

## Non-Traditional Survival Tips

### Managing Stress

Stress can be combated with preparation and sleep, especially during midterms and finals. Eating properly and exercising, mixed in with some fun and relaxation, can help with stress on a daily basis. Having a commuter meal plan, using the Student Recreation Center, and relaxing in the commuter lounge can also assist with stress relief. Often, just talking to someone is immensely helpful; the SLL staff, another non-trad, a family member or a university counselor can be of tremendous assistance. Sickness can also be draining, so don't forget you are also entitled to use the Student Health Center.

### Managing Time

Prioritizing tasks and learning to say "no" is paramount. Other tactics are: making to-do lists, avoiding procrastination by breaking a big task into smaller ones, trying to do things right the first time, setting aside time for yourself to live and dream, celebrating your successes, adjusting your schedule to accommodate interruptions, working when you are most alert, and utilizing time between classes or appointments to study, clarify goals or just breathe!

### Forming a Support System

Other people can help you through just about anything. Take a moment to speak with other non-trads as well as traditional-age students, spend time with friends and attend campus events and athletic events. Hanging out in the Commuter Lounges and joining student clubs and organizations are also great ways to stay connected to other students.

### Making Time for Family

Involve your family in your student life when you are able. Take them to many of the campus events and athletic events and ask them to help you study. Keep your family informed about your schedule. Often, families want to support you, they just depend on you to let them know how to best do it! When scheduling for school or work, don't forget to also schedule time for your family!

### Staying on Top of Academics

There are some things you can do to help ensure that you will do well in your classes, no matter what your area of study. Get to know your academic advisor and professors; talk with them, and don't be afraid to ask them for assistance and guidance. Attend class study groups, get a tutor if necessary and take good notes. The Student Success Center, the Counseling Center, and the Office of Commuter and Non-Traditional Student Affairs will provide resources to help you with study skills, writing and note-taking. The University Library provides computers to assist students with projects or assignments and can assist you with your e-mail and the Web.

## Campus Resources

<i>Athletics</i>	342-5360
<i>Career Services</i>	342-5338
<i>Child Development Center</i>	342-1913
<i>Commuter Meal Plans</i>	342-1979
<i>Computer Labs</i>	342-1070
<i>Counseling Center</i>	342-5220
<i>Financial Aid</i>	342-5320
<i>Housing and Residential Life</i>	342-5240
<i>ULM Bank</i>	342-5130
<i>Police Department</i>	342-5350
<i>Recruitment and Admissions</i>	342-5430
<i>Registrar</i>	342-5262
<i>Scholarships</i>	342-5321
<i>Student Billing</i>	342-5116
<i>Student Health Center</i>	342-5238
<i>Student Life and Leadership</i>	342-5285
<i>Student Success Center</i>	342-3667

Make sure you check out the Commuter and Non-Traditional (CNT) Student Affairs website at [www.ulm.edu/studentlife](http://www.ulm.edu/studentlife) for additional information, as well as updates and changes.



## Non-Traditional Student Guide



**Office of Commuter & Non-Traditional (CNT) Student Affairs**  
SUB 150 Across from Indian Bank  
Phone: 318-342-5232  
Fax: 318-342-3516  
Web:  
[www.ulm.edu/studentlife](http://www.ulm.edu/studentlife)

## Who Are Non-Traditional Students?

Non-traditional students (non-trads), sometimes referred to as “adult learners,” are an extremely diverse group. Those who feel they do not fit the “traditional college student” profile may be considered “non-trads,” including students who entered college a year or more after high school graduation, are working to support themselves or their families, have dependents in their care, are married or divorced, are serving in the armed forces, or are veterans. Nationally, non-trads comprise a quarter of the undergraduate population. At ULM, they make up approximately 36 percent of the student population.

## What Are Some Issues Non-Traditional Students Face?

As a non-trad, starting or returning to higher education can be an exciting, daunting and stressful experience—all at once! Families and employers may not always be supportive. Relating to fellow students can be difficult.

Confidence, as it relates to schoolwork, may be slow in coming, and focusing on academics amongst family, work and financial constraints sometimes may seem impossible. There may never seem to be enough time to “do it all.” Even so, non-trads continue to be some of the highest achieving students in academia.

## Services For Non-Traditional Students?

- ULM PD-parking and safety escorts
- Computer Labs
- Commuter Lounges
- Library-media, labs, study areas
- Commuter Meal Plans
- Recreational Services-activity center and natatorium
- Housing and Residential Life
- Free admission to campus events in Athletics, Student Life and Leadership, and more
- Financial Aid-grants, loans, student employment, scholarships
- Health Services-New Health Center, counseling center, dental hygiene clinic
- Student Success Center-advising for undeclared majors, tutoring and non-traditional FRYS
- Career Services-resumes, career fairs, employment boards
- ULM Bank-check cashing
- Bookstore
- Student Insurance

## What On-Campus Activities Are Of Interest To Non-Traditional Students?

- Week of Welcome
- Homecoming
- Commuter and Non-Traditional Student Breakfasts
- Commuter and Non-Traditional Student Lunches
- Commuter Coffee Breaks
- Non-Traditional Student Appreciation Day
- Non-Traditional Student of the Month
- Non-Traditional Student Organization
- National Non-Traditional Student Week
- Spring Fever
- Children’s Adventure Time
- And several other events

## Frequently Asked Questions?

### A. What to Study?

- Not Sure? Talk to an Academic Advisor—for an appointment call Student Success Center at 342-3667
- Find our degree programs at [www.ulm.edu/academics](http://www.ulm.edu/academics)
- Talk to the Academic Department about the program—individual contact details can be found at [www.ulm.edu/academics](http://www.ulm.edu/academics)

### B. How to Apply?

- Contact Admissions for an application packet at 342-5430 or 1-800-372-5127. Further details on [www.ulm.edu/enrollment](http://www.ulm.edu/enrollment)
- Check all deadline dates (admissions, financial aid, and scholarships)
- Contact Testing Center at 342-3556 if you need to take tests before admission
- You will need to provide official transcripts from previously attended schools/colleges

### C. Financial Aid and Scholarships?

- Call our Financial Aid Office at 342-5320 or go to [finaid.ulm.edu](http://finaid.ulm.edu)
- You can apply online for Federal Student Aid at [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- Contact our Scholarship Office at 342-5321 or go to [www.ulm.edu/scholarships](http://www.ulm.edu/scholarships)

