS  
**LAMAR UNIVERSITY**



# 5 THINGS TO KNOW



MARY AND JOHN GRAY LIBRARY  
**LAMAR UNIVERSITY**



In Fall 2024, we started a \$90 million renovation project. Construction impacts our physical space, but we're still here to help you!



We have a 24/7 live chat service. You can also reach us via email or schedule research meetings for one-on-one help.



Use your Library My Account to put holds on books you need, then come check them out with your **Cardinal One Card**.



Use your LEA to access ebooks, electronic journal articles, and other resources to help you throughout your academic journey.



Need a book or article that our library doesn't have? Use Interlibrary Loan (ILL) to get a copy at no charge!



# WHAT TO KNOW: LIBRARY UNDER CONSTRUCTION

## Fall 2025



Due to construction, the library building is closed until further notice. In order to checkout and access physical materials, you will need to go to the circulation desk at 857 E Virginia St, Beaumont, TX 77705.



Since the library building is closed, all computer lab services have moved to the **Student Setzer Center**. It is upstairs and in rooms 271 & 273.



Need a new space to study? Scan this QR code to see a list of students' favorite places to cram in some studying!



With the changing library, there are also changing hours. Scan the QR code to see when the library is open during the semester!



MARY AND JOHN GRAY LIBRARY  
**LAMAR UNIVERSITY**  
Circulation & Access Services



(409) 880 - 7257



[dept\\_circulation@lamar.edu](mailto:dept_circulation@lamar.edu)



[www.lamar.edu/library/index](http://www.lamar.edu/library/index)



## CAMPUS CONNECTIONS

Struggling with math? The Math Shop offers free, drop-in help with various math courses—from algebra to calculus and more. No appointments needed—just bring your questions, get help, and build confidence!

Visit the [Math Shop](#) webpage or scan below to learn more.



Stuck on a writing assignment? The Writing Center offers everything you need for academic writing success—free help with essays, research papers, reading, and even using AI tools the right way. Whether you're brainstorming or polishing a final draft, come see us online or in-person.

Visit the [Writing Center](#) webpage or scan below to learn more.



Need a boost to ace your classes? LU's Student Tutoring and Retention (STAR) Services has your back with free tutoring, coaching, and workshops to help you succeed!

Visit the [STAR Services](#) webpage or scan below to learn more.



[Video Tips: Strategies for Student Success: Setting & Achieving Goals](#)



[Video Tips: How To Be Better Prepared for Online Classrooms](#)

## COLLEGE SURVIVAL 101

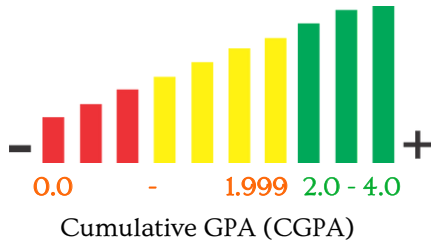
- Read the syllabus (yes, actually).
- Write down deadlines or prepare to panic later.
- Office hours are your friend. Go early, go often, even if you're not struggling.
- Email professors professionally (subject line, greeting, clear question – you're golden).
- Start stuff early... or at least not the night before.
- Figure out your learning style (videos, flashcards, group study, etc.).
- Campus resources = free help. Use them.
- Budget your money (and meal swipes).
- Sleep. Seriously.
- TikTok breaks ≠ study breaks (but we get it).
- Check your email – important info comes there, not on TikTok.
- Time management: some now > all later.
- Keep snacks. Trust us.
- Say hi in class – friends = survival.
- Join one thing. Free food is a lifestyle.
- Follow school socials = free shirts & event hacks.





## UNDERSTANDING ACADEMIC STANDING

Your academic standing is based on your GPA and affects your ability to stay enrolled, receive aid, and register for classes.



- **Good Standing:** If your CGPA is 2.0 or above, you're meeting GPA requirements—keep it up!
- **Probation:** Your GPA is low when your CGPA is 1.999 or below—time to refocus and use campus support.
- **Suspension:** Continued low GPA may lead to time away from LU.

### GPA Tips for Success:

- Go to class—attendance matters more than you think
- Stay organized with a planner or app
- Use tutoring and academic support early
- Meet with professors during office hours
- Don't wait—ask for help before things pile up

## STUDENT SUCCESS WORKSHOPS

Title: GRIT

Date: Thursday, September 4, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Let's Try Something Different,

Attacking the Textbook & Taking Notes

Date: Thursday, September 11, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Pomodoro Power, Boost Your Focus & Productivity in 25-Minute Bursts!

