

RED & READY

SPRING 2026 EDITION

BONUS
ACADEMIC
PLANNER

ACADEMIC
TIPS &
RESOURCES

EVENTS & ACTIVITIES
RELATED TO
ACADEMIC SUCCESS

IMPORTANT
DATES &
DEADLINES

WEEK OF
WELCOME
JANUARY
16-31, 2026

SPRING 2026 BEGINS TUESDAY, JANUARY 20, 2026

Cheers to the New Year!

New year, same you – but hopefully with more sleep and fewer 8 a.m. classes. Wishing you a fresh start, new wins, and less Blackboard-induced anxiety. Let's make Spring 2026 the semester where we actually use the planner we bought.

Bonus: Each month will include an academic planner page to help jumpstart your new year's resolution of proactive planning.



Scan to access and explore available campus resources.

Need help?
studentsuccess@lamar.edu
(409) 880-7221

IMPORTANT DATES

Spring Full-Term & First 8-Weeks begin Tuesday, January 20, 2026!

Application for May 2026 graduation begins Tuesday, January 20, 2026.

Last day to register for Spring Full-Term & First 8-Weeks is Thursday, January 22, 2026.

Last day for a full refund on dropped First 8-Weeks courses (not withdrawn) is Tuesday, January 27, 2026.

QUICK LINKS

[Academic Calendar](#)
[Student Events Calendar](#)
[Athletics Calendar](#)
[Student Success Workshops](#)



[Smart AI Strategies for Student Success](#)

W.O.W. EVENTS

January 16 - 31, 2026

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](#)

SPEED FRIENDING

New to campus and want to meet people? Join Speed Friending—a fun, low-pressure way to connect with other Cards at LU. Think speed dating without the romance. Just snacks, music, and easy icebreaker questions. Come hang out and start building your community!

Date: Wednesday, January 21, 2026

Time: 4 - 6pm

Location: Setzer Student Center, 2nd Floor Lounge

A DINNER & CONVERSATION

Successful Lamar University alumni will host students from their major, along with a faculty representative, for an evening of dinner and conversation on Thursday, January 29, 2026, at 6pm in the Dr. Richard W. Setzer Student Center.

This informal event allows students to ask alumni about the day-to-day realities of careers in their field. Space is limited, and attendance is by invitation only. For more information, contact the Office of Alumni Affairs at 409-880-8921 or alumni@lamar.edu.



BOUNCING BACK OR BUILDING FORWARD: MAKING THIS SEMESTER YOURS



If you're coming off a rough semester:

Remember that one difficult term doesn't define you. Start by reflecting—without judgment—on what made things challenging. Was it time management? Stress? A heavy course load? Once you pinpoint the obstacles, set a few small, achievable goals to regain confidence. And keep this in mind: Progress. Not Perfection.

Small steps forward matter more than flawless performance. Reach out early to professors, advisors, or support services, and don't hesitate to ask for help. This is your opportunity to start fresh, rebuild at your own pace, and grow stronger day by day.



If you had a successful semester:

Congratulations—celebrate your hard work! Now's the moment to keep that momentum going. Identify the strategies that worked well for you, like steady study routines, active class participation, or staying organized with deadlines.

Continue leaning on those strengths while looking for areas where you can grow even further. Challenge yourself to build on your success, stay curious, and keep pushing toward your goals.



LEVEL UP YOUR SEMESTER WITH S.M.A.R.T. GOALS!

Because college is easier when your goals aren't just vibes.

Let's be real: saying "I want to do better this semester" is nice...but how? S.M.A.R.T. goals turn those fuzzy dreams into plans you can actually crush—without losing sleep, social life, or your sanity.

Here's how to set goals that work for you (not against you):

S — SPECIFIC

Not: "I want to be healthier."

Try: "I'll go to the Rec Center for 30 minutes, 3 times each week."

Clear goals = clear focus.

M — MEASURABLE

If you can't track it, you can't celebrate it.

