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Living Learning Communities

UNIVERSITY OF KENTUCKY RESIDENCE LIFE

A Small Community within a Large University

Your LLC

UK LIVING LEARNING COMMUNITIES - THE BEST OF BOTH WORLDS: A SMALL COMMUNITY WITHIN A LARGE UNIVERSITY.

Welcome to the Living Learning Community Network!

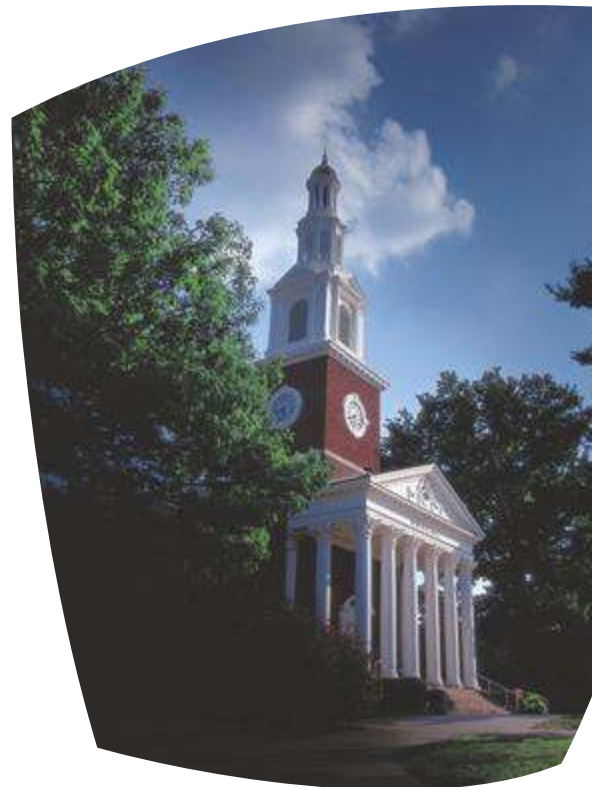
You are officially a Kentucky Wildcat! You also happen to be an elite member of one of the finest opportunities campus... the Living Learning Community Network! Living Learning Communities (LLCs) were introduced at the University of Kentucky to help connect the world of academics to the residence halls. Providing abundant resources, highly trained in-hall staff, superb programs, and events galore... are just a few of the amenities offered to LLC students.

The first LLCs appeared on UK's campus in the early 1990's! Living Learning Communities have a rich tradition of offering fantastic happenings for students. Be sure to look for advertisements in your residence hall... the RA's are always developing

creative ways for LLC students to connect, get involved, and enjoy this experience!

Each LLC is comprised of approximately 25 first-year students who share a common academic major and/or personal interest. This experience is specifically designed to offer you opportunities to meet individuals of different experience and culture from your own, meet people in your field of study (in both the UK and Lexington communities), connect with students in your classes socially and academically, and so much more!

This semester is certain to be a great one! We can't wait to meet you in August!



WILDCAT WATCH

You know that you are officially a UK Wildcat when you: 1- Attend a lottery and wait for hours upon end to get tickets to our beloved basketball games. 2- Sit on the wall in front of the Classroom Building, people watching, while waiting for your class to start. 3- Paint yourself with blue & white paint to show your Wildcat pride. 4- Spend hours studying for an exam in the William T. Young Library. 5- Read the student newspaper, The Kentucky Kernel, on a daily basis and never leave a Sudoku unfinished!



FINDING YOUR NICHE AT THE UNIVERSITY OF KENTUCKY

There is a place for you here! Begin exploring now to make your transition even easier.

There is so much more to being a college student than sitting your room watching television and playing Xbox all day! Maximize this awesome time in your life and get involved! The University of Kentucky offers many leadership opportunities and activities for you to reach your full potential as a student. The key is taking the first step by seeking out the things that interest you! Becoming involved with one (or more) of the many

and organizations on campus will help you develop as a person, and give you skills that employers are looking for when you apply for that first job in the "real world." You'll also have a lot more fun than twiddling your thumbs all day.