Date: Thursday, September 18, 2025

Time: 1 - 1:30pm

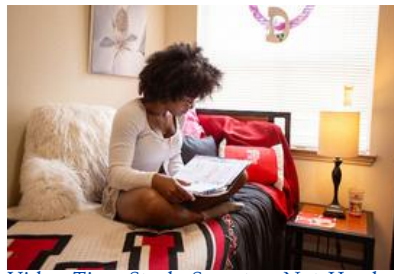
Location: Morris Hall, Media Room

Title: Studying Smarter, Not Harder

Date: Thursday, September 25, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room



[Video Tips: Study Smarter, Not Harder: Outlining College Texts](#)



[Video Tips: Strategies You Can Use When Communicating With Faculty](#)



[Video Tips: Focus on Learning - Show Interest in Learning Not Just Grades](#)

## RESOURCE & VOLUNTEER FAIR

Connect with various organizations seeking volunteers.

Date: Tuesday, September 2, 2025

Time: TBD

Location: Setzer Student Center Atrium

## INVOLVEMENT FAIR

Discover academic support, resources, and much more.

Date: Thursday, September 11, 2025

Time: 3 - 5:00pm

Location: Quad

## FALL FULL-TERM

August 21 - December 10, 2025

Sept. 1 - Labor Day Holiday  
No Classes\*, Campus Closed

Sept. 2 - Final payment due at 3pm

Sept. 8 - Last day for full refund on dropped courses (not withdrawn)

## FIRST 8-WEEKS

August 21 - October 7, 2025

Sept. 1 - Labor Day Holiday  
No Classes\*, Campus Closed

Sept. 2 - Final payment due at 3pm

Sept. 15 - Last day to drop or withdraw

\*Applies to all synchronous or on-campus courses, regardless of their duration. Does not apply to asynchronous online courses, including AP (now RP [Rise Point]) courses.

# LEARN HOW TO MANAGE YOUR MONEY!

## FINANCIAL LITERACY SEMINARS

**Tuesday, September 16**

### IDENTITY THEFT, FRAUD, SCAMS:

*A "Slice" of Knowledge*

SETZER CENTER CYPRESS ROOM | 1PM - 2PM

Learn about identity theft, fraud, and scams, how to protect yourself, and steps to take if – despite your best efforts – you experience this.

**Tuesday, October 7**

### STRATEGIES FOR SAVING:

*"Nuggets" of Success*

SETZER CENTER CYPRESS ROOM | 1PM - 2PM

Discover tools to build a strong savings by exploring the types of savings accounts, how to select which is best for your needs, and how to build your own savings plan.

**Tuesday, November 4**

### NAVIGATING AUTO BUYING:

*Let's "Taco" Bout It*

SETZER CENTER CYPRESS ROOM | 1PM - 2PM

Explore auto buying options in detail, learn how to calculate affordability, and get yourself closer to purchasing your dream car.

**PLUS**

## FREE Lunch and Giveaways!

Scan Here to  
Learn More  
and Register

Brought to you by:







# Library Events



**FALL 2025**

<b>SEPT. 10</b>	<b>Cardinal Crash Course: Web of Science Researcher Profile</b> Science & Technology Building, Room 103 1:00pm-2:00pm
<b>SEPT. 12</b>	<b>Cardinal Crash Course: Web of Science Researcher Profile</b> Virtual, Microsoft TEAMS Meeting 1:00pm-2:00pm
<b>OCT. 08</b>	<b>Cardinal Crash Course: Mental Measurements Yearbook</b> Science & Technology Building, Room 103 1:00pm-2:00pm
<b>OCT. 10</b>	<b>Cardinal Crash Course: Mental Measurements Yearbook</b> Virtual, Microsoft TEAMS Meeting 1:00pm-2:00pm
<b>DEC. 03</b>	<b>De-Stress Before the Test</b> Setzer Student Center 11:30am-2:00pm

Sign up here!



Interested in our Cardinal  
Crash Courses?