Example: "I'll study for math 4 days a week for at least 45 minutes."

Every check mark = a tiny victory.

A — ACHIEVABLE

Big dreams are awesome—impossible goals are not.

Choose goals that stretch you just enough without causing meltdown energy.

Example: Instead of aiming for straight A's overnight, aim to raise your math grade from a C to a B.

R — RELEVANT

Pick goals that matter to your life, not someone else's expectations.

Example: "I want to improve my GPA so I can keep my scholarship"

or

"I want to join a club to meet new people in my major."

T — TIME-BOUND

Deadlines turn wishes into action.

Example: "By the end of this semester, I'll complete all major assignments at least 24 hours before they're due."

A S.M.A.R.T. EXAMPLE

"By mid-semester, I will attend tutoring once a week for chemistry to improve my grade from a 72% to an 82%."

- Specific ✓
- Measurable ✓
- Achievable ✓
- Relevant ✓
- Time-bound ✓

CHALLENGE!



Write down one S.M.A.R.T. goal for this month—academic, personal, or fun (yes, "make 1 new friend" counts!).

Put it somewhere you'll see it: your laptop, mirror, or the back of your ID card.

Small steps lead to big wins.

You've got this—go crush your goals this semester!

THE 10-MINUTE DAILY MICRO-MASTERY PLAN

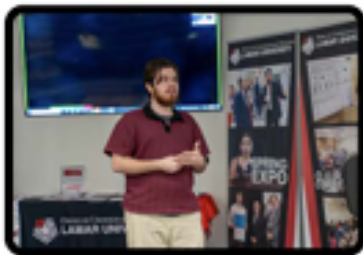
January 20	5 minute brain dump + 5 minute organize your tasks
January 21	List top 3 priorities, circle ONE you'll complete first
January 22	Discover one campus resource that can support your success
January 23	Take a 10 minute walk or jog to reset your energy
January 24	Schedule one study session
January 25	Set one mini academic & one mini personal goal
January 26	Refresh or upgrade your study space
January 27	Time block your day to stay focused & organized
January 28	Write down 3 things your grateful for
January 29	Spend 10 minutes on a hobby you enjoy
January 30	Make one small health upgrade (hydration, sleep, movement)
January 31	Do one self care activity that helps you recharge



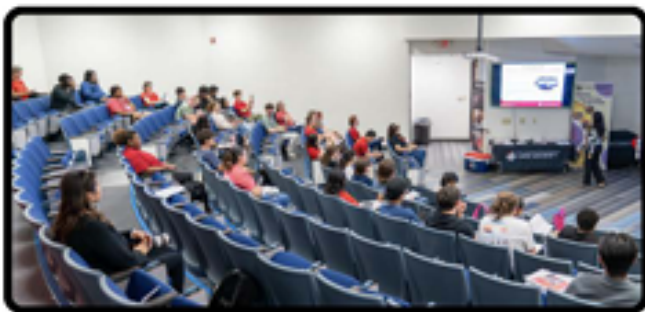


OFFICE OF UNDERGRADUATE RESEARCH
LAMAR UNIVERSITY

JOIN THE O.U.R. EVENT: U.R.G. KICKOFF DAY



Friday, January 23rd
12:30 to 3:00 PM
Galloway Bldg. Landes 101



UNDERGRADUATE RESEARCH GRANT (U.R.G.) KICKOFF DAY

All students and faculty are cordially invited to attend a symposium showcasing research projects sponsored by the Office of Undergraduate Research (O.U.R.). Twenty-five undergrad grant winners will briefly introduce their projects. News about the O.U.R. programs and events for Spring 2026 will open this event.

Date: Friday, January 23, 2026

Time: 12:30 - 3pm

Location: Galloway Business Building, Landes Auditorium Room 101

Learn more about the [Undergraduate Research Grant](#).

Study Zones Across Campus

Building	Zone Description	Room Number or Location
Archer Physics	Room	110, 207
Geology	Room	112
Maes Liberal Arts	Room	113
	Writing Center	113
	Language Lab	113
	Poetry Room	03B
	Student Lounge	First floor stairwell
Galloway Business	Student Lounges	Right- and left-hand side at end of main entry hallway
	Business Tutoring Center	109
	STARS Tutoring Center	140
	<i>*Students may speak with the Executive Administrative Assistant in the Dean's Office Suite in room 232 if needing a quieter space to study.</i>	
Science & Technology	Student Lounges	100B, 102A, first and second floor lobby areas including along hallways
	Rooms	108, 116, 120, 122, 125, 155, 162, 204, 206, 210, 226, 230, 258, 265B, 271B, 276, 278, 280
Education & Human Development	Chairs with desk attachments	Second floor across from the Office of Professional Services
	Tables	First floor across from the Curriculum and Instruction Office
Carl Parker	Student Lounges	Second Floor
Setzer Student Center	Student Lounges	First and second floors
	Computer Labs	271, 273
Hayes Biology	Tables	First floor stairwells
Morris Residence Hall	Conference Room	First double doors on left hand upon entry into dormitory lobby
Gentry Residence Hall	Break Room	Last door on left hand in dormitory lobby before exiting area
Chemistry	Chemistry Library & Tutoring	117
Cherry Engineering	Rooms	2020, 2400, 2600
Nutrition, Hospitality & Human Services	Student Lounges	101, 102, 106
	Computer Lab	101
Lucas Engineering	Rooms	211, 212
McFaddin Ward Health Sciences	Tables	First floor stairwell
Communications	Student Lounge	Across from 103
Wesley Foundation Student Center	Tables	Inside and Outside of the building
Baptist Student Center	Rooms	Library, Conference room, Classroom (no room numbers)
Recreational Sports Center	Student Lounges	Café, Media
Catholic Student Center	Tables	Inside the building
	<i>*Students may speak with staff if needing a quieter space to study.</i>	

IMPORTANT DATES/DEADLINES

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- _____
- _____
- _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PROJECTS/EXAMS/QUIZZES

- _____
- _____
- _____
- _____

GOALS

- _____
- _____
- _____
- _____

NOTES/BRAIN DUMP

**BALANCE YOUR MIND.
KEEP UP WITH CLASSES.**

College life gets busy fast—classes, deadlines, jobs, and trying to have a life.

The good news? Taking care of your mental health can actually help you do better academically. Short study sessions, quick breaks, and small self-care habits (like a walk across campus or a music break) can boost focus and reduce stress.

Use the resources around you, ask for help when you need it, and remember: progress counts, even on the busy days.

STUDY ABROAD: PASSPORT DAY

Great opportunity if planning to study abroad or needing a passport. Free passport photos provided—please bring all required documents.

Date: Thursday, February 5, 2026

Time: 10am - 2pm

Location: Setzer Student Center, Neches Room 120

JC PENNEY SUIT-UP EVENT

All Lamar University students are invited to the JCPenney Suit-Up event! Enjoy up to 30% off career apparel, accessories, and shoes, plus prize giveaways.

Date: Friday, February 6, 2026

Time: 2 - 5pm

Location: Central Mall -
3100 Hwy 365, Port
Arthur, TX 77642



**COFFEE &
CONNECT**

Coffee & Connect offers a relaxed environment to meet employers, network, ask questions, and gain valuable insights—all over a free cup of coffee.

Date: Wednesday, February 18, 2026

Time: 12 - 1:30pm

Location: Setzer Student Center, Live Oak Ballroom

CARDINAL CAREER PREP RALLY

Don't miss out on your one-stop event to polish your resume, perfect your pitch, explore professional attire, and learn how to navigate the career fair with confidence.

Date: Wednesday, February 25, 2026

Time: 3 - 5pm

Location: Galloway Business Building, Room 102

**CAMPUS
CONNECTIONS**

Struggling to keep up with classes? Connect with Academic Coaching @ LU for FREE, one-on-one support today.

You'll meet in person with a trained peer academic coach to build skills that support your academic success.

Academic coaching can help you:

- Manage reading and coursework
- Track schedules and assignments
- Organize class notes
- Stay motivated and engaged in class
- Balance academics and campus life

Visit the [Academic Coaching @ LU](#) webpage or scan below to learn more.



CHALLENGE!



Build balance this month by pairing one small self-care habit with one small academic win—without adding stress.

Each day, spend 10 minutes or less completing the daily challenge. Mix and match if needed.

Don't forget - progress over perfection.



[The 8-8-8 Formula](#)



[Create a Study Schedule That Works](#)

SPRING FULL-TERM

January 20 - May 14, 2026

Feb. 3 - Final payment due at 3pm

Feb. 4 - Last day for full refund on dropped courses (not withdrawn)

FIRST 8-WEEKS

January 20 - March 13, 2026

Feb. 3 - Final payment due at 3pm

Feb. 17 - Last day to drop or withdraw

THE 10-MINUTE DAILY MICRO-MASTERY PLAN

- | | | | |
|-------------|--|-------------|---|
| February 1 | Review your schedule and choose your top 3 priorities | February 15 | Reflect on last week and reset for the next |
| February 2 | Practice mindfulness with a short meditation or breathing exercise | February 16 | Explore student success or academic support resources |
| February 3 | Get moving - walk, stretch, jog, or try quick yoga | February 17 | Learn one library or database research tool |
| February 4 | Do something creative with no pressure (write, draw, brainstorm) | February 18 | Check for missing work or upcoming deadlines |
| February 5 | Plan one nutritious meal and set a realistic bedtime | February 19 | Review and practice previously learned material |
| February 6 | Get quick feedback from a peer or tutor | February 20 | Save one campus or online support resource |
| February 7 | Reward yourself with something fun and relaxing | February 21 | Choose a self care activity that works for you |
| February 8 | Review syllabi and plan for upcoming exams | February 22 | Review goals and adjust for the week ahead |
| February 9 | Tidy your desk, backpack, or digital files for better focus | February 23 | Skim course materials to see the semester big picture |
| February 10 | Schedule study time in a planner or calendar | February 24 | Review notes and past work for upcoming exams |
| February 11 | Improve writing skills with a short tip or feedback review | February 25 | Reorganize or rewrite recent notes |
| February 12 | Form or join a study group | February 26 | Recharge socially and mentally |
| February 13 | Prep questions and plan to attend office hours | February 27 | Take a fun brain break (trivia, games, or challenges) |
| February 14 | Connect with a friend or take intentional personal time | February 28 | Celebrate small wins and reflect on your progress |

Learn how to manage your money!

Brought to you by:



WIN AN ELECTRIC SCOOTER!

Each seminar attended is one entry to win.

Scan here to learn more and register.



OFFICIAL CREDIT UNION OF LAMAR UNIVERSITY.

Financial Literacy Seminar Series

Tuesday, February 24

Money Concepts 101

Setzer Center Neches Room | 1pm

Learn key financial concepts, how to set clear financial goals, and how to create a plan to achieve them.

Wednesday, April 1

Build Your Budget

Setzer Center Neches Room | 1pm

Learn what a budget is, how to create a plan for where you want and need your dollars to go, and tips to use it successfully.

Thursday, April 16

Build Credit From Scratch

Setzer Center Neches Room | 1pm

Learn more about why it is important to build a positive credit history and how to do so responsibly.

PLUS

FREE lunch and giveaways!



IMPORTANT DATES/DEADLINES

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- _____

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

PROJECTS/EXAMS/QUIZZES

- _____
- _____
- _____
- _____

GOALS

- _____
- _____
- _____
- _____

NOTES/BRAIN DUMP