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Dear Families and Friends,

Welcome to the University of Kentucky family! Whether this is your first student to enroll at our university or one in a long line of Wildcats, this promises to be a special journey. As proud parents of a college graduate, we understand the importance of a campus that supports and guides our students through the college experience. One thing you will immediately notice is that attending UK is unlike any other educational experience your student will encounter.

Learning takes place at every turn — from the experiences in our classrooms and laboratories with world-class faculty to the shared life lessons that take place in our residence halls, dining facilities, and social settings every day.

Our expert faculty and staff are prepared to assist by helping you and your student transition into the next phases in your lives. Do not hesitate to contact our Parent and Family Association at any time if you need assistance or information.

Your student — your most precious gift — is our most important resource. We are honored by the trust you have placed in the University of Kentucky to prepare your student to lead a life of meaning and purpose. We promise that this university will work hard each day to provide the kind of learning experience that your student deserves.

We look forward to seeing you on campus in the months and years ahead as you enjoy this special experience.

“see blue.”

President Eli Capilouto
and Dr. Mary Lynne Capilouto
Welcome from the Provost

Each fall, our campus comes alive as students gather in our classrooms, enliven our residence halls, and navigate our campus. Each student carries his or her own story—an archive of aspirations reached and those left to attain. So, as your student begins this first semester, know that we are glad they chose the University of Kentucky as the place to write the next chapter.

As a UK family, we have a responsibility to make this a worthwhile experience and to prepare our students for, as President Capilouto often says, “a life of meaning and purpose.” In doing so, we are focusing more intently than ever on student success, particularly on four fundamental pillars.

The first is academic success. We are investing in our faculty resources and better aligning student support services like advising, tutoring, and other academic resources. But, as you know, success inside the classroom isn’t the only pillar necessary to flourish at this university and beyond.

That’s why the second pillar is financial stability. We are investing more in scholarships and financial aid that students don’t need to repay. Our UK LEADS (Leveraging Economic Accessibility for Developing Success) initiative refocuses institutional aid in a way that better addresses unmet financial need and provides more financial opportunities for our students.

Our third pillar focuses on student health and wellness, in all the ways you might conceptualize it. We are investing in the tools and people that comprise the UK Counseling Center, campus police, student health, campus recreation, personal violence intervention, and financial counseling, among others.

Finally, we are laying the groundwork for students to earn a college degree that will help them make a living. But more than that, it will help build a life. This is why our fourth pillar of student success is belonging. For true success, we must not only understand our own unique stories, but the story and perspectives that members of the UK family bring with them to our campus. Resources such as the Martin Luther King Center, the Office for Institutional Diversity, and the diverse range of student organizations help us in doing so, in hopes that we might be a campus where everyone feels a sense of belonging.

We build belonging by finding the courage to listen to others, to step outside our comfort zones, to intervene if someone is in danger, and to be altered by exploring the uniqueness of others.

I hope you know that, at the University of Kentucky, student success is at the center of everything we do. Resources are available, across these pillars and across our campus, to support your student’s academic journey.

Warm Regards,

Timothy S. Tracy
Provost
Nancy Stephens

Nancy Stephens has worked at the University of Kentucky since 2002. A native of Lexington, she holds a bachelor’s degree in history from Centre College and a master’s degree in higher education from UK. In addition to her work with the Parent and Family Association, Nancy also assists with the coordination of K Week, the fall welcome week for new students, advises the K Book student editorial board, teaches UK 101, and is active in campus life. She and her husband are proud parents of two boys.

Nicki Jenkins

Nicki Jenkins arrived at UK in 2015. She holds a bachelor’s degree in sociology from Appalachian State University and a master’s degree in higher education from the University of Maine. In addition to her work with the Parent and Family Association, she manages technology for the office, assists with the coordination of K Week, teaches UK 101, and attends as many UK football and basketball games as possible. She is proud to be a Wildcat!

Greetings from the
UK Parent and Family Association

Welcome new UK parents and families!

Virtually any college graduate will tell you that in addition to formal collegiate instruction, some extremely valuable lessons are learned outside the classroom. A similar comment can be made concerning the families of college students. The “nuts and bolts” of college life (e.g., tuition, admission standards, curriculum requirements, etc.) are discussed at length in the viewbooks and catalogues. However, sending a son or daughter to college has consequences for a family that extend beyond facts, figures, and statistics.

This publication addresses some of these not exactly tangible but nevertheless important issues that can make the transition from high school to college stressful for families and students. In addition, this publication seeks to inform families about University programs and services that are directly available to them or that may be helpful to them as they participate in their student’s learning experience at UK. Keeping a parent’s unique perspective in mind, this publication represents the UK Parent and Family Association’s involvement and dedication to serving an important population within the UK community.

Best wishes,

Nancy Stephens

Nicki Jenkins

Nancy S. Stephens

Nicki Jenkins
About the UK Parent and Family Association

The UK Parent and Family Association strives to enhance student success by actively engaging parents and families as part of the larger university community through publications, programs, and services.

Join the Parent and Family Association!

All parents and family members of UK undergraduate students are eligible to join the Parent and Family Association. Membership is free! Join online at www.uky.edu/joinukpfa.

How Does UK Support Parents and Families?

Cat Chat Email Newsletter

Families love Cat Chat! Sent two or three times a month during the school year, families are informed about university events, deadlines, and resources.

Parent Advisory Council

Take an active role in the Parent and Family Association and apply to join the Parent Advisory Council. Council members assist with university events and offer feedback on university services. They network with other UK parents and administrators. Applications are available online.

Website

Visit the Parent and Family Association website often to find information on visiting campus and Lexington for special events or anytime at all, links to university resources, and more: www.uky.edu/parents.

Social Media

The Parent and Family Association is on Facebook and Twitter! Both are great ways to get news and updates from UK and to connect with other UK parents and families (@UKParents). Like us, follow us, and check back often!

Answers to Questions and Concerns

There may be times when your son or daughter has a question or concern and is unable to find an answer on his or her own. Therefore, the UK Parent and Family Association is available to assist you by providing the information you need to support your student as he or she attempts to navigate a large campus. When you have a question or concern, visit the UKPFA website. If you do not find the information you are seeking there, call or email the Parent and Family Association. Our staff can assist you in finding the information you are seeking so you can support your students’ efforts to solve their own problems.

Programs and Events

The UK Parent and Family Association hosts and sponsors a number of events and programs on campus. To learn more, visit www.uky.edu/parents.

- All families of UK students are invited to campus in the fall for Family Weekend. Take part in a wide variety of events that showcase the best of UK and the Lexington community. Family Weekend 2017 will be held October 6 - 8. Mark your calendars, book your hotel rooms early, and look for more information in the coming months.

- Spring Family Reunion is a chance for families to come back to Lexington in April and take part in a day at the races at Keeneland.

- During K Week, we invite the parents and families of all new students to join us for a reception where families can interact with each other, meet UK faculty and staff, and write letters to their new students to be delivered during the first weeks of the semester.

- Students can take part in our first day of school photos in August and Big Blue Thank You before Thanksgiving.

- The Parent and Family Association also sponsors the academic program Dinner Dialogues which gives students the opportunity to interact with faculty and staff outside of the classroom.
UK Traditions

Celebrating Over 100 Years of Wildcat Pride

The official nickname for the University of Kentucky’s athletic teams is “Wildcats.” The nickname became synonymous with UK shortly after a 6-2 football victory over Illinois on October 9, 1909. Commandant Carbusier, then head of the military department at old State University, told a group of students in a chapel service following the game that the Kentucky football team had “fought like Wildcats.”

School Colors

The University of Kentucky adopted blue and white as its official colors in 1892. Originally, however, UK students had decided on blue and light yellow prior to the Kentucky-Centre College football game on December 19, 1891. The shade of blue, which is close to a royal blue, was chosen when a student asked the question, “What color blue?” At the time, Richard C. Stoll, a football player, pulled off his necktie and held it up. The students then adopted that particular shade of blue. A year later, UK students officially dropped the light yellow color for white.

Athletic Guest Tickets

Joe Craft Center, 1-800-928-2287
www.UKStudentTix.com

Following each regularly scheduled student ticket distribution for home football and men’s basketball tickets, students are allowed to purchase guest tickets in person at the Joe Craft Center for the cost of a normal public ticket, based on availability. Please keep in mind, once a ticket has been purchased as a student ticket, it cannot be converted into a guest ticket. Student tickets and guest tickets must be purchased at the same time to ensure the seats will be adjacent to one another. Guest tickets are located in the student seating area but do not require a UK or BCTC student ID. Visit www.UKathletics.com/tickets for additional information on public ticket sales.

Athletic Traditions

Check out these traditions at football and basketball games this season:

- The singing of “On, On, U of K” and “My Old Kentucky Home”
- The Wildcat’s pushups after touchdowns
- Tailgating
- The football team’s Cat Walk before each game
- Yelling “First Down Kentucky!”
- Camping out for tickets to Big Blue Madness
- Holding up one finger during free throws
- The eRUPPtion Zone
- 3 point signs at Rupp Arena
- The celebrity “Y” in the spelling of Kentucky
- The Big UK pyramid
- The alumni band playing at Rupp Arena during games over the winter break
- Being the winningest program in Division I college basketball


**Songs**

When the opportunity to sing about UK presents itself in the coming months and years, you will need to know the words to the following songs.

**“On, On, U of K”**

On, on, U of K, we are right for the fight today,
Hold that ball and hit that line;
Ev’ry Wildcat star will shine;
We’ll fight, fight, fight, for the blue and white
As we roll to that goal, Varsity,
And we’ll kick, pass and run, ’til the battle is won,
And we’ll bring home the victory.

The University of Kentucky’s fight song, “On, On, U of K,” first premiered at a student convocation in the spring of 1923. Lyricist Troy Perkins, an alumnus, won a $5 prize in a contest to write the words. Professor Carl Lampert, known as the father of the UK Music Department, wrote the music in 1922.

**“Kentucky Fight”**

Kentucky! We will beat the foe!
Kentucky! Onward we will go!
Kentucky! We all hail to thee,
and victors we will be today!
Rah! Rah! Rah!

Thought to be one of the original fight songs of UK, “Kentucky Fight” is a familiar tune often played by the Wildcat band but whose words are rarely sung.

**“Hail Kentucky”**

Hail Kentucky, Alma Mater!
Loyal sons and daughters sing;
Sound her praise with voice united;
To the breeze her colors fling.
To the blue and white be true;
Badge triumphant age on age;
Blue, the sky that o’er us bends;
White, Kentucky’s stainless page.

The University of Kentucky’s alma mater, “Hail Kentucky,” first premiered on April 2, 1927, at a men’s glee club concert. Carl Lampert had completed the melody for the alma mater in 1917, but the words remained unwritten. One evening the Lamperts hosted dinner and invited Dr. William D. Funkhouser and his wife, Josephine, to join. During their conversation at dinner, Josephine agreed to write the lyrics for the alma mater. This song is typically heard only on special occasions.

**“My Old Kentucky Home”**

The sun shines bright on my old Kentucky home,
’Tis summer, the time to be gay;
The corn-top’s ripe and the meadow’s in the bloom,
While the birds make music all the day.
The young folks roll on the little cabin floor,
All merry, all happy and bright;
By’n by hard times come a-knocking at the door,
Then my old Kentucky home, good night!

CHORUS

Weep no more my lady, Oh! Weep no more today!
We will sing one song for my old Kentucky home,
For my old Kentucky home, far away.

“My Old Kentucky Home” is the state song of Kentucky. It was written by Stephen Collins Foster in 1853 and was later adopted by the Kentucky General Assembly as the official state song on March 19, 1928. The song was inspired by Foster’s visit to Federal Mansion, his cousin’s home located in Bardstown, Kentucky.
UK Dictionary:  
A Guide to Your Student’s New Language

The 90: A dining facility featuring the Fresh Food Company, Taco Bell Express®, Aqua Sushi®, La Madeleine®, Ovid’s, and a Wildcat Pantry. In addition the location features the Food Institute for Sustainability and Kentucky Proud initiatives, as well as multi-purpose classrooms for Living Learning Programs.

Add/Drop: Period of time during which students may add or drop classes. Students can find the academic calendar online at www.uky.edu/Registrar/Calendar for specific dates.

Advisor: Helps students select coursework. Refers to appropriate campus services. Great resource for students.

Ag: Nickname for the College of Agriculture, Food and Environment.

B&E: Nickname for the Gatton College of Business & Economics.

Big Blue Madness: A popular event featuring the first basketball practice of the season.

Bowman’s Den: A facility featuring dining locations like Chick-fil-A®, Panda Express®, Starbucks®, and Subway®, as well as a number of offices, during the renovation of the Student Center.

Bulletin: Provides an overview of University policies and includes degree requirements and course descriptions. Found online at www.uky.edu/Registrar/bulletin-course-catalog.

Canvas: A learning management system that connects instructors and students in and out of the classroom and can be used to share documents, submit assignments, and assign grades.

Cats Den: Starting the year in the lower level of Blazer Dining before moving back to the newly renovated and expanded Student Center in the spring semester, the Cats Den is equipped with table tennis, billiards, TVs, and a snack bar with free popcorn! Students can also enjoy free entertainment such as comedians, concerts, games, and tournaments.

Central Campus: Area surrounding numerous academic buildings and Donovan, Haggin, Lewis, and Johnson Halls as well as University Flats.

Chem/Phys: Nickname for the Chemistry/Physics Building.

Class Standing: Your student’s classification is based on the total number of hours earned. Freshman 0-29 hours, Sophomore 30-59 hours, Junior 60-89 hours, and Senior 90+ hours. These classifications are made at the beginning of each semester.