[Video Tips: 3 Effective Study Strategies](#)



[Video Tips: 5 To-Do's For Exam Day Success](#)



[Video Tips: Understanding Test Anxiety: Healthy Stress vs Anxiety](#)



[Video Tips: How Does Failure Lead to Learning?](#)

### FALL FULL-TERM

August 21 - December 10, 2025

Oct. 21 - Last day to drop or withdraw

Oct. 31 - Last day to apply/pay for December 2025 graduation

### FIRST 8-WEEKS

August 21 - October 7, 2025

Oct. 7 - Term ends/Final Exams

Oct. 15 - Grades are due\*

Oct. 31 - Last day to apply/pay for December 2025 graduation

\*Due to the amount of time necessary for processing, grades are typically available for student view in the system the following morning and will be updated throughout the day.

### SECOND 8-WEEKS

October 13 - December 10, 2025

Oct. 7 - Payment due

Oct. 13 - First class day

Oct. 15 - Last day to register

Oct. 15 - Final payment due at 3pm

Oct. 20 - Last day for full refund on dropped courses (not withdrawn)

Oct. 31 - Last day to apply/pay for December 2025 graduation

### WINTER MINI 2025 & SPRING 2026

Oct. 6 - Advising begins

Nov. 3 - Registration opens

### GET READY. GET SET. MIDTERMS!

- Start Early: Begin 2-3 weeks in advance with a clear study plan.
- Prioritize: Focus on difficult or high-value topics first.
- Be Active: Summarize, teach, use flashcards, and practice tests.
- Match Your Style: Study in ways that suit how you learn best.
- Use Resources: Attend review sessions and practice with past exams.
- Understand Concepts: Don't just memorize—focus on the “why.”
- Ask for Help: Reach out to professors, classmates, or tutors when needed.
- Manage Time: Use the Pomodoro method (25 min study, 5 min break).
- Sleep Well: Aim for 7-8 hours each night.
- Eat & Hydrate: Choose brain-boosting foods and drink water.
- Rest & Reset: Take breaks and relax to avoid burnout.
- Stay Confident: Trust your preparation and stay positive.





## MENTAL HEALTH TIPS FOR COLLEGE BURNOUT

Burnout isn't just feeling tired – it's deep mental, emotional, and physical exhaustion.

Common signs include:

- Constant fatigue, even after rest
- Loss of motivation or interest in schoolwork
- Irritability, anxiety, or a sense of dread
- Feeling numb, detached, or overwhelmed
- Trouble focusing or sleeping

Steps to take if feeling burnout:

1. Pause & Acknowledge It
2. Do Less, Not More
3. Schedule Recovery Time
4. Talk to Someone
5. Prioritize Sleep
6. Rebuild with Food & Water
7. Break Big Tasks into Micro-Steps
8. Get Outside & Move
9. Cut Down on Overstimulation
10. Be Genuinely Kind to Yourself

## PSYCHOLOGY CLINIC



Feeling overwhelmed? Get free, confidential therapy at LU's Psychology Clinic. Visit the [Psychology Clinic](#) webpage or scan to learn more.

## STUDENT HEALTH CENTER



Need care fast? LU's Student Health Center offers same-day appointments to help you stay healthy and thrive. Visit the [Student Health Center](#) webpage or scan to learn more.

## CAMPUS CONNECTIONS

Need some help with your professional development skills? Connect with Career Services today and receive support with:

- Creating Your Resume
- Writing Your Cover Letter
- Practicing Your Interview Skills
- Capturing Your Professional Headshot
- Preparing for Career Fairs or Job Interviews
- Exploring Career Options
- Networking Opportunities
- Learning to turn your skills into a Career

Visit the [Career Service](#) webpage or scan below to learn more.



## HIRE-A-CARDINAL CAREER FAIR

Join us for an exciting opportunity to explore careers, meet employers, and gain tips for your future! Whether you're job hunting or just curious, this event is for you.

Bring your questions, your resume, and your best first impression! Open to ALL majors.

Date: Wednesday, October 15, 2025

Time: 11am - 3pm

Location: Neches Federal Credit Union Arena at the Montagne Center

## STUDENT SUCCESS WORKSHOPS

Title: Where Did the Time Go, 168 Hours

Date: Thursday, October 2, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Academic Reading

Date: Thursday, October 9, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Running on Empty, Managing Academic Stress

Date: Thursday, October 16, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Procrastination? Let me get back to you.