Getting involved is easy. There are hundreds of student organizations for every field and major. From the Agriculture Student Council to the Biomedical Engineering Society to the International Student Council; there is a place for everyone. There are organizations

Use the UK webpage (www.uky.edu) to search for your interests! If you can't find anything, contact us! We can help!

dedicated to residence hall students, such as Resident Student Association (RSA), or for the entire student body population such as Student Government Association (SGA), the Student Activities Board (SAB) and the Center for Community Outreach (CCO).

Joining these groups is simple. Your best bet: show up to the meetings. Eighty percent of success is showing up; then let the fun begin! Talk, ask questions and don't be shy. Meetings are posted around campus and many of the organizations' meetings are listed in The Kernel.

Nearly all organizations also have a website that can be reached from the UK homepage. Don't be afraid to try a number of different clubs; just find something you like! There's a world of opportunity, ready to be taken advantage of, at UK. Everyone has a place here at UK: it's up to you to find your niche.

For specific information please visit the Student Organization website at

www.uky.edu/GetInvolved/StudentOrgs/pdf/SOCORGS.pdf

Knowledge is Power!



Do you have an older sibling or friend who is already a student at the University of Kentucky? If so, you have likely already received lots of advice, tips, and information. If you are entirely new to the UK experience... don't worry! There are so many amazing people and resources, you will be a pro in no time! After all, knowledge REALLY is power! Start learning about your new campus home now!



Roommates will complete a Roommate Agreement Contract with their Resident Advisor at the beginning of the Fall 2008 Semester.

YOU AND YOUR RESIDENCE HALL ROOMMATE

Adjusting to living with a new person or people in a new place can require some effort. You and your roommate may become friends right away, or it may take some time to get to know and understand each other. Compromise is essential in forming a positive relationship, and there are some specific steps you can take to get going in the right direction. We suggest that you discuss, in advance, some general guidelines that are satisfactory for each of you in the following areas:

- Sleeping and Study Habits
- Communication
- Personal belongings
- Cleanliness
- Guests and visitation



25 TIPS FOR YOUR FRESHMAN YEAR

The first few weeks on campus are critical for all new students. It is during this time that you make decisions that will have a lasting effect on your academic career. Some of these tips will be important during your first weeks, while others will be for long-term guidance and survival. Whatever you do, be yourself and try to enjoy your college experience as much as possible. Expect to feel some stress and homesickness, but don't let these issues wear you down.



1. Go to the Summer Advising session, K-Week activities, and other orientation events!
2. Don't feel pressured to make a decision about a career or a major right away.
3. Get to know your roommate, hall mates, and RA!
4. Get organized.
5. Take responsibility for yourself and your actions.
6. Find the ideal place for you to study.
7. Make connections with students in your classes.
8. Go to class!
9. Find the Stuckert Career Center.
10. Become an expert on course requirements and due dates.
11. Don't procrastinate; prioritize your life.
12. Meet with your professors.
13. Stay healthy and eat right.
14. Get to know your academic advisor.
15. Learn to cope with homesickness.
16. Seek a balance.
17. Stay on campus as much as possible to get connected with others.
18. Get involved on campus.
19. Seek help when you need it.
20. Strive for good grades.
21. Keep track of your money.
22. Take advantage of the study resources on campus.
23. Don't cut corners.
24. Make time for you.
25. Be excited! This is an amazing time in your life!

5 TIPS FOR EATING HEALTHY

The average college student is often pressed for time, under a lot of stress and eating on the go. You may find it difficult to avoid bad habits like skipping meals or frequenting fast food restaurants. Eating a healthy diet can help you feel better, cope with stress and perform better in the classroom and on the athletic field. It really isn't that hard to get started.

1. Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice. Most of these can be easily stored in your room.
2. Keep healthy snacks on hand so if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips, or ice cream.
3. Eat plenty of foods that are rich in calcium.
4. The salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetables and fresh fruit are beneficial. If you choose a lot of creamy dressing and bacon bits, the calories and fat may equal or exceed those of a hamburger and fries.
5. Drink lots of water. Your body needs at least 8 glasses a day, and if you exercise vigorously, you will need more. To remind yourself, carry a water bottle along to class & study sessions.



Check out UK's great dining facilities at: www.uky.edu/DiningServices

WAYS TO MAKE YOUR MARK AT UK:

1. Contribute to your LLC's newsletter. Write an article, submit a photo, or contribute an idea!
2. Encourage other residents and LLC members in your hall to take pictures! If approved, we will post them on your LLC webpage! Go to www.uky.edu/living-learning and you will see each community link listed at the bottom of the page.
3. Be a part of the LLC Advisory Board. Connect with fellow LLC students and develop events, traditions, and more!

Remember, being a member of an LLC is an honor. This could be your opportunity to make your mark on the history of your community! To get involved in any of these activities, email Leslie Woltenberg.



UK
UNIVERSITY
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HOW COLLEGE IS DIFFERENT FROM HIGH SCHOOL

In High School....

... it's *mandatory* and *free*.

... you can count on *parents* and *teachers* to remind you of your responsibilities and to guide you in setting priorities.

... each day you proceed from one class directly to another; spending 6 hours each day—30 hours a week—in class.

... most of your classes are arranged for you by a guidance counselor.

You will usually be told what to do and corrected if your behavior is out of line.

... the school year is 36 weeks long; some classes are held all school year.

... you may study outside class as little as 2 hours a week, and this may be mostly last-minute test preparation.

... you seldom need to read anything more than once, and listening in class is enough.

You will usually be told in class what you need to learn from assigned readings.

... teachers check your completed homework.

... teachers often write information on the board to be copied in your notes.

... teachers often take time to remind you of assignments and due dates.

High school is a teaching environment in which you acquire facts and skills.

... testing is frequent and covers small amounts of material.

... teachers frequently reschedule test dates to avoid conflict with school events.

Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you, or to solve problems you were taught to solve.

... extra credit projects are often available to help you raise your grade.

... initial test grades, especially when they are low, may not have an adverse effect on your final grade

"Effort counts;" courses are usually structured to reward a "good-faith effort."

In College...

... it's *voluntary* and *expensive*.

... *you* must balance your responsibilities and set priorities.

... you often have hours between classes, and you spend only 12 to 16 hours each week in class.

... you arrange your schedule in consultation with your adviser.

You are expected to take responsibility for what you do and don't do.

... the academic year is divided into two 15-week semesters, with a week for exams.

... you need to study at least 2 to 3 hours outside of class for each hour in class.

... you need to review class notes and text material regularly.

It's up to you to read and understand the assigned material before class; professors lecture as though you have.

... professors may not check homework, but will assume you understand the material.

... professors may lecture nonstop, expecting you to identify the important points. When professors write on the board, it's often additional information. Good notes are a must.

... professors expect you to read, save, and consult the course syllabus; it spells out exactly what is expected of you, when it is due, and how you will be graded.

College is a learning environment in which you take responsibility for thinking through and applying what you have learned.

... testing is infrequent and may be cumulative. You, not the professor, need to organize the material to prepare for the test. A particular course may have only 2 or 3 tests in a semester.

... professors usually schedule tests without regard to the demands of other courses or outside activities.

Mastery is often seen as the ability to apply what you've learned to new situations or to solve new kinds of problems.

... extra credit projects cannot, generally speaking, be used to raise a grade.

... watch out for your *first* tests. These are usually "wake-up calls" to let you know what is expected, but they also may account for a substantial part of your course grade.

"Results count;" though "good-faith effort" is important in regard to the professor's willingness to help you achieve good results, it will not substitute for results in the grading process.