Classroom Building: Nickname for the White Hall Classroom Building.

College: A major division of the University (e.g. College of Arts & Sciences). Colleges are often further subdivided into departments.

Counseling Center: Provides psychological, career decision-making, and consultation services to UK students. Consultation also offered to parents, staff, and faculty concerning students. Located in Frazee Hall.

Crunch Brunch: Traditional late-night breakfast held during fall finals week.

DanceBlue: The largest student-run philanthropy on UK’s campus. DanceBlue is a year-long fundraising effort benefiting children with cancer treated at the Kentucky Children’s Hospital Hematology/Oncology Clinic.

Dean: Academic head of each college.

Dean’s List: An academic honor typically conferred upon students who complete at least 12 credit hours with a 3.6 or higher semester GPA, specific criteria varies by academic college.

Department Chair: Faculty member who oversees the operation of each academic department.

Distance Learning: Offers UK students a broad selection of undergraduate courses, graduate courses, and other programs throughout Kentucky and beyond.
Elauwit: In the newer residence halls television cable and internet service issues can be reported to Elauwit at 800-611-9837 or at support.elauwitnetworks.com.

eRUPPtion Zone: The most boisterous part of the student section in Rupp Arena during men’s basketball games.

FAFSA: Free Application for Federal Student Aid. Fill out annually as soon as it becomes available in October to receive federal student aid.


Full-time: Full-time status for undergraduate students in a regular semester is 12 hours or more.

Funkhouser: Building that houses academic offices and student services offices such as Undergraduate Admission, Registrar, Student Account Services, Financial Aid, Academic Scholarships, and Housing.

Greek: Students who have joined a social fraternity or sorority.

Hamburg: Popular shopping and dining destination in Lexington.

HES: Acronym for the School of Human Environmental Sciences.

Homecoming: An annual tradition of the University to welcome back alumni. This event is centered around a football game and includes several campus activities.

The Hub: Located in the basement of William T. Young Library, the Hub @ WT’s provides library research assistance and informational technology help.

Johnson Center: State-of-the-art student recreation facility located on South Campus.

K Book: The student life handbook distributed to new students.

K Lot: Parking lot at the football stadium.

K Week: Fall welcome week with activities especially for new undergraduates as well as the entire UK community; traditional events include the New Student Induction Ceremony, Big Blue U, UK FUSION, and We Are UK.

Keeneland: Lexington’s historic thoroughbred race track with live races every April and October.

Kentucky Wildcat: A free, late-night, on-demand transportation option for students provided by Student Government and operated by students through Transportation Services. The service operates Thursday - Saturday from 10 p.m. to 3 a.m. during fall and spring semesters. Rides must be requested through the TransLoc Rider app.

Kernel: (Kentucky Kernel) Independent student-run newspaper.

Kroger Field: Formerly Commonwealth Stadium.

Lextran: Lexington area bus service.

Link blue: A directory account (user ID and password) which can be used when connecting to many campus-wide systems including myUK.

Living Learning Programs (LLP’s): With a combination of Living Learning Communities and Residential Colleges, the Living Learning Program is a seamless integration of in-class learning with out-of-class experiences. In a living learning community a cohort of students with the same academic or thematic interest live together and attend special designed courses/programs for their community.
Since coming to UK, I have developed life skills as well as an education that well prepares me to contribute to the Commonwealth of Kentucky and society in general.”

Main Building: Formerly known as the Administration Building and home to the offices of the president and numerous administrators as well as the Visitor Center and classrooms.

Major: A student’s field of study.

Mathskeller: Math Resource Center with services for students studying math.

Memorial Hall and Memorial Coliseum: Memorial Hall is a symbol of the University; the building is used primarily for large classes, lectures, and concerts. Memorial Coliseum houses the Athletics Department and numerous athletic and large-scale University events.

Minor: A student’s secondary field of study.

myUK: Website where students can view tuition bills and student records, register for classes, pay tuition online with a credit card or e-check, and more.

North Campus: Area surrounding Blazer, Boyd, Holmes, Jewell, and Roselle residence halls.


Office Hours: Hours set aside by professors to meet individually with students.

OrgSync: An online community where students can learn more about student organizations and events on campus.

Plus Account: The Plus Account is an extremely flexible account widely used on campus and off campus for dining, laundry, books, printing, copying, uniforms, prescriptions, and much more.

POT: Acronym for Patterson Office Tower.

Prerequisite: A prerequisite is a requirement which must be completed before taking certain classes. Examples of prerequisites include class standing, completion of another course, or permission of the instructor.

Presentation U: Presentation U provides tutoring assistance and training with multimodal communication skills and projects. Both UK faculty and students have the opportunity to attend workshops and work individually with highly trained faculty members, graduate students, and peer tutors. Presentation U has locations in The Hub of Young Library and the R.G. Anderson Building.

Priority Registration: Specified time during which currently enrolled students register for classes for the upcoming semester. See the academic calendar at www.uky.edu/Registrar/Academic-Calendar for dates.

Provost: Chief academic officer of the University.

RA: Acronym for resident advisors, older students hired to serve as resources for residence hall students.

ROTC: The Reserve Officers Training Corps is one of the country’s largest scholarship providers and is the single largest producer of military leadership.

SAFECATS: Safety escort service which operates from Sunday – Thursday from 8:30 p.m. – 1:30 a.m. Students may call 859-257-SAFE for an escort on campus.

South Campus: Area surrounding the Johnson Student Recreation Center as well as Ingels, Smith, Baldwin, Lewis, and Woodland Glen residence halls.

STARR: Acronym for Self-defense Techniques And Risk Reduction, a course for women offered by UK Police.

Student Organizations: Many go by acronyms, including Student Activities Board (SAB), Center for Community Outreach (CCO), Student Government (SG), and Resident Student Association (RSA).

The Study & The Study North: Home to UK’s free peer tutoring program.
To Do: Your UK Checklist

✓ Attend.

Accept our invitations to visit campus for events such as K Week, Family Weekend, Homecoming, concerts, theatre productions, lectures, and games. You’ll build relationships with your student’s friends as well as UK faculty and staff. More importantly, you’ll be spending quality time with your student and will be an active participant in their college experience.

✓ Learn.

Increase your UK IQ by reading Cat Chat emails (subscribe at www.uky.edu/joinukpfa), visiting the UKNow website (http://uknow.uky.edu), and checking out the Kentucky Kernel student newspaper online (www.kykernel.com). Refer back to this handbook throughout your student’s time at UK. Like the UK Parent and Family Association on Facebook (www.facebook.com/ukparents) and follow us on Twitter (@ukparents).

✓ Ask.

Whether it is you or your student needing help, UK has resources available to tackle the problem. You’ll learn more about many of these resources in this handbook and in Cat Chat emails throughout the school year.

✓ Enjoy.

The next few years will likely present a few challenges, but your student’s college experience should be an enjoyable one for the whole family. Patience and a sense of humor will carry you far.

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Syllabus: A written description of a course, assignments, grading policy, exams, etc. given to a class by the instructor at the beginning of the course.

TA: Teaching assistant.

Tolly Ho: Popular late-night restaurant located near campus. Commonly known as “The Ho.”

UHS: Acronym for University Health Service located on South Limestone Street.

UK Core: UK Core is UK’s general education program that all students are required to complete in order to graduate. Learn more at www.uky.edu/ukcore.

University: An institution of higher education granting degrees in a number of academic subjects.

VIP Center: Violence Intervention and Prevention Center in Frazee Hall.

WildCard: UK’s student ID card needed for admission to the Johnson Student Recreation Center, athletic events, and a number of other services and activities. The WildCard ID is used like a debit card for Meal Plans and Flex Dollars.

Wildcat Deals: Wildcat Deals are predetermined combo specials available at many restaurants on campus.

Willy T: Popular nickname for W.T. Young Library, often used as “I have a date with Willy T tonight.”

Winter Intersession: Optional intensive term between the fall and spring semesters.

WRFL: “Radio Free Lexington.” Student-run radio station found at 88.1 on the FM dial and known for an eclectic mix of music.
1. Welcome to the Wildcat Family

The following events are highlights of each school year:

**K Week**, UK’s fall welcome week for new students, their families, and the entire UK community

**UK FUSION** (UK For Unity and Service In Our Neighborhoods), an annual day of service during K Week

**Education Abroad Fair**

**Homecoming Week**

**Family Weekend**

**Big Blue Madness**, the first basketball practice of the season

**Catspy Awards**, honoring UK’s student-athletes

UK Alumni Association’s **Finals Treats** hosted by the Fayette County Alumni Club

**Finals Crunch Brunch**, a late-night breakfast and stress-reliever held each fall in Memorial Coliseum

**Martin Luther King, Jr. Holiday Commemoration** in January

**DanceBlue**, a 24-hour dance marathon benefiting the University’s Pediatric Oncology Clinic

**Keeneland** Fall and spring race meet (not exactly on campus, but you go where the people... and the horses... are)

**Commencement**

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**Things to Do **

**Before Your Wildcat Graduates**

- Enjoy a day at the races at historic Keeneland racetrack. Live racing takes place every October and April.
- Visit Joe Bologna’s (Joe B’s as it is affectionately known) for a tasty Italian meal in a restored synagogue. The garlic breadsticks are a must-have.
- Visit Memorial Hall, the symbol of the University. This 1929 landmark commemorates Kentuckians who lost their lives in World War I and is the perfect spot for a family photo.
- Attend Family Weekend, and don’t miss the annual tent party.
- Check out as many UK athletic events as possible. Go Cats!
- Tour W.T. Young Library, and marvel at its size and resources.
- Try the spicy beef wrap at Ovid’s in The 90.
- Participate in K Week activities during your student’s first year. You’ll learn a lot about UK and your student’s experience here.
- Support the Parent and Family Association. You can do that in a number of ways: attending Family Weekend, joining the Parent Advisory Council, reading Cat Chat, and making a donation to assist our organization.
- Explore downtown Lexington, especially Rupp Arena and Triangle Park.
- Tailgate at Kroger Field before a UK football game.
- Attend a Student Activities Board event. They host hundreds of events each school year.
- Enjoy a birds-eye view of campus from the 18th floor of Patterson Office Tower.
- Snap a family photo with “Bowman” at Wildcat Alumni Plaza on Avenue of Champions. He is named for John Bowman, the visionary whose work led to the creation of the University.
- Meet faculty, staff, and administrators. They love getting to know UK students and their families.
- Keep up with campus news by reading the Kentucky Kernel online.
- Read the K Book. This student-written new student handbook provides insight into the UK experience.
- For decades, UK students have stopped by Tolly Ho for late-night meals. Fortunately they are open 24 hours a day, so you don’t have to wait until the middle of the night for a burger, fries, and milkshake.
One of the benefits of attending an institution as large as UK is that there are many, many resources available to our students. This section contains information on resources related to campus safety, wellness, living and eating on campus, student life, preparing for the future, and financial management.

**Campus Safety**

The University of Kentucky Police Department asks that you share in the responsibility for making the UK community a safe one. The University Police Department encourages you and your student to take responsibility for your own safety and to report crimes and potential safety issues.

Police services are provided 24 hours a day, 365 days a year. Crime reports, investigations, medical emergencies, fire emergencies, traffic accidents, enforcement of state laws, and all other incidents requiring police assistance are addressed by University police officers.

Enforcement jurisdiction includes property owned or controlled by the University and streets that run through or adjacent to campus. Officers are empowered to conduct University-related criminal investigations anywhere within the Commonwealth of Kentucky and have the authority to carry firearms and make arrests. University police officers maintain a cooperative relationship with other local, state, and federal law enforcement agencies. This cooperation includes multi-jurisdictional investigations, special events coordination, and joint training programs.

A website, www.uky.edu/police, is maintained by the UK Police Department to provide convenient and accurate access to police services, crime statistics, crime prevention information, emergency procedures, and other helpful information.
**Residence Hall Safety**

Providing for the safety and security of those who live in and visit undergraduate housing is one of the most important functions of the Office of Residence Life. Thus, safety and security is constantly at the forefront of all Residence Life activities. Security measures include, but are not limited to, the following:

1. All visitors, including parents and siblings, must be signed in and out of the halls and leave one form of valid photo identification at the desk for the duration of their visit. Visitors must be escorted by their host during their visit. Each residence hall has a front desk that is staffed 24 hours-a-day, 7 days-a-week to enforce visitation policies and respond to residents’ needs.

2. Students gain entry to their building through computerized card access. There are no curfew hours. In order to maintain security, the main doors are locked at all times.

3. All student rooms are equipped with card access locks. Students should be reminded to lock their doors at night, while sleeping, and when the room is unoccupied. Thefts and other incidents have occurred in unlocked rooms, even when students are elsewhere on their floor or in their residence hall (i.e. doing laundry or studying in Active Learning Centers).

4. Professional Resident Directors (R.D.s) and student Resident Advisors (R.A.s) live in the residence halls and are on-call 24 hours a day. A staffing structure has been developed to make sure that staff are always available and that staff members always have back-up and support from supervisors. During fall training and throughout the academic year, staff members receive instruction on procedures related to safety issues and resources to help them respond to emergencies. All staff members make regular rounds of the facilities on a daily basis checking for maintenance problems that may pose a hazard to residents’ safety and security.

When you visit University residence halls and other campus facilities, remember to become familiar with fire exits and always leave the building when a fire alarm sounds. Please be mindful of campus policies on tobacco use/smoking, open flames, and electrical appliances. Do not allow strangers to enter locked buildings and remember to have your student escort you at all times.