Date: Thursday, October 23, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

Title: Beating the Scroll

Date: Thursday, October 30, 2025

Time: 1 - 1:30pm

Location: Morris Hall, Media Room

## FALL RESOURCE MARKET

Stop by the dorms on the way to class and receive FREE hot cocoa, LU swag, and resource brochures to get the boost you need to get through midterms.

Date: Tuesday, October 14, 2025

Time: 7:30am

Location: Gentry Hall



## HOMECOMING WEEK October 13 - 18, 2025

Get ready for games, spirit days, and tons of fun. Show your pride and make memories with friends! Let's make it the BEST week yet! #GoCARDS [View Event Schedule](#)







LAMAR UNIVERSITY

# HOMECOMING

2025

# STUDENT EVENT SCHEDULE

## MONDAY, OCT. 13

**VOTE FOR ROYAL COURT** • All Day • Online at [lamaredu/luhub](http://lamaredu/luhub)

**WAKE UP TO HOMECOMING** • 8:30-10:30 am • The Quad

**GREEK LIFE REC DAY** • 5-6 pm • New Intramural Field

**BONFIRE & ROYAL COURT SHOWCASE**

6:30 pm • Spindletop Boomtown

## TUESDAY, OCT. 14

**VOTE FOR ROYAL COURT** • All Day • Online at [lamaredu/luhub](http://lamaredu/luhub)

**PATIO NIGHT: MUM FACTORY** • 7-9 pm • The Patio at the Rec

## WEDNESDAY, OCT. 15

**VOTE FOR ROYAL COURT** • All Day • Online at [lamaredu/luhub](http://lamaredu/luhub)

**CAREER EXPO** • 11 am - 3 pm • Montagne Center

**LU SOFTBALL VS. SAN JAC** • 5-7 pm • LU Softball Complex

**COACH'S RADIO SHOW** • 7-8 pm • The Patio at the Rec

**NPHC HUMP DAY** • 8-10 pm • The Quad

## THURSDAY, OCT. 16

**RESOURCE MARKET** • 7:30-8:30 am • Gentry Hall

**CARDINAL CRAZE** • 11 am - 1 pm • Setzer Student Center

**SPICEFUL** • 11 am - 2 pm • Dining Hall

**LU VOLLEYBALL VS. UIW** • 6-8 pm • McDonald Gym

## FRIDAY, OCT. 17

**SHOW US YOUR RED** • 11 am - 1 pm • Setzer Student Center

**HOMECOMING CONCERT FT. G HERBO & IANN DIOR**

**MEET ROYAL COURT WINNERS & FINALISTS**

6 pm • Neches FCU Arena at the Montagne Center

## Game Day

## SATURDAY, OCT. 18

**BIG RED'S CAR SHOW**

10 am - 2 pm

Spindletop Boomtown

**ART EXHIBITS**

10 am - 2 pm

Dishman Art Museum

**LU VOLLEYBALL VS. HCU**

11 am - 1 pm

McDonald Gym

**BOOMTOWN TAILGATE**

11 am - 2 pm

Plummer Lawn

**CARDINAL WALK**

12:15 pm • E. Virginia Street

**TAILGATE CONCERT**

2 pm • E. Virginia Street

**BAND PRE-GAME SHOW**

2:40 pm

Provost Umphrey Stadium

**LU FOOTBALL VS. UT-RGV**

3 pm Kickoff

Provost Umphrey Stadium

LAMAR.EDU/HOMECOMING



checklist for Spring 2026

# ADVISING AND REGISTRATION

1

## PREPARE FOR ADVISING

As you move forward in your academic journey, take a moment to reflect on whether your current major still aligns with your goals and interests. It's also a great time to review your recent courses and plan ahead to ensure you're on track for next semester—you're doing great, and staying proactive will keep you moving in the right direction!

2

## SCHEDULE YOUR APPOINTMENT

Advising season kicks off on 10/06, and it's your time to take charge of your academic path! Be sure to check your official university email for all the details on when, where, and how to get advised—this is your chance to ask questions, plan ahead, and make sure you're set up for success next semester. 📧📅✅

3

## REVIEW YOUR DEGREE PLAN

Taking ownership of your academic journey means being prepared and informed—and you've got the tools to do just that! Before your advising appointment, dive into the university catalog and check out your degree audit in Self-Service Banner so you can show up ready to ask smart questions, explore your options, and make confident decisions about your path forward. Your future is yours—own it! ✨

To check your progress toward your degree (courses completed, what you still need), use the Degree Audit feature found in Self-Service Banner under Student → Student Records. This helps you plan classes that will keep you on track.