**Parking & Transportation Safety**

Students and visitors are urged to lock their vehicles and report any suspicious activity observed in parking lots. If students bring vehicles to campus, please discuss safety concerns and the specifics of insurance policies regarding loaning of vehicles to other drivers. Emphasize the importance of locking vehicles in campus parking lots and keeping valuable items out of sight, preferably in the trunk, or removing them from the car.

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**Sustainability**

www.sustainability.uky.edu

The University of Kentucky recognizes that in its mission to improve the lives of Kentuckians, its greatest challenge in our time is to engage the university community to create policies and programs that will simultaneously advance economic vitality, ecological integrity, and social equity now and into the future. As such, it calls upon all levels and constituencies of the university to participate in a continuous and ongoing effort to institute the teaching, research, and practice of sustainability and to establish an institutional culture of sustainability.

Learn more about campus sustainability initiatives and about opportunities to get involved, including paid internships and project funding, at www.sustainability.uky.edu. If you have specific questions, please contact UK Sustainability Coordinator Shane Tedder at shane.tedder@uky.edu.
Campus Crime Prevention & Safety Initiatives

Like any other community of its size, the University of Kentucky experiences crime, accidents, injuries, and other emergencies. Prevention efforts can be effective in reducing opportunities for criminal activity, and campus occupants can play a key role in crime prevention efforts. Students must be cautious, careful, alert to their own safety, and protective of both their property and that which belongs to the University. The following are a series of initiatives UKPD and other University affiliates have developed to help keep the campus community safe and informed.

SAFECATS (257-SAFE) Student Escort Service

The Flying Wildcats Booster Club, a student organization comprised of ROTC cadets, works in conjunction with the police department and Student Government Association to provide walking and mobile escorts for students to and from any destination on campus. This free service is provided Sunday through Thursday, 8:30 p.m. to 1:30 a.m., with extended hours during final exam weeks.

Cat’s Path

UK has designated a series of recommended walking routes that span central campus and provide the University of Kentucky community with a convenient method of traversing campus on a network of popular paths. The routes were specifically chosen due to their frequent use and accessibility to major campus destinations. Marked with highly visible signage and paw print ground logos, the Cat’s Path is patrolled frequently by University Police, both on foot and in special police golf carts.

Emergency Telephones

The UK campus is equipped with numerous emergency telephones, many of which were recently upgraded. These phones are programmed to automatically dial UK Police when activated. The telecommunications officer receiving the call knows exactly where the call is originating. To use these phones, simply push the red button and the emergency call will be initiated. Phones are tested monthly to ensure proper function and repair. An added component to the recent phone upgrade includes wide area outdoor notification. In the event of a campus incident or weather warning that requires immediate action by the campus community, emergency messages will be relayed through outdoor speakers at each emergency phone location.

Self-Defense Techniques and Risk Reduction (STARR)

This self-defense program is offered to female students, faculty, and staff. Sexual assault, relationship violence, and crime prevention issues are addressed. Students are taught full physical contact self-defense techniques and practice techniques in simulated attack scenarios. For more information, visit www.uky.edu/Police/starr.html.

Crime Prevention Presentations

UK Police officers work with Residence Life and other student organizations to present information regarding personal and property safety, crime awareness, emergency procedures, and police resources. In addition to hosting presentations, preventative information is also conveyed through bulletin boards located in residence halls.

Reporting Crime

Contact the UK Police Department by:

- Dialing 911 to report an emergency
- Calling the main dispatch at 257-8573 (UKPD) for non-emergencies
- Dialing #UKPD (#8573) from a cellular phone*
- Reporting in person at 305 Euclid Avenue (Corner of Rose St. & Euclid Ave.)

* Dialing 911 from a cellular phone will connect you to the Lexington Police Dispatch Center.

UK Police maintain direct communications with the appropriate local police, fire, and emergency medical response agencies in order to facilitate their responses in an emergency. Direct communication is also maintained with the University’s Office of Crisis Management & Preparedness, Environmental Health and Safety Department, Fire Marshal, Physical Plant Division, Transportation Services, and Medical Center Security.

Victim Assistance

Should your student become the victim of a crime, UK offers several resources that will assist them in coping with such an experience. Please encourage students in need of support to seek out the Violence Intervention & Prevention (VIP) Center and the UK Counseling Center.
LiveSafe Mobile Safety App

LiveSafe allows students, faculty, staff, and visitors to:

- Share information
  App users can submit tips for suspicious activity, harassment, or even a malfunctioning traffic signal, all with two-way text communications with the police. You can even submit pictures or videos with your tip, straight from your mobile phone. Tips can be submitted anonymously if you choose.

- Have your friend’s back with SafeWalk
  Participate in a virtual escort and monitor your friend’s location in real-time on a map. Users can chat with one another or call 911, if needed, from within the app.

- Navigate campus
  Access a building list and receive turn-by-turn walking or driving directions to any building on the Lexington campus.

- Summon emergency help
  Call 911, call 859-257-UKPD, or message campus police in an emergency from within the app. Safety officials can leverage location data in an emergency allowing faster response times!

- Access emergency information and resources
  Fast access to campus emergency procedures as well as on and off-campus resources right in the app

Download LiveSafe today!

1. Download “LiveSafe” from Google Play or the App Store.
2. Select “U. of Kentucky” as your school.
3. Sign up with your name and information.

Inclement Weather Information

The decision to delay or cancel classes will be made after consulting with the UK Police Department, other university personnel, and local government if necessary. Among the factors that will be taken into account are whether Lexington government offices and businesses will be open and whether the local bus system will operate.

Whether or not classes are in session, the University of Kentucky Hospitals, residence halls, dining locations, Physical Plant, and Police Department operations will remain open. UK’s Physical Plant Division will use as many workers as possible for snow removal efforts to keep campus roads and parking lots clear.

The city of Lexington has designated Snow Emergency Routes that are clearly marked with street signs. In the event that the mayor declares a snow emergency, cars parked along those marked routes will need to be moved. Students should pay particular attention to these routes in order to avoid being towed.

UK Alert

The University of Kentucky has an emergency notification system, UK Alert, to communicate official information during an emergency or crisis situation that disrupts normal operation of the campus or threatens the IMMEDIATE health or safety of members of the campus community.

All University of Kentucky students, staff, and faculty are automatically registered in UK Alert with their official university email address. We encourage students, staff, and faculty to add other contact information such as mobile numbers in order to receive text and phone messages and personal emails to their UK Alert accounts. Parents, media, visitors, and other interested parties may register for UK Alert on a voluntary self-subscription basis.

Upgraded emergency notification towers and indoor speakers add extra mechanisms to the crisis communication network. The emergency notification towers, placed in strategic locations across campus and include emergency phone access, are illuminated at all times during the night and flash in times of emergency. Emergency messages are relayed utilizing indoor speakers in select locations, Voice over Internet Protocol (VoIP) telephones, and outdoor speakers at each of the emergency notification tower locations across campus.

Effective emergency response requires personal preparedness and planning. We encourage students, faculty, and staff to update their accounts and parents to sign up for UK Alert as just one part of your personal emergency preparedness plan.

For more information on UK Alert, to sign up, or to update your information, go to www.uky.edu/ukalert. Review UK’s Emergency Response Guide at www.uky.edu/EM/emergency-response-guide.html.

Campus Crime Bulletin

University Police may issue a Crime Bulletin to give students, faculty, and staff timely notification of crimes that may present a threat to the campus community and to heighten safety awareness. The Crime Bulletin also seeks information that may lead to arrest and conviction of the offender when violent crimes against persons or major crimes against property have been reported. Additionally, the Crime Bulletin is prevention-oriented and is meant to remind or educate the campus
community of specific events or trends that may assist in preventing an occurrence of crime. UK Police and the UK Office of Crisis Management and Preparedness work to produce and distribute the bulletins that describe the situation, provide safety tips, and include a contact number for obtaining further information or reporting.

Every effort will be made to distribute the bulletins as soon as possible after the incident is reported; however, the release is subject to the availability of accurate facts concerning the incident. Crime Bulletins are widely distributed throughout campus, provided to media, posted on the UK and University Police Department websites, and emailed as quickly as possible to students, faculty, and staff.

Crime Reports

Each year the University of Kentucky Police Division of Crisis Management and Preparedness publishes the Annual Campus Safety and Security Report. This report includes statistics for the previous three years concerning reported crimes that occurred on campus, in certain off-campus buildings owned or controlled by UK, and on public property immediately adjacent to campus. The report also includes institutional policies concerning campus security, such as policies concerning sexual assault, and other matters. The report is available for viewing and/or printing at www.uky.edu/EM/annual-security-report.html. If you would like a printed version of the report or if you have any questions, please contact UK Division of Crisis Management and Preparedness at 859-257-3815 or visit www.uky.edu/em.

University of Kentucky’s current Annual Fire Safety Report is available at http://ehs.uky.edu/fire. This report includes statistics on fire incidents in residential facilities on campus as well as policies related to fire safety and prevention. If you would like a printed version of the Annual Fire Report or if you have any questions, please contact the Office of the University of Kentucky Fire Marshal at 859-257-8590.

Crime Log

The University's Crime Log can be found online by visiting www.uky.edu/crimelog. This log contains information on the last sixty (60) days of UKPD’s activities such as reports taken and arrests made, as well as any incidents reported to the designated campus security authorities. Additionally, crimes occurring on University property that are reported to Lexington Police Department are included on this log upon notification by LPD. Crimes must be entered into the Daily Crime Log within two (2) business days after the crime has been reported to Police/Public Safety/Security. Additionally, anyone may access the crime log by visiting UKPD to view a copy of the last sixty (60) days. Crime log information that is older than sixty (60) days will be provided within two (2) business days upon request by contacting CMP at 859-257-9665 or cmp@uky.edu.

Wellness

The well-being of our students is a priority for UK administrators, faculty, and staff. The following services are in place to help ensure that the diverse needs of our students are met.

University Health Service

830 South Limestone Street
Information: 859-323-5823
Appointments: 859-323-APPT (2778)
www.ukhealthcare.uky.edu/uhs

University Health Service (UHS) has physicians who are board certified in family practice, internal medicine, emergency medicine, sports medicine, psychiatry, and occupational medicine. Additionally our nurse practitioners have certification in family medicine, women’s health, and psychiatry.

All full-time students at the University of Kentucky have access to University Health Service through their tuition and mandatory fees. Part-time students may be seen on a fee-for-service basis or by voluntarily requesting the health fee through Student Account Services.

UHS has a registered nurse available for telephone consultation for illness, injuries, lab results, or other health concerns and questions. The Phone Information Nurse can be reached Monday through Friday, 8 a.m. to 4:30 p.m. by calling 859-323-4636 (INFO).

It is strongly recommended that all students have medical/hospitalization insurance. If students are not covered under their parents’ plan, they may purchase insurance for injury and illness through a carrier who offers year-round health insurance for students. Call 859-323-5823 for more information on student health insurance. Students should always carry their UK student ID card and personal medical insurance card and should bring these items with them to every visit.

Appointments are required. Students can call 859-323-APPT (2778) to make an appointment. They can also schedule online via the Student Health portal of myUK. For instructions on how to register online, please visit the UHS website.
Covered Services

• Unlimited office visits for:
  • Injury or illness
  • Allergy injections
• Well-patient physical exams
• Women’s care (gynecology)
• Observation room care
• Phone information nurse
• On-call physician for emergency after hours
• Limited medications
• Behavioral Health office visits
• Health education and wellness services:
  • Nutrition counseling
  • Tobacco treatment counseling
  • Sexual health education session
  • Access to health education resources

Vaccinations

The University of Kentucky strongly recommends all incoming students be immunized before enrollment for the following illnesses:

- Measles
- Mumps
- Pertussis
- Polio
- Varicella
- Tetanus
- Diphtheria
- Rubella
- Hepatitis B
- HPV

Additionally, it is required of students living in campus housing to be immunized for Meningococcal Meningitis.

Flu vaccination is also available before and during flu season.

Students have three options for sharing immunization records with UHS:

1. Log in to https://myuk.uky.edu/irj/portal, My Info, Student Services, Student Health to access the online patient portal for University Health Service. Click on “upload” and follow the instructions. This must be done by the student using his/her Link Blue ID.

2. Bring a copy of immunization records to their first clinic visit.

3. Email a scanned copy to uhsmedicalrecords@uky.edu.

Campus Recreation and Wellness

Johnson Center and Blazer Dining
859-257-3928
www.uky.edu/recwell

The mission of Campus Recreation and Wellness is to provide quality recreation and wellness programs and services for the campus community that support student success and promote healthy lifestyles. Campus Recreation and Wellness is for everyone regardless of ability or experience and ranges from organized, competitive activities to simply working out during free time. The Intramural Sports program offers individual and team sports competitions ranging from basketball to table tennis. Teams are organized through the residence halls, fraternities, sororities, and independent groups. The Outdoor Pursuits program provides outdoor recreation and education opportunities for the University of Kentucky community using human-powered adventure pursuits, experiential education, and the natural environment. The Club Sports program provides opportunities for students, faculty, and staff who desire a more in-depth sports experience than is provided in the intramural and/or open recreation program. Campus Recreation and Wellness includes several indoor recreation facilities as well as outdoor recreation spaces. The centerpiece of Campus Recreation and Wellness is the Bernard M. Johnson Student Recreation Center. The Johnson Center, located on Complex Drive, is a state-of-the-art recreation facility featuring a multi-purpose gymnasium, a four-lane elevated jogging track, fitness/conditioning center, aerobics studios, racquetball courts, climbing wall, locker and shower facilities, and a lobby/lounge area. Adjacent to the Johnson Center is the Lancaster Aquatic Center which houses a 50-meter pool. Scheduled to open in January 2018 is a new 30,000-square-foot fitness facility to be located on North Campus in Alumni Gym. A current UK student ID is required to enter recreation facilities.

In conjunction with Campus Recreation and Wellness's mission, we strive to provide knowledge and information that empowers UK students and community youth to make safer and healthier lifestyle choices for holistic wellness. Our primary areas of focus include alcohol and other drug (AOD) prevention and outreach, financial wellness and empowerment, stress management, and general wellness. Though there are many programs provided by this office, the two main methods of communication are through the Student Wellness Ambassadors (SWA) and through AlcoholEdu. The Student Wellness Ambassadors educate and empower their peers by providing tips and advice on health-related lifestyle choices. SWAs specifically
emphasize the importance of the overall well-being for the student population. Each student in SWA is trained by staff members and various partners from the UK campus and our surrounding community. The training allows SWA members to effectively reach the UK and Lexington communities regarding how to stay safe in high-risk situations. If you have a student who may be interested in joining SWA, please encourage them to reach out to Courtney Hoffman at c.hoffman@uky.edu.

The University of Kentucky is in its seventh year of utilizing AlcoholEdu as a mandatory online education program. All incoming freshmen and transfer students are required to successfully complete the program if they are under 21 years of age. This program has been extensively studied by independent researchers and has been proven to decrease high-risk student drinking. In addition, our studies at UK have found a correlation between students who do not complete AlcoholEdu by the deadline and lowered academic success (e.g. academic probation or failure to return the following semester).

AlcoholEdu is a two-part anonymous program that provides students with individualized feedback based upon their perceptions and behaviors. Additionally, it provides our administration with a snapshot of our incoming students regarding substance use behaviors both before arriving to college as well as their behaviors within the first six weeks after their arrival. AlcoholEdu can be accessed at www.uky.edu/recwell/wellness/alcoholedu beginning in mid-July. Students will have until the Monday before K Week to complete Part One with a passing “final exam” grade of 75%. Part Two must be complete by mid-October. As this program is mandatory, any student who does not successfully complete the program by the deadlines will have an academic hold placed on his/her account. This means no changes to existing schedules can be made and registration for future semesters cannot be accessed until this requirement is complete. If you have any questions about alcohol, drugs, or holistic wellness programs on our campus, please feel free to contact the office at WISE@uky.edu.

An additional resource provided by Campus Recreation and Wellness is the Collegiate Recovery Community (CRC). The CRC is dedicated to empowering students recovering from addictive disorders to achieve academic, personal, and professional success while maintaining recovery. This program provides a safe and supportive community for students in recovery, including a positive social atmosphere with like-minded peers, dedicated and qualified recovery staff, and an emphasis on developing as productive members of society. For more information about the CRC, contact the program coordinator, Kelsey Otten, at Kelsey.otten@uky.edu.

Be Prepared: Student First Aid Kit

- Various sized bandages
- Antibiotic ointment, hydrocortisone cream, and antifungal cream
- Digital thermometer
- Mild analgesic for pain (ibuprofen or acetaminophen)
- Hand sanitizer
- Antiseptic and/or alcohol wipes
- A small flashlight with batteries in the event of a power outage

Also have:

- Up-to-date copy of immunizations
- Copy of your insurance card and prescription cards to carry with you at all times

Also know:

- Allergies, chronic health conditions, current medications
- Emergency contact number
- Name and address of home physician

Please encourage your student to follow UHS on Twitter @UHSPAWS and like UHS on Facebook (www.facebook.com/UKstudenthealth) for the latest event updates and student health care news!
Stress Management for College Students

College life is stressful. New opportunities, new responsibilities, new experiences, and new expectations are both thrilling and scary at the same time. Most parents of college students have received panicked phone calls or emails from their sons and daughters at one time or another. Often college students just want someone with whom they can share their concerns, challenges, and frustrations. They may want your advice and words of wisdom, too. Below you will find stress management tips to share with your stressed out college student.

- **Get enough rest each night:**
  College students should sleep approximately 7–8 hours each night. However, many are pulling all-nighters or consistently not getting enough sleep. Even the hardest task looks more manageable after a good night’s sleep.

- **Eat regularly and eat the right kinds of food:**
  Rolling out of bed, skipping breakfast, and going to class in pajamas is not an uncommon morning for college students. Ordering pizza at midnight is a regular event as well. Skipping meals depletes the body’s energy level, and busy college students need all the energy they can get. Foods with a high salt or sugar content can lead to high blood pressure or low blood sugar.

- **Exercise regularly:**
  Whether it is an intramural sport or a walk around campus, physical activity is a great study break and stress reliever.

- **Avoid or limit all substance abuse:**
  Excessive amounts of caffeine, alcohol, and medication can impair reasoning ability and memory.

- **Get organized:**
  Setting short-term and long-term goals and effective time management can help students anticipate and plan for potentially stressful times such as midterms and finals.

- **Communicate:**
  Talking to a trusted friend or family member can help students work through problems and feel that they are not alone in their struggles.

- **Relax:**
  Part of effective time management is making time to relax, even if it is just 20 minutes a day. Spend time on a hobby or engage in a favorite relaxation technique like yoga or meditation.

- **Seek help:**
  If the stress of day-to-day college life becomes too much to handle, take advantage of campus resources that are available to students. Schedule appointments with professors and advisors. Visit or call University Health Service or the UK Counseling Center. The UK Counseling Center also has 24-hour phone coverage for urgent concerns (859-257-8701). If you are concerned about anyone in the campus community who might be considering suicide, please call 911. Other emergency services include the National Suicide Prevention Lifeline (1-800-273-TALK) and the Crisis Text Line (text “go” to 741-741). Both are available 24 hours a day. If you have concerns about the welfare of a student who is not in immediate crisis, contact the Community of Concern Team at www.uky.edu/concern.
Counseling Center: Consultation and Psychological Services
106 Frazee Hall
859-257-8701
www.uky.edu/CounselingCenter

The UK Counseling Center understands that university life can be demanding and that academics, finances, work, family, health, and social life can be stressors in students’ lives. The UKCC offers confidential services to support students who are facing anxiety, depression, relationship and family concerns, major and career decision-making distress, academic issues, social confidence concerns, oppression and discrimination stressors, and health issues as well as students in transition. UK Counseling Center (UKCC) services include individual and group counseling; career exploration and decision-making counseling; career and personality assessment; workshops on stress management, social skills, and test anxiety; consultation with students, faculty, staff, and parents; and outreach programs to classes and organizations. Counseling staff also provide QPR (Question, Persuade, Refer) suicide prevention trainings.

UKCC services are available to UK students who are enrolled in at least six credit-bearing hours. With a few exceptions, counseling services are provided at no cost to the student. Walk-in appointments are available for initial assessment. Check the website or call for walk-in hours. For those who need to schedule in advance, they can call Monday – Friday from 8 a.m. to 4:30 p.m. to schedule an initial appointment. Students may also drop by Let’s Talk locations for a brief, confidential conversation with UKCC staff. Times and locations are available on our website. Crisis phone service is available 24 hours a day, 7 days a week by calling the UKCC main office. Accessibility information may be obtained by calling 859-257-8701, and detailed information about eligibility and services offered can be found by visiting the UKCC website.

“At first I was worried about my son attending a school 500 miles away from home, but after our second visit to campus, I felt like he was in good hands.”
~ parent of a UK sophomore

Physical, Emotional, and Mental Signs of Stress
• Sleep problems—insomnia or sleeping too much
• Headaches or stomachaches
• Increased or decreased appetite
• Boredom, withdrawal, fatigue
• Excessive procrastination, trouble concentrating
• Urges to cry, run away, or hide
• Anxiety, confusion, anger, frustration, blaming others

Violence Intervention and Prevention (VIP) Center
Lower level of Frazee Hall
859-257-3574
www.uky.edu/VIPCenter
www.facebook.com/vipcenter

The VIP Center provides students, staff, and faculty the tools, support, and opportunities to shape a violence-free campus. We lead, support, and sustain a culture of accountability to eliminate violence and oppression at UK. We create spaces for people to be heard, while also speaking for those who have been silenced. We actively work to end sexual assault, stalking, dating violence, and all sexual and gender-based interpersonal violence.

New students can interact with the VIP Center during summer orientation, K Week activities, residence hall programs, UK 101, and other classes. Students interested in participating in violence prevention efforts can volunteer, apply to be a SPARC educator activist, or attend a Green Dot program. VIP also provides support, referrals, resources, and advocacy to all UK community members who have been impacted by interpersonal violence. Concerned parents, students, faculty, and staff are invited to access the VIP Center for further information and resources.
Living on Campus

University Residence Halls

The mission of the Office of Residence Life is to create inclusive residential communities that promote student learning and personal growth. In order to accomplish this mission, the Office of Residence Life is committed to incorporating five core values into all residential communities. These are: (1) Safety, (2) Inclusion, (3) Service, (4) Civility, and (5) Academic Achievement. There are more than 20 undergraduate housing facilities on the UK campus managed by the Office of Residence Life. These facilities are staffed by a mixture of full-time professional, graduate student, and undergraduate student staff, all of whom are trained to help new students make a successful transition to college life. We encourage all first-year students to live on campus in order to take advantage of the opportunity it provides (1) to learn about the campus environment and its available resources, and (2) to develop the deep and lasting friendships that are frequently formed between students and their roommates and floormates. Living on campus helps students connect to the life of the campus community, and it can be very helpful in providing the support necessary for students to cope with new experiences and to succeed academically. Research at UK has shown that first-year students who live on campus do better academically than those who live off campus, and we strive to continue this trend.

Academic Support

One of the greatest benefits of living in the residence halls is the opportunity for students to have meaningful experiences and interactions with one another outside of the classroom. Every student and staff member in the residence halls should consider themselves to be part of an active learning community. In order to develop this community, every Residence Life staff member strives to:

- Create and maintain supportive learning environments which include ongoing educational opportunities and experiences.
- Minimize the barriers to students’ academic success by providing easy and immediate access to important educational information and resources.
- Promote individual growth and a sense of belonging through the creation of inclusive communities.

The Office of Residence Life also partners with academic units on campus to provide specialized living learning communities as part of the Living Learning
Program. Living learning communities are designed to bring together students with similar interests, goals, and classes. At the University of Kentucky, there are many different specialized communities in the Living Learning Program which allow students to live together, take classes together, and participate in shared programs and activities. Other academic support services offered in undergraduate housing facilities include free tutoring at The Study; direct Ethernet connections in each room for student computers; study rooms; and a variety of programming opportunities that allow students to meet faculty outside the classroom, improve their study and time management skills, and meet other students in their classes.

Residence Hall Staff

Each residence hall is staffed with a full-time office assistant who distributes mail, helps students with maintenance requests, provides staff support for the hall director of the building, and often serves as a warm, supportive adult presence in the hall. In addition, each residence hall has a hall director who lives in the building. Some hall directors are full-time, professional staff members while others are graduate students. Hall directors supervise the undergraduate student staff who work in the building, keep track of administrative details, and help students with any problems or conflicts they may experience. Also, each floor or unit in the residence halls has a resident advisor (R.A.). R.A.s are older students who have lived in the residence halls. They provide resources and support and assist students as they adjust academically and socially to campus. R.A.s plan educational and social activities for the community and enforce residence hall rules and regulations, which are in place to help maintain an academically supportive and welcoming environment in the halls. The rules and regulations for the undergraduate housing facilities may be found in the Official Guide to Living on Campus, which students receive when they move into the residence hall or on our website at www.uky.edu/Housing/undergraduate/resources.html.

The front desks of the residence halls are staffed 24 hours a day to provide service and security for students. In addition, the front doors of all residence halls run by the Office of Residence Life are locked 24 hours a day and have restricted access through the use of card access readers. All of the staff members are prepared to serve the needs of the residents who live in each building and to help residents do well academically while having a lot of fun along the way. If you should ever have any concerns or questions about your student's on-campus living experience, please call the Office of Residence Life at 859-257-4784 or email reslife@uky.edu.

UK Dining

859-257-2220 and 859-257-6161
Dining Center: 2nd floor of The 90
contactukdining@lsv.uky.edu
www.uky.campusdish.com

Food is about community – our heritage and our sense of place. It’s about coming together to remember the past and immerse ourselves in the present. UK’s revitalized dining program allows students to connect, learn, and discover the UK community through delicious food and cutting-edge facilities.

At UK, we have a collaborative effort that prioritizes health, wellness, and sustainable practices to support your student and the local community. With more than 30 restaurants on campus, students have access to an array of healthy, high-quality food options, popular national brands, and student favorites, right outside their classroom doors. Our student-focused approach to dining invites fellow Wildcats to gather together and form lasting friendships.

UK is more than just buildings. It’s a community – a family – where students can feel welcomed, supported, and nourished.

The Restaurants

The 90, conveniently located on the border of central and south campus, is home to la Madeleine, Wildcat Pantry convenience store, Taco Bell, and local Aqua Sushi in addition to two student favorites – Ovid’s and Fresh Food Company. Designed to foster a healthy lifestyle and sense of community, Fresh Food Company is a state-of-the-art, all-you-care-to-eat facility with an emphasis on made-from-scratch and local products. Fresh Food Company is where the majority of students eat their meals. Every day, our chefs create a dynamic menu to satisfy your student's ever-changing culinary cravings. Students with allergies or specific dietary needs can have their food specially prepared at our gluten-free kitchen.

Our other residential all-you-care-to-eat restaurant, Blazer Dining, is located on north campus. Blazer Dining features several interactive and themed food stations. Each station offers a mix of traditional and cutting-edge selections that keep your student's diet anything but boring. As with Fresh Food Company, Blazer Dining offers a variety of food that will satisfy your student's unique appetite and dietary needs.

UK is the home to the largest Starbucks on a college campus. We also have convenience stores and a variety of other restaurants located across campus such as Chick-fil-A, Taco Bell, Panda Express, Subway, Steak and Shake, and more. A complete list of dining locations is available at www.uky.campusdish.com.
Have a Plan

Whether students live on campus, walk to class, or commute, they will be spending the majority of their time on campus. With a UK Dining meal plan, you can be sure that they always get the nutrition they need for success. What’s more: our plans offer significant savings and discounts so that you and your student are happy.

Our meal plans are based around students swiping their card and eating meals at our residential restaurants, Fresh Food Company and Blazer Dining. As an added convenience, students also receive Flex Dollars – giving their plan more flexibility and saving them money! Similar to a debit card, Flex Dollars can be used at any of our on-campus restaurants saving 6% on every dollar. You can add Flex Dollars to their balance at any time during the semester. Talk to your student about their eating habits to ensure they have the right plan and amount of Flex Dollars suitable to their needs.

We encourage students to visit the Dining Center at The 90 if they have dining-related questions and let us help get the most out of meal plans. Our on-site dietician and location managers are also available to provide the guidance and assistance so your student stays healthy and happy on campus. For more information about our dining locations, hours of operation, and meal plans, please visit www.ukycampusdish.com.

Big Blue Pantry
bigbluepantry@ukcco.org
www.ukcco.org/programs/big-blue-pantry

The Big Blue Pantry serves University of Kentucky students who are experiencing food insecurity or hunger. Any UK student with a valid UK ID is eligible to receive non-perishable goods from the Big Blue Pantry by visiting their on-campus location in the basement of White Hall Classroom Building.

Wondering how you can help? The Big Blue Pantry operates entirely on donations and accepts non-perishable goods as well as monetary donations. For more information on services and suggested donations, visit www.ukcco.org/programs/big-blue-pantry.

“The UK Parent and Family Association is always willing to help from the first day we met them to senior year. Keeping up with details of what our children are experiencing can reassure us. Knowing you have someone that you can call is worth its weight in gold.”

~ submitted by a parent on the UKPFA Facebook page

“Don’t assume that your student knows everything to succeed in his or her first year of college, but don’t assume they know nothing either.”

~ advice from a UK junior
Student Life

While UK students spend a number of hours engaged in academic pursuits each week, they also lead active social lives and take advantage of the services offered by the following offices and organizations. Getting involved in campus activities is a great way to build skills, add experience to a resume, get to know fellow students, faculty, and staff, and have fun!

WildCard UKID Center
Bowman’s Den
859-257-1378
www.uky.edu/Police/UKID

For more information on your student’s WildCard and all of the important functions it has, visit www.uky.edu/Police/UKID.

Fraternity and Sorority Life
518 Patterson Office Tower
859-257-3151
www.uky.edu/Greek

Fraternities and sororities have a rich tradition at the University of Kentucky, starting in the 1890s and continuing to provide support, friendship, and leadership to fraternity and sorority members and the UK community. Being a member of a fraternity or sorority is a great way for students to be involved, form lifelong friendships, participate in community service and philanthropic endeavors, and increase their leadership skills. The Fraternity and Sorority Life Office promotes the success of organizations and students through education, guidance, and advocacy. The University of Kentucky has 52 different fraternities and sororities on campus and more than 6,000 individual members.

Office of Student Organizations and Activities
Blazer Dining 3rd floor - CCO, Leadership Exchange, SAB, and SG
Bowman’s Den - Student Involvement Ticket Center and Passport Acceptance Facility
White Hall Classroom Building Room 72 - WRFL 88.1FM
859-257-8867
www.getinvolved.uky.edu

The Office of Student Organizations and Activities is committed to enriching the lives of UK students by offering opportunities to get involved on campus, in the Lexington community, and beyond. The office is home to the Center for Community Outreach, Leadership Exchange, Student Activities Board, Student Government, and WRFL 88.1FM. The office also provides support and advising to more than 500 registered student organizations on campus. The Office of Student Organizations and Activities operates two student-centered services: the Passport Acceptance Facility and the Student Involvement Ticket Center allowing students access to the world right at their fingertips.

Hazing

Colleges and universities around the country work hard to create a safe learning environment for their students, and yet no institution is immune from the dangers presented by hazing. Reports of hazing behaviors are taken from a wide variety of organizations including athletic teams, performing arts groups, honor societies, and Greek letter organizations. Due to the physical and psychological dangers, the University of Kentucky has adopted a strong zero-tolerance policy regarding hazing by any member of the University Community.

Hazing is defined as any action or situation created by a member of the University Community against another member of the University Community for the purpose of affiliation with a group or organization that:

- Is negligent or reckless in nature;
- Is humiliating or endangers an individual; or
- Unreasonably interferes with scholastic or employment activities.

Hazing may occur regardless of the individual’s willingness to participate.

UK’s hazing policy encourages reporting by providing amnesty for students and student organizations who truthfully report hazing to the University. For more information on the University of Kentucky Hazing Prevention Policy, visit www.uky.edu/regs/files/ar/AR6-10.pdf. If you would like to speak to someone over the phone, please contact the Dean of Students Office at 859-257-3754.
Getting Involved at UK

There is a student organization for every interest at UK. And if we don’t have it, it is easy to create a new organization. UK boasts many successful organizations in various categories, including honor societies, academic interest, club sports, cultural, fine arts, Greek, political, professional, recreational, religious, and service groups. All students are encouraged to get involved early in their collegiate careers. Opportunities are available during see blue U and K Week and continue throughout the academic year. Students should get involved to make connections to other students and the UK community, gain leadership experiences, and make a real-world impact. If your student wants to explore involvement opportunities at UK, encourage him or her to visit our website, attend the Involvement Fair on September 20th, or sign up for an involvement advising appointment to connect with staff or student leaders who can help to tailor their involvement experience.

Embracing Diversity

The University of Kentucky is committed to embracing difference and promoting increased knowledge of diversity and its significance as a constitutive value of the university community. UK offers its students unique experiences that will help them function in an increasingly global society. Students from countries around the world attend UK, and UK students are given opportunities to travel the world. The university strives to make diversity a priority in its curriculum, extracurricular activities, and overall campus climate.

Martin Luther King Center

Blazer Dining
859-257-4130
www.uky.edu/MLKC

Since its founding in 1987, the MLK Center has remained a vital cultural/educational resource center on the University of Kentucky’s campus. The MLKC assists in sustaining an active campus community that embraces difference and respects both cultural and self-identity exploration. The MLKC facilitates inclusive and transformational learning experiences that encourage members of our campus community to make their contribution significant as it relates to diversity and social justice work. The Center promotes the importance of cultural awareness and cross-cultural understanding through a year-round calendar of innovative programming efforts, forums, workshops, exhibitions, lectures, documentary screenings, and much more!

Office of LGBTQ* Resources

Blazer Dining and Chandler Hospital H-Pavilion
www.uky.edu/gbtq

The UK Office of LGBTQ* Resources serves all Wildcat students, faculty, and staff. The office focuses on community building, education, and advocacy related to diverse sexualities and gender identities and serves as a central hub for LGBTQ*-related initiatives on all parts of the UK campus. The office as well as a LGBTQ* and Friends Community Room is housed on the third floor of Blazer Dining during the Student Center renovation. There is also an LGBTQ* extension office in Chandler Hospital. Lance Poston, the director of the office, can be reached via email at lance.poston@uky.edu.

University of Kentucky
International Center (UKIC)

Bradley Hall
859-323-2106
www.uky.edu/International

The University of Kentucky International Center (UKIC) leads internationalization on campus. Located in Bradley Hall in the center of UK’s campus, UKIC comprises the following units:

- **International Partnerships & Research**
  UKIC serves as a resource center for the university’s vital international linkages by supporting the development of agreements and partnerships with universities, foreign governments, NGOs, and U.S. government agencies abroad; promoting the involvement of UK faculty members, staff and students in international research and development projects; and facilitating access to international funding opportunities. In addition, UKIC also brings UK’s international resources to local communities through programs such as the International Hospitality Program and other programming that enriches Kentucky’s engagement with world culture.

- **Education Abroad (EA)**
  Education Abroad is the university’s comprehensive resource for study abroad, research abroad, intern abroad, and other educational experiences worldwide. Education Abroad provides academically sound international experiences for all students that promote intercultural competence, disciplinary scholarship, and language acquisition. EA also oversees student exchange programs with partner institutions around the world.

- **International Student and Scholars Services (ISSS)**
  ISSS provides leadership and expertise in the advising and immigration needs of more than 2,000 international students and scholars and more than
500 international faculty, staff, and exchange visitors. ISSS also administers university compliance with evolving federal regulations, supports the university and its medical centers by managing global student and scholar interactions, provides programming, and facilitates the well-being of all international students, faculty, staff, and scholars.

- **International Student Recruitment**
  In close partnership with Undergraduate Enrollment Management, the Center for English as a Second Language, and the Graduate School, UKIC recruits a growing number of international students to UK each year. UKIC’s International Enrollment Manager, Audra Cryder, attends education fairs around the globe, develops online marketing strategies, works with government-sponsored programs, and personally meets with potential students and their families in countries such as India, China, and Oman.

- **The UK Confucius Institute**
  The UK Confucius Institute is a center for Chinese language, culture, art, and business. A gateway to China for the university and the Commonwealth, the Confucius Institute serves as the conduit for UK’s China initiatives, facilitating a range of China exchange programs across the campus and beyond. In addition, the Institute works to strengthen China studies within the university, while at the same time providing leadership and support for Chinese language programs in Kentucky’s K-12 classrooms and forging important community relationships through Chinese cultural outreach.

- **Office of China Initiatives (OCI)**
  OCI works with colleges and UK offices to service UK students, faculty, and the Commonwealth in collaborations with China. OCI develops, facilitates, and maintains UK partnerships and facilitates agreements with Chinese institutions; provides customized support to Chinese students and scholars throughout their time at UK and beyond to ensure their academic success and social/cultural integration; assists in advancing UK’s research and scholarship about China; and works with Chinese partner universities for the coordination of activities such as graduation, alumni events, and orientations for new students coming to UK.

- **International Health, Safety & Security (IHSS)**
  IHSS manages UK’s international travel medical insurance and evacuation policy and oversees risk management issues related to international travel. Working closely with Education Abroad, IHSS monitors news outlets and government resources to identify current events and threats that may have implications for the safety and well-being of students on EA programs and works with EA to ensure that students stay informed. Additionally, IHSS is responsible for outlining the appropriate unit-level and institutional responses to a variety of emergency situations abroad.

### Bias Incident Response Team and Support Services

**Lower Level Frazee Hall, Suite 4**
859-257-3189
birt@uky.edu

The University of Kentucky understands the connection between a student’s sense of belonging and their academic success. UK is committed to cultivating a sense of belonging and a culture of civility for all students, staff, and faculty no matter the identities they may hold. In the event anyone experiences bias, harassment, or threatening behavior based on an aspect of their identity, there is a way to notify the University. The Bias Incident Response Team (BIRT) is the entity through which incidents of identity-based violence and harassment can be reported. The BIRT is responsible for overseeing the university’s response to acts of bias, hate, and identity-based violence. Reports can be anonymously to the BIRT. Parents and guardians have the ability to make reports to the BIRT on their student’s behalf.

UK also recognizes that there are lasting impacts to those targeted due to their marginalized identities. People need support in those times of trauma and distress and the University is dedicated to doing all it can to provide that support. Bias Incident Support Services (BISS) offers support and advocacy for students, staff, and faculty who have been the targets of hate, bias, and acts of identity-based violence. In addition, BISS also provides programming opportunities across campus to educate the campus community on the importance of belonging, civility, and mutual respect.

### Student Center

**Blazer Dining**
859-257-5781
www.uky.edu/StudentCenter

The Student Center nears the completion of an extensive renovation and expansion that will offer state-of-the-art facility accommodations to support the quality of student life here at UK.

Services provided in the Student Center have been conveniently relocated during construction. Bowman’s Den, located next to the Singletary Center, houses services provided by the Plus Account Office, the WildCard
Avoiding Parking Citations and Keeping Vehicles Safe:

- Do not park in fire lanes (red curbs), service areas (yellow & white stripes), loading zones (black & yellow stripes), or otherwise restricted spaces.
- Do not assume that because other cars are parked illegally you may do so.
- Observe and obey all parking control signs.

For activities, programming, and other services, stop by Blazer Dining for events provided by the Cats Den, Late Night Film Series, the Martin Luther King Center, Office of LGBTQ+ Resources, and Student Organization & Activities.

The newly renovated and expanded Student Center is scheduled to open in spring 2018. Be sure to stay updated with the Student Center Renovation Project by visiting www.uky.edu/studentcenter/renovation.

Transportation Services
Press Avenue Garage (PS #6), 721 Press Avenue
(800) 441-0555 or 859-257-5757
www.uky.edu/transportation
www.twitter.com/UKTransportation

When parking on campus, students must purchase and properly display a University of Kentucky parking permit. Permit control signs at the entrance to each parking lot display the type of permit required and the hours when the lot is controlled for permits. Student permit types include residential, commuter, periphery (Stadium), and evening; permit sales will begin in summer 2017 with an exact date to be announced on www.uky.edu/transportation.

The University of Kentucky has a robust and growing alternative transportation network that all students are encouraged to use, regardless of whether or not they choose to bring a personal vehicle to campus. In fact, less than half of students bring a vehicle to campus, a decision from which everyone benefits - our campus, our community, and our environment. With a variety of car-free options readily available, it is easy to access campus and explore Lexington without a personal vehicle.

Students and families can access information on topics related to parking, permit application, motorist assistance, bicycle parking, bus routes and schedules, and FAQs online at www.uky.edu/transportation. Additionally, students can conveniently register for and renew permits, check their license plate number for unpaid citations, and pay and appeal citations online. Check online for hours of operation and for information on satellite locations.

Periodically, Transportation Services sends vital information on campus parking and transportation to students and families who subscribe to the department’s email newsletters. Stay informed by signing up for the e-News at www.uky.edu/transportation.

Guest Parking

Family and friends visiting campus during the week may pay to park in the Sports Center Garage (PS #7, near the Johnson Center), in the South Limestone Garage (PS #5, next to Kennedy’s Wildcat Den), or at parking meters. Guests or the students they are visiting may also stop by Transportation Services, located in the Press Avenue Garage (PS #6), at the corner of Press and Virginia Avenues, to obtain a temporary parking pass. After hours and on weekends, visitors can also park in lots not controlled for permits. A permit control sign at the entrance to each parking lot displays the hours when the lot is being controlled for permits.

Campus Buses & Shuttle Routes

Over 40,000 people come to the University of Kentucky campus each day, and the free campus shuttle system helps them get around campus. All campus buses are equipped with wheelchair lifts, and most have bicycle racks.

All areas of campus are less than a five-minute walk from a bus stop, providing easy access in either direction so that students and employees arrive at their destinations faster than it would take to walk the same distance. Buses serve stops every 7-10 minutes with more frequent service during peak arrival times.

When the University is open but classes are not in session, campus transit will continue to operate with a reduced number of buses.

All campus routes - as well as the Red Mile (Lextran 15) service frequently used by the campus community - are viewable real-time on Transloc, UK’s GPS-based bus locating system. Transloc can be accessed at www.ukytransloc.com and via the free Transloc Rider Android, iPhone, and Blackberry apps.

Route and schedule information is available at www.uky.edu/transportation.
Late Night Bus Service

Buses traverse campus throughout the day, but as night approaches, UK’s bus service becomes increasingly important from a safety perspective. Nighttime campus bus service operates until 5 a.m., Monday through Friday, and until midnight on Sunday.

Lexington Bus Service

Students ride all Lextran city routes free through the BluPass program. This allows students to commute to and from campus, run errands, and go shopping. Students simply need to show their Wildcard ID to the bus driver on any of Lextran's routes. For more information on Lextran routes and schedules, please visit www.lextran.com. For more information on BluPass, visit www.uky.edu/transportation.

Campus Shuttle to Blue Grass Airport

Transportation Services offers free shuttles to Blue Grass Airport at the start of Thanksgiving, Winter, and Spring Breaks with daily pick-up times of 6 a.m., 8 a.m., 10 a.m., noon, 2 p.m., 4 p.m., and 6 p.m. Students must make their own arrangements back to campus at the conclusion of the break. For more information, visit www.uky.edu/transportation.

Bicycle Parking and Registration

The University of Kentucky recognizes bicycles as vehicles and encourages bicycling as a mode of transportation. In an effort to provide the campus community with a safe, secure, and efficient cycling environment, the University requires bicyclists to observe established regulations for operating and parking bicycles on campus and strongly encourages cyclists to obtain and display a bicycle permit, available at no charge. Visit www.uky.edu/transportation for more information.

Bicycles may only be parked at bicycle racks, located at all residence halls, classroom buildings, and throughout campus. This means that bicycles may not be parked on benches, railings, trees, or anything other than a bike rack. Parking at locations that are not bike racks poses a number of safety issues, and bikes parked in such a manner may be cited or impounded.

All Lextran and some campus buses are equipped with bicycle racks for your convenience.

Bicycling on Campus and Beyond

Biking as a mode of transportation has a number of advantages: it's good for you and the environment, saves you money, and is often faster than other ways of getting around. The University of Kentucky is committed to educating its community about safe bicycling practices and improving bicycle facilities on campus through the Bicycle Advisory Committee.

Here is a list of campus and community bike resources to help students get started on two wheels!

- Transportation Services’ Bike Info: www.uky.edu/transportation
- Wildcat Wheels Bike Library: www.uky.edu/sustainability/wildcat-wheels
- Interactive Campus Bicycle Map: https://maps.uky.edu/bicycle/
- State Bike-Related Traffic Laws: www.lrc.state.ky.us/kar/601/014/020.htm

Off-Peak Permits

Parking on campus does require a valid University permit until 7:30 p.m. in most instances. However, any valid permit can be used in most Employee (E) lots after 3:30 p.m. as a general rule of thumb. Refer to the permit control sign at the entrance to each parking lot for specifics. Students who choose to operate a vehicle on campus during evening hours as a safety measure and don’t have another valid University parking permit may consider the off-peak parking permit as an option. This permit is offered at a reduced rate compared to other student permits and is valid in most campus lots after 3:30 p.m.
Motorist Assistance

Transportation Services has developed a motorist assistance program for students and employees who have valid parking permits, which includes free on-campus battery jump-start service 24 hours a day, seven days a week. Additionally, the University offers other motorist assistance services at a discounted rate to valid UK parking permit holders. For more information, visit www.uky.edu/transportation/help-and-resources-motorist-assistance.

“We appreciate your advice, but give us the freedom to learn from the mistakes we might make.”
~ recent UK graduate

Wildcat Wheels
www.uky.edu/sustainability/wildcat-wheels

Wildcat Wheels Bicycle Library, located in the basement of Blazer Dining, is a partnership between Transportation Services and the Office of Sustainability. The program provides free bicycle check-out to UK students, faculty, and staff as well as assistance with repairs and maintenance. Bikes are available in a variety of sizes, and all bikes are equipped with a bike lock. Bicycle helmets are not provided with all bicycle check-outs but are recommended.

Semester-Long Checkout

More than 80 bicycles are available through an online lottery at the start of each academic term to all students, faculty, and staff. Please check our website for additional details. A limited number of bikes are also available for weekly check-out.

Big Blue Cycles

The Big Blue Cycles program is a fleet of more than 150 bicycles available to students living in campus housing who sign a commitment not to bring a car to Lexington. The bicycles for this program are 8-speed commuter bicycles equipped with fenders, a bell, and a lock. Participating students will be guaranteed the bicycle for the entire academic year with the requirement that they attend a hands-on safety training course, adhere to program requirements, and waive their ability to purchase a parking permit for the year. The program, now in its third year, is made possible by a funding partnership between the Student Sustainability Council, Transportation Services, and the Executive Vice President for Finance and Administration. Online registration for the program opened on March 17, 2017 and will continue through July 21, 2017 at www.uky.edu/sustainability/1718BBCapp. If more than 150 students register for the program, bicycle recipients will be chosen through a lottery. In the event a student selected through the lottery has already purchased a parking permit, they will be able to return the permit for a full refund.

Campus Bike Shop

The Campus Bike Shop is available to all UK students, faculty, and staff. The focus of the shop is on education. Trained staff assist visitors with a focus on teaching them about bicycle maintenance and repair. Hours vary by semester; please visit the website for current hours and directions to the shop.
The University of Kentucky Dean of Students Office provides both administrative and educational services that support the personal and academic success of students. The office provides extracurricular, non-academic educational programs and also collaborates with academic units to provide support for students in reaching their educational goals.

The Dean of Students Office is comprised of the central office located in 513 Patterson Office Tower as well as a number of affiliated departments. The central office provides a wide range of services including those related to emergencies, Dean Certification forms, notaries, students of concern, and student conduct. Departments affiliated with the Dean of Students Office include Student Conduct, Community of Concern, Fraternity and Sorority Life, and Student Organizations and Activities.

Community of Concern

The Community of Concern team seeks to proactively enhance the well-being and safety of the university’s students and employees by:

- Providing a centralized point of contact for persons who develop a concern about the welfare of an individual.
- Taking appropriate action by referring individuals to the resources that can provide the support/assistance needed to safely maintain successful relationship to the university.
- Providing training and education to the university community.

For more information or to contact the Community of Concern team, go to www.uky.edu/concern.

Incidents regarding academic misconduct, such as incidents of cheating and plagiarism, are guided by the Office of Academic Ombud Services. There are specific policies and procedures in place to manage academic integrity concerns. See S.R. 6.3.0 of the Senate Rules regarding academic misconduct.

“We live in Ohio and my son was only looking at schools there. We got a postcard in the mail from UK. I told him to look outside the box. We went to a see blue. event in our area and that was it! He was set on becoming a Wildcat!! The best part is how it’s a big school, but they make you feel like one big blue family! The induction ceremony during K Week was amazing! Go Cats!”

~ submitted by a parent on the UKPFA Facebook page
Off-Campus Student Services
859-218-3840
www.uky.edu/ocss

Off-Campus Student Services (OCSS) fosters and enhances the off-campus student living experience through education, advocacy, and involvement. OCSS creates resources, programs, and solutions that assist the roughly 23,000 off-campus students in areas of belonging and engagement, financial wellness, academic success, and health and wellness while maintaining positive connections with the University, the neighborhoods in which they live, and the greater Lexington community.

A few of the resources and opportunities that OCSS provides are:

- Personal development workshops
- The Off-Campus Student Association, a group dedicated to helping all off-campus students build connections within the campus and Lexington community and providing a platform to discuss off-campus-specific issues
- Advocacy for off-campus students
- Off-Campus Community Ambassadors, students who live in the Lexington community and assist the office with programs, outreach, and mentoring
- Student Tenant Education Program (STEP) to help students make informed decisions about off-campus housing while advocating, promoting, and encouraging attention to good citizenship and safety issues
- CATS Awareness Fair, an annual safety event to help educate our students on the resources available on campus and in the community

“My daughter just graduated in May. I have really enjoyed the Parent and Family Association and remember the orientation so well from the summer before her first year. I kept the Insider’s Guide in my briefcase or bedside the full year and found it so helpful in working through the first year. I am sad to see this chapter ending; however we will definitely stay connected to Big Blue Nation. It’s been great!”

~ parent of a recent UK graduate
Career Center Services and Resources

A degree from the University of Kentucky opens the door to a lifetime of career opportunities.

James W. Stuckert Career Center
408 Rose Street, 859-257-2746, www.uky.edu/CareerCenter

The Stuckert Career Center is located in central campus across from the Singletary Center for the Arts at 408 Rose Street.

The staff at the James W. Stuckert Career Center is committed to helping students connect their passions with purpose in order to achieve career success.
We help students EXPLORE their career options and gain EXPERIENCE in the professional world through job-shadowing, internships, and other types of applied learning that position students to EXCEL in their future careers.

Advance planning is essential for career development and this process should begin shortly after students arrive at UK. Whether your student is interested in a specific career field or industry or has not yet identified a career path, we offer tools to EXPLORE! Through student advising and a full calendar of programming and services, students have access to a wide range of tools and resources. These include:

- **Career Assessments**
  Students have access to web-based inventories designed to assess career interests, personality preferences, skills, and career values. Career advisors utilize professionally-validated instruments like the Myers-Briggs Type Indicator (MBTI) and the Strong Interest Inventory (SII) to help students take a fresh look at career options and academic planning.

- **Website**
  Located at [www.uky.edu/careercenter](http://www.uky.edu/careercenter), our website offers a variety of career-related resources, upcoming event information, internship information and resources, career development videos, and so much more!

- **Wildcat CareerLink (WCL)**
  A one-stop career management tool and resource...
  - Research companies
  - Browse hundreds of jobs and internships
  - Create/upload a resume
  - Apply for jobs and sign up for on-campus interviews
  - RSVP to workshops and events
  - Gain free access to CareerShift, Vault, and InterviewStream

- **CareerShift**
  With this tool, students move into the fast lane by finding the companies, jobs, and contacts with which they can pursue career opportunities that best fit their personal goals and aspirations. CareerShift allows access to in-depth information on leading companies and provides tools to keep organized for a successful job search.

- **Vault**
  Vault is an online research tool that allows students to look into thousands of different occupations, learn more about employers, look for jobs, and gather lots of job search information—all in one place!

- **InterviewStream**
  InterviewStream allows students to practice and review interviews anytime, anywhere via webcam. Gain access to thousands of practice interview questions, allow others to review recorded interviews, and get interviewing tips from experts.

- **Internships**
  Internships offer students opportunities to gain practical experience and connect their academic knowledge in professional workplace settings. Students have the option of earning academic credit for most types of internship experience.

- **Connect with Employers**
  The James W. Stuckert Career Center offers students a wide variety of ways to connect with employers. Students are encouraged to:
  - Participate in campus-wide networking events to connect with employers offering internships and full-time job opportunities
  - Attend employer information sessions to learn about career opportunities
  - Attend career fairs
  - Participate in on-campus interviews

  These services, programs, and activities are designed to position students for future career success. Parents and family members can be influential by encouraging independence, promoting responsible social networking, supporting active involvement in student organizations and events, enjoying career discussions together, and suggesting frequent visits to the James W. Stuckert Career Center.

  We welcome a visit from you and your student. Stop by during our office hours to take a tour of our facility during your next campus visit.

“I like when my mom asks me how my projects or tests went. It shows that she does listen to what I am doing at school.”

~ advice from a UK senior
Choosing a major or career path is a process of discovering what a student wants to study now and what may give his/her life meaning in the long run. By design, the broad base of university requirements in the first two years of college is intended to provide an open avenue for exploration. On the other hand, students are expected to choose a major by the end of their second year so they can reasonably expect to complete upper-division requirements in a timely way to graduate in four to five years. The tension associated with this situation usually initiates the process of self- and career-exploration necessary to make an informed choice. The UK Counseling Center can help with career counseling and assessment, particularly for students who need to re-evaluate previous decisions or integrate new life experiences.

While some students will complete career counseling/testing and find exactly what they want, others will decide and re-decide several times. We encourage the exploration process and invite them to return as needed to address not only career concerns but also personal and academic concerns that impact college success as well as eventual career success. Another plus is that the skills and information students learn can help them more effectively navigate other life choices.

UK’s Counseling Center offers regularly-scheduled career decision-making workshops in Frazee Hall. The workshop format is 45 minutes of interactive activities that guide students through the steps involved in making important life decisions. After attending this workshop, students can take the Strong Interest Inventory (SII) online and schedule a follow-up counseling appointment for their results. The SII can help identify preferred majors, motivating work environments, and potential career interest areas.

Academic, personal, and career services are offered free to fee-paying students currently enrolled for at least six credit hours at the University of Kentucky. Students who are unable to attend the career decision-making workshops can contact the center to ask about other available appointment times. Brief free telephone consultations are available to parents and family members seeking general information about UK Counseling Center services as well as advice about student problems.
Money Matters

It is important to discuss financial matters before your student leaves for college. If your student relies on you for financial support, communicate your expectations regarding that support. Even if your student is financially independent, discuss sound money management strategies, such as creating and sticking to a budget. Students interested in expanding their knowledge of money management should enroll in FAM 251, Personal and Family Finance, at some point in their UK career.

Credit Cards

Student Credit Card Offers

Parents should be aware that credit card companies make low-limit/high interest rate cards available to students “betting on” low-risk, long-term payoff to the company. Credit card companies know that they may be signing up a customer for life. “Affinity” cards may appeal to students’ altruism by supporting social causes or organizations.

How Students May Misuse Credit Cards

When falling short on their budgets, students may use credit cards to expand their spending. They see establishing credit cards as an opportunity to make low minimum monthly payments on a debt that requires a pay off at a “distant” point in the future when they may have a “big” income. Furthermore, students may apply for multiple cards, equating approval for the card with affordability.

When Student Credit Card Use Is Advisable

It is best to use credit cards only when any balance can be paid off at the end of the billing cycle. Therefore, interest rates are irrelevant. Students should consider limiting their cards to one bank card and perhaps one card for the store they use the most. They should seek accounts with low fees and interest rates if they will be keeping a balance on the card. Students may be better served by using their cash to meet their budget and using their credit card for emergencies only.

Credit Card Solicitation on Campus

In accordance with UK’s Administrative Regulations, credit card companies and other members of the general public are not permitted to solicit on university property.

UK Federal Credit Union

If a student joins the UK Federal Credit Union, members of the immediate family are eligible to join as well. Accounts can be opened with a $25 savings balance. No minimum balance is required for a checking account; you receive an instant issue debit card and have no monthly fee. For more information about the UK Federal Credit Union, call 859-264-4200 or 1-800-234-UKCU, visit www.ukfcu.org, or stop by the campus branch in Bowman’s Den.

ATMs

UK Federal Credit Union and PNC Bank have on-campus ATMs.

Financial Ombud Services

The Financial Ombud provides a neutral and confidential setting for current and prospective students and their families to discuss difficult or unusual financial problems affecting tuition and fee payment. The Financial Ombud resolves problems, counsels, and makes recommendations and referrals as needed. The Office of Financial Ombud Services is open from 8 a.m. to 4:30 p.m. and is located in 10 Funkhouser Building. For information, questions, or appointments, email financialombud@lsv.uky.edu.

Keep Up with the WildCard

With so many uses, it is important for students to keep their WildCard with them at all times. If students need assistance with their WildCard, they can visit the WildCard UKID Center in Bowman’s Den.
MoneyCATS

UK’s Financial Wellness Center is a great resource for students to utilize; at MoneyCATS we offer 1:1 peer coaching, serve as a hub of UK’s student resources, and educate students with tips and practical self-help methods to encourage financial wellness. Students have the opportunity to get involved and become a volunteer or a peer coach. Visit www.uky.edu/financialwellness or email us at moneycats@uky.edu.

Student Employment

Many UK students need to work to support the cost of their tuition and other living expenses. It is strongly recommended that students seek work on or near campus and work no more than 15–20 hours per week. HR Student Employment is committed to helping UK students find meaningful, part-time employment experiences on campus and off campus. Visit the HR Student Employment website, www.uky.edu/HR/studentjobs, and learn more about how students can earn while they learn. We are on Facebook at “Student Jobs at the University of Kentucky.”

Financial FAQs

The Parent and Family Association gets asked these questions a lot, so here’s the inside scoop.

Why haven’t I received a bill?

Monthly account statements (UK’s e-bills) are sent electronically to your student’s UK assigned email address at the first of each month. It is vital that your student checks their UK email address regularly. Account statements will be sent at the beginning of each month itemizing that month’s new charges and credits. If the TOTAL amount due (less estimated financial aid) is not received on or before the 22nd of the month, a fee of 1.25% will be assessed on the remaining account balance. Students are ineligible to register for future semesters until the account balance is paid in full.

Is there a way I can find out my student’s financial information?

Students must log on to the myUK portal and designate a passcode allowing the release of financial information over the phone and/or in person. This passcode may be shared with parents, spouse, and/or guardian at the student’s discretion.

Where can I learn more about tuition, fees, methods of payment, and payment deadlines?

The Student Account Services website has all this and more; visit www.uky.edu/studentaccount for more information.

Smart Money Management Tips for Students

Information brought to you by
UK Federal Credit Union

• Pay credit card bills in full each month. If you can’t afford to pay them off, pay more than the minimum.

• Record all transactions in a register.

• Put leftover student loan money back to the student loan; don’t spend it on non-school items.

• Don’t use the ATM to know your account balance. Keep track of it yourself.

• Save a mocha and latte as an occasional treat rather than a daily expense.

• Don’t finance Spring Break on a credit card. Save for it with a Credit Union vacation savings account.
You have sent your son or daughter to UK to get an education. The transition from high school to college-level academics is not always an easy one. The advice and information in this section should help you and your student navigate the first few semesters on campus.
## High School vs. College

While many incoming UK students have given some thought to how college life will differ from high school, many seem to arrive on campus unprepared for the significant changes in their day-to-day experience. The following comparison may help you facilitate discussion about some of the changes your student is facing.

<table>
<thead>
<tr>
<th>High School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time is structured by others.</td>
<td>Students manage their own time, including getting up in the mornings, going to class, and going to bed at a “reasonable hour” at night.</td>
</tr>
<tr>
<td>Parents and teachers remind students of responsibilities and guide the setting of priorities.</td>
<td>Students must balance their own responsibilities and set their own priorities. The challenge often comes in balancing academic responsibilities and an active social life full of extracurricular commitments.</td>
</tr>
<tr>
<td>Students proceed from one class to the next throughout the school day.</td>
<td>Students often have time during the day in between classes. Fewer hours per week are spent in class, but more out-of-class work is expected.</td>
</tr>
<tr>
<td>Little out-of-class study time is needed and is generally limited to last-minute test preparation.</td>
<td>Significant out-of-class study time is needed to do well in college. Students should treat college as a full-time job and devote at least 40 hours a week to classes and studying.</td>
</tr>
<tr>
<td>Students read short assignments that are discussed and often re-taught in class.</td>
<td>Students are assigned substantial amounts of reading and writing which may not be directly addressed in class. Class lectures proceed from the assumption that students have mastered the assigned material.</td>
</tr>
<tr>
<td>Teachers approach students who they believe need assistance.</td>
<td>Assistance is available, but students are often expected to initiate requests for help.</td>
</tr>
<tr>
<td>Teachers often take time to remind students of assignments and due dates.</td>
<td>Professors expect students to read, save, and consult the course syllabus and assume everyone is aware of class expectations and assignments.</td>
</tr>
<tr>
<td>Teachers monitor class attendance.</td>
<td>Professors may not formally take roll and expect students to take responsibility for their own attendance. Despite this lack of structure, it is crucial that students go to class.</td>
</tr>
<tr>
<td>Mastery of a particular subject is usually seen as the ability to reproduce what students were taught in the form in which it was originally presented or to solve the kinds of problems students were shown how to solve.</td>
<td>Subject mastery is often seen as the ability to apply what students have learned to new situations and to solve new kinds of problems. Information synthesis and application is essential.</td>
</tr>
<tr>
<td>When it comes to grades, effort counts. Courses are typically structured to reward good faith effort.</td>
<td>When it comes to grades, results count. Though effort is important in regard to a professor’s willingness to help students achieve good results, it will not substitute for results in the grading process.</td>
</tr>
</tbody>
</table>

Adapted from UK 101 course materials and Southern Methodist University Learning Enhancement Center’s website.
Student Transition and Success

By Dr. Philipp Kraemer, professor of psychology and the Chellgren Endowed Chair, and Rebecca Jordan, former Associate Dean of Students

One of the most important challenges new students face is the transition from high school to university. As a group, UK first-year students arrive having been very successful in high school, and they clearly possess the intellectual talent to succeed. The first lesson they must master, however, is that they are no longer in high school. It is especially important that they quickly recognize that past academic success does not guarantee future success. In addition to the greater intellectual challenge associated with a university curriculum, first-year students must also adjust to profound differences in teaching, class size, and the absence of the kinds of structure that were imposed on them in high school and at home. Students must assume responsibility for tasks that had been handled or directed by parents and teachers in the pre-college years. Add to this mix the intense personal and social conflicts students must navigate during this complex developmental period of their lives. It is difficult for anyone to become a part of a large new community, but to do so as a young adult can be daunting. Consequently, all first-year students are more vulnerable than they realize, and our job as educators is to help them clear the hurdles and successfully join their new academic family.

For the past several years, UK has been actively studying and planning ways to foster the successful transition of first-year students. Decades of national research and extensive data collected at UK indicate that successful transition is related to the degree to which students connect and engage in the academic community. By academic community, we mean all aspects of student life at the University, from the classroom to the residence hall and all places in between. When students truly feel engaged in the academic community, they succeed in the classroom and take full advantage of the rich tapestry of opportunity for personal growth and social learning available on our vibrant campus.

Research has identified the following as ways that your student can engage in the campus community and increase the likelihood of first-year student success. The following are success tips you can share:

• Participate in all orientation programs (see blue. U orientation and K Week). These programs are significant opportunities to interact with faculty, staff, and other new students. K Week offers information sessions on how to succeed in classes like chemistry and math and college meetings where students meet their college deans and advisors. Encourage your student to take part in these sessions in order to get off to a strong academic start at UK.

• Enroll in UK 101, the first-year academic orientation course. This small and interactive class, co-taught by an instructor and an upperclass student, addresses college-level study strategies, academic expectations, time management, financial literacy, and more. Numerous general and college-specific UK 101 sections are offered. Students who do not register for UK 101 over the summer can add it to their schedule during the add/drop period in the fall. UK 201 is offered to transfer students and addresses their unique needs.

• Engage in academic-related programs offered throughout the first year.

• Interact with faculty outside of the classroom. All instructors schedule “office hours,” a time when students may visit them to ask for help, discuss class topics, etc. Faculty members report that office hours are consistently under-utilized by students, even those who may be struggling academically.

• Consider working with faculty in their field of research through Undergraduate Research (see page 50).

• Work part-time on campus if a job is needed. Students working on a university campus are more likely to interact with faculty, staff, and students than those students who work off campus. National research has consistently found that employed students should work about 15 hours or less per week. UK data from a survey of first-year students showed that the number of hours spent working off campus negatively correlated with the first-year cumulative GPA. UK Student Employment can provide assistance; learn more at www.uky.edu/HR/studentjobs.

• Establish good study strategies and time management habits. Significant study time is needed for effective learning in college. Students can receive assistance with study habits through UK 101, The Study, and other resources listed in this handbook.
Use academic support and free tutoring services such as The Study, The Study North, the Writing Center, Presentation U, and Media Depot. Too often students wait until they have already fallen behind in classes before they seek help. Encourage proactive use of these services before problems develop.

Join a student organization and participate in campus activities. Students can learn more by visiting getinvolved.uky.edu.

Communicate regularly with their academic advisor. Review their progress toward degree completion with their academic advisor.

Seek assistance for career planning early in the college experience. The Counseling Center and the Stuckert Career Center offer guidance for career exploration.

Participate in a living-learning community within the residence halls.

Make wellness a priority. Avoiding problems with alcohol and other drugs, sexually transmitted infections, sleep deprivation, eating habits, etc. removes obstacles of student success.

The University of Kentucky is committed to helping your student succeed during his or her first year of college. You can assist your student by encouraging him or her to follow through on the actions listed on these pages.

If you have any questions or concerns about your student's transition, please contact the UK Parent and Family Association at 859-257-2752 or parents@lsv.uky.edu.

### Academic Requirements and Policies

The University Bulletin is a contract between the student and UK. The University produces the undergraduate Bulletin each academic year. Students are bound by the academic policies and curricula of the Bulletin for the semester in which they enroll into a degree program. The full text of the Bulletin is available online at www.uky.edu/registrar/bulletin-course-catalog. Students should refer to the full text of the Bulletin and should work with their advisors for a fuller understanding of these requirements and policies.

Topics covered in the Bulletin include:

- Student course load
- Student classification
- Official withdrawal from a course
- Repeat option and pass/fail option
- Grade point average and the general grading system
- Undergraduate major requirements
- Attendance and completion of assignments
- Excused absences
- Academic probation and suspension
Top 10 Academic Questions You Should Be Asking

Parents and families often wonder how they can support their students’ academic achievement. As you talk over the course of the school year, keep these questions in mind.

1. **Are you going to class?**
   Skipping class is the #1 reason why students fail. You should sit near the front of the classroom in order to pay better attention and minimize distractions from those around you.

2. **Are you studying at least 25 hours per week?**
   College is a full-time job. You should be in class, studying, and doing homework about 40 hours per week.

3. **Are you reviewing the material in each class weekly?**
   If you review all material each week then preparing for an exam is much easier.

4. **Are you scheduling your “goof-off” time?**
   Everyone needs down time, but students need to learn to manage their “goof-off” time.

5. **Do you know when the last day to withdraw from a class is?**
   Be familiar with the academic calendar: www.uky.edu/Registrar/Calendar.

6. **Are you starting your assignments early?**
   The unexpected happens...you get sick, your computer dies, etc. Start assignments with plenty of time for the unexpected.

7. **Have you seen your advisor?**
   Students need to meet with an advisor (usually in October and April) to plan for the next semester.

8. **Have you gone to your professor’s office hours?**
   Professors like to help students. Do not hesitate to visit the professor during office hours.

9. **Are you going to tutoring?**
   The Study is home to tutoring and other academic assistance programs. Visit www.uky.edu/AE for more information.

10. **Have you formed a study group?**
    Studying complex material is more efficient with a focused study group.

*Adapted from Old Dominion University*
Academic Advising

By the UK Advising Network

Academic advising is integral to fulfilling the teaching and learning mission of higher education. Through academic advising, students learn to become members of their higher education community, to think critically about their roles and responsibilities as students, and to prepare to be educated citizens of a democratic society and a global community. Academic advising engages students beyond their own world views, while acknowledging their individual characteristics, values, and motivations as they enter, move through, and exit the institution.

The Student/Advisor Relationship

With assistance from the advisor, the student will:

- Satisfy key requirements according to published deadlines within the University academic calendar
- Formulate and clarify goals related to academic and career choices
- Develop an academic plan based on those goals
- Recognize the link between extracurricular activities and academic experiences
- Use campus resources as needed including but not limited to:
  - myUK GPS
  - Career Center
  - Counseling Center
  - Education Abroad
  - The Study
  - Writing Center
  - Presentation U
- Identify and schedule appropriate internships/shadowing/work experiences which complement formal class work to achieve overall academic and career goals.

Advisor Responsibilities:

- Help students clarify their options, goals, and potential and understand themselves better
- Help students understand the nature and purpose of a college education
- Maintain confidentiality per University and federal guidelines
- Provide accurate information about educational options, requirements, policies, and procedures
- Help students plan their educational program, identify helpful resources, and monitor and evaluate their educational progress

“The son chose UK because he liked the choices and options that he felt he would find on a campus that offers over 100 academic majors and over 400 student organizations. I have advised him to seek opportunities outside of his comfort zone.”

~ parent of a UK junior and a UK graduate
Academic Resources

As part of the college experience, you want to see your student learn, develop, and succeed. The University of Kentucky is also committed to promoting a learning environment that encourages student success in the classroom as well as outside the classroom. This commitment is evident through the many resources and educational initiatives offered to students to enrich their academic experience. You have a strong influence on the thinking and decision making of your student. Take any opportunity to communicate with your student about the academic resources available on campus in hopes that this will encourage their use of the various initiatives offered.

Professors

All professors have office hours for helping and getting to know students. Even if they are intimidated or embarrassed, students should be encouraged to talk to their professors and ask for help when needed.

Academic Advisors

Advisors are a good resource for a variety of academic issues and problems. An advisor can explain the university grading and quality point system, probation, and other important University and college expectations and actions in relation to academic standing. Also, academic advisors can work with students to set concrete measures for improvement. Advisors are most effective when students keep them well informed.

Academic Exploration Tool (AET)

Visit www.uky.edu/academics to search majors and degree programs based on student interests and goals.

UK 101 & UK 201

859-257-6597

UK 101 is a graded course that assists first-year students in the transition to college life. Academic expectations and study strategies, as well as other topics that enhance student success, are addressed in this course.

UK 201 is a pass-fail, one-credit course that assists students with prior college experience in the transition to UK. Including some topics from UK 101, the course contains an additional focus on career exploration strategies.

Nationally Competitive Awards

221 Funkhouser Building
859-257-4984
www.uky.edu/competitive-awards

The Office of Nationally Competitive Awards assists current students and recent alumni in applying for scholarships and fellowships funded by sources outside the university. Specifically, the office helps students strengthen an application, develop a personal statement, practice for an interview, and provides other preparation activities for the scholarship application process.
University of Kentucky Libraries, including the central William T. Young Library as well as subject-specific libraries around campus, offer services to help students with researching and producing their assignments. From online databases that can do much more than a Google search to personal consultations with librarians and one-on-one help with multimedia tools, assistance for students is available through UK Libraries from day one of their experience at UK.

UK Libraries offers the largest collection of research resources in the state, exceeding 4.2 million volumes. This collection includes access to more than 450 bibliographic databases, nearly 70,000 full-text electronic journals, and over 1 million electronic books and government documents. New resources are added to library collections all the time.

If your student comes to you with questions about research and library usage, know that you can refer them to the UK Libraries website, which features an “Ask A Librarian” button. That link leads to methods of contacting librarians via phone, text message, instant message, or in person. Students are always free to approach librarians in the second-floor reference department of Young Library to ask questions on the spot. However, they will receive the best help with their work if they book a personal consultation with a librarian who is familiar with their study topic.

Assistance with finding resources and accessing databases of articles, books, and other publications is also available at any branch library on campus. William T. Young Library is open 24 hours a day, five days a week, with shorter hours on weekends. Students can still access library resources from any off-campus computer with a LinkBlue login.

If your student needs something that isn’t available through UK Libraries, Interlibrary Loan services are available in person or online.

Other services located in the central William T. Young Library include group and individual study spaces, help with technology in the Media Depot (located in the Hub at W.T.’s in the basement), and the Writing Center.

Transformative Learning provides a variety of academic support services designed to foster student success and lifelong learning. The most popular program is the free Peer Tutoring Program held at The Study North (Jewel Hall) and The Study (Donovan) providing drop-in group tutoring in more than 30 UK Core classes. Additionally, Presentation U, a state-of-the-art multimodal communication center (i.e. oral, written, and visual communication) also offers free peer tutoring for any communication project (i.e. papers, presentations, infographics, Prezi, etc.). Presentation U is conveniently located in the basement of the W.T. Young Library and in the R.G. Anderson Building. In addition to our tutoring centers, Transformative Learning also houses a variety of academic success services including Academic Coaching, an opportunity for students to meet one-on-one with a certified academic coach to create individualized goals and an action plan that focuses on transition to college and improving the student's academic performance. Students will work with their Academic Coach over the course of the semester to achieve their goals. They also offer weekly Power Hour workshops, one-hour workshops on a variety of topics ranging from multimodal communication (i.e. effective speech delivery) to study skills (i.e. time management and goal setting), and much more! Finally, Transformative Learning provides placement testing for reading and writing and preparation classes for reading, writing, and math.

Please visit our websites (www.uky.edu/ae or www.uky.edu/presentationu) for complete details about our services designed to support UK students.

The University of Kentucky Lewis Honors College provides an alternative course of instruction for outstanding, highly-motivated students from all programs of study. Honors students are diverse, innovative, intellectually-engaged, and interested in creative thought. UK Honors students are expected to be citizens of the university and the world and to possess an inquisitive attitude toward a wide range of ideas and intellectual concepts. Lewis Honors College students enjoy specialized advising, priority registration, faculty mentorship and in-residence peer mentors, preparation for nationally competitive scholarships, opportunities for education abroad and undergraduate research, and a community for intellectual and personal growth.
Academic Enrichment
224 Funkhouser Building
859-257-1958
www.uky.edu/chellgren

Academic Enrichment (AE) is a unit with Student and Academic Life. AE brings together some of UK’s most prestigious educational programs. It includes the Gaines Center for Humanities, which includes the Gaines Fellows Program; the Student Leadership Program; Service Learning and Community Engagement; and the Chellgren Center, which includes the Office of Undergraduate Research, the Office of Nationally Competitive Awards, the Chellgren Student Fellows Program, and two honor societies, Phi Beta Kappa and Phi Kappa Phi. This constellation of programs affords highly motivated students a variety of opportunities to achieve the maximum benefits of an extraordinary undergraduate education at a research university.

The Gaines Undergraduate Fellowship in the Humanities
232 East Maxwell Street
859-257-1537
www.uky.edu/gainescenter

The Fellowship Program in UK’s John R. Gaines Center for the Humanities is dedicated to providing an optimal learning experience for UK’s most promising undergraduates. Two-year fellowships are awarded annually to twelve outstanding UK juniors, in recognition of outstanding academic performance, demonstrated ability to conduct independent research, and desire to enhance understanding of the human condition. All Gaines Fellows take a specially designed, team-taught, four-credit-hour per semester seminar during both semesters of the junior year. Junior Fellows also complete a jury project, planning and carrying out a community improvement on campus, in Lexington, or farther afield. In the senior year, Fellows complete a major independent study project under the direction of a faculty committee, typically for six credit hours. In addition to a unique seminar and research experience, the Gaines Center is a close and supportive community. Gaines Fellows enjoy access to three beautiful Victorian houses on East Maxwell Street, including seminar rooms, a computer/study room, and kitchen facilities; a rich program of field trips, lectures, and other experiences (including extracurricular travel) designed to widen and deepen their student experience and to help them engage in the life of the town-gown and wider communities; special scholarships for research and travel between junior and senior year; encouragement and mentorship to compete for nationally competitive awards and placement in graduate and professional programs; and ample opportunities to network with the 300-plus Gaines alumni, energetic and curious people who are engaged in a wide variety of interesting careers.

Undergraduate Research
211 Funkhouser Building
859-257-0049
www.uky.edu/UGResearch

The Office of Undergraduate Research is dedicated to providing coordination, leadership, and support for the many programs at the University of Kentucky designed to promote undergraduate research, scholarship, and creativity. The office is the starting point for any undergraduate student desiring to include mentored research in their undergraduate experience. Our website will familiarize mentors and students alike with the many and varied undergraduate research opportunities provided by the office and with related programs and activities on campus and beyond. Research is an essential enhancement to every student’s educational undergraduate experience.

UK Writing Center
B108B W.T. Young Library
859-257-1537
Register and schedule appointments: uky.mywconline.com

Fall and Spring Hours:
Monday-Thursday 10 a.m. – 9 p.m.;
Friday 10 a.m. – 3 p.m.;
Sunday (E-Tutoring Only) 7 p.m. – 10 p.m.

The Writing Center offers free, friendly help to all UK students, faculty, and staff. We assist with writing, speaking, and multimedia assignments across the curriculum. We offer advice on creative, academic, and professional projects.

We help clients:
• begin, develop, and/or review their written and spoken projects
• fulfill assignment requirements
• communicate effectively in specific disciplines
• document sources fairly and correctly
• learn and practice academic standards of edited written English
• develop and polish their writing style
myUK
myUK.uky.edu

myUK is an online portal for a number of student services. Students use myUK to register for classes, view grades and unofficial transcripts, update address information, and much more.

myUK GPS
(Graduation Planning System)

myUK GPS encompasses several components to improve student processes including course planning, advising, course registration, and academic program guidance. myUK GPS provides students an opportunity to view and begin to understand all the degree requirements for their major. It allows them to begin to plan what courses they will be taking in each semester at UK and how any transfer work (if applicable) will count toward degree requirements. Using the various features offered within myUK GPS empowers students to be prepared for their seeblue U orientation as well as scheduled advising sessions throughout their academic career. After logging into myUK, students should go to the Student Services tab and click on Degree Planning and Registration (myUKGPS). The major the student has declared will be listed and the degree requirements will be outlined under the Degree Audit tab. For those who may have interest in changing majors or adding a second major or a minor, myUK GPS will allow students to review the requirements for all undergraduate majors, minors, and certificates offered at UK. Please note that AP, IB, CLEP and transfer work (dual credit), if applicable, will be included in the degree audit as students approach their first semester of attendance. If students have specific questions about myUK GPS, they should share them with their academic advisor throughout their academic career.

CARES
Center for Academic Resources and Enrichment Services
104 McVey Hall
859-323-6347
www.uky.edu/Diversity/CARES

CARES offers academic support services and enrichment opportunities that enhance the student’s undergraduate experience. The Center’s services and programs include tutoring, study groups, academic planning and monitoring, career exploration and networking opportunities, personal development workshops, graduate school information and preparation, and the Freshman Summer Program (FSP), a six-week academic enrichment program. The overall program goal is to provide academic support services to increase the retention and graduation rates of students traditionally underrepresented in post-secondary education, including African American, Latino, and Native American students and students receiving the William C. Parker Scholarship.

UK CARES! Encourage your student to take advantage of this university resource!

Academic Ombud Services
109 Bradley Hall
859-257-3737
www.uky.edu/Ombud

The Academic Ombud provides a safe, neutral, informal and confidential setting to ask questions and seek assistance resolving academic issues. When students are unable to resolve grievances through usual means, the Ombud may be able to expedite the process or advise the student about the proper procedures to follow. Issues