4

## GET ADVISED

We get it—life gets busy. But when you miss your advising appointment without canceling, it's more than just a missed meeting. It takes away a spot another student could've used, delays your own progress, and doesn't show the respect your time (and your advisor's time) deserves. If something comes up, just let us know—we're here to help, and staying on top of advising keeps you in control of your college journey.

5

## PLAN AHEAD, PRE-BUILD YOUR IDEAL SCHEDULE

How to Log In to Self-Service Banner

1. Go to Lamar University's website and click LU Connect (top menu bar). [Lamar.edu](http://Lamar.edu)
2. Within LU Connect, select Students, then click Self-Service Banner.
3. Use your LamarID (begins with a capital "L") as your User ID, and your PIN as your password

Think of Plan Ahead as your secret weapon in getting the schedule you really want. Before registration opens, you can use it to:

- Search for potential classes, professors, and time slots early so you know what's available.
- Build one or more "plans" — you can mix and match courses and sections, test out different schedules, or use a plan your advisor may have already prepared.
- Save everything ahead of time, so when registration opens you are ready to click "Register" instead of scrambling. This boosts your chance of getting your top choices for classes, times, and instructors.

Using Plan Ahead means you show up at the first moment registration is live, already knowing what you want, not trying to piece it together under pressure.

6

## CHECK FOR HOLDS!

Before registration opens on 11/03, take a few minutes to check for any holds on your account—like past due balances, missing transcripts, or transfer credit issues. These holds can block you from registering for the classes you and your advisor carefully plan out, which could mean missing key courses or ending up with a schedule that doesn't work for you. Don't let a small oversight become a big setback—log into Self-Service Banner 10/01 and take care of any holds early! 📧📅✅ Visit: [Lamar.edu/holds](http://Lamar.edu/holds)

7

## PREPARE FOR REGISTRATION & GET REGISTERED

📧 Registration opens 11/03 – Be ready?

Don't wait until the last minute to figure out your schedule! Use the Plan Ahead feature in Self-Service Banner to search for classes, build your ideal schedule, and have everything ready to go the moment registration opens. It's the best way to lock in the professors, class times, and courses you really want.

Take charge of your registration—plan now, stress less later!



Visit: [Lamar.edu/registration](http://Lamar.edu/registration)

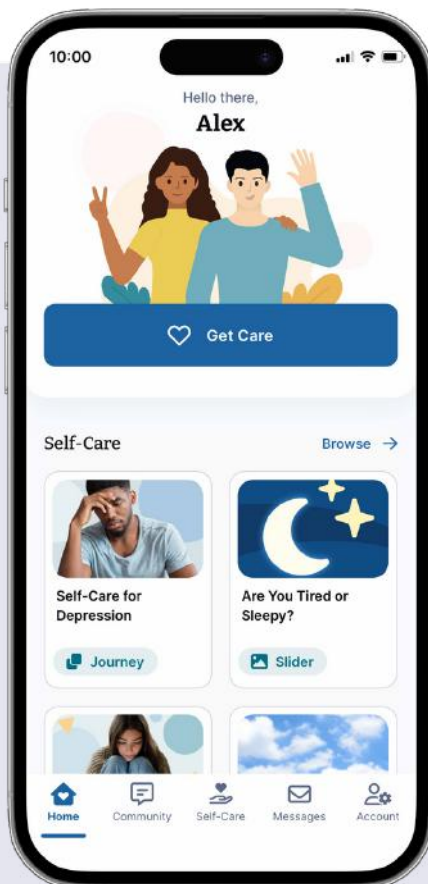




LAMAR UNIVERSITY

# Virtual Care From Anywhere

Get virtual health and  
well-being resources from  
your phone or computer



## 24/7 Virtual Health and Well-Being Support



TalkNow



Scheduled  
Counseling\*



Health  
Coaching



Psychiatry



Peer  
Community



Self-Care  
Journeys



Basic Needs

\*9 visits per year



It's for Students.  
**FOR FREE.**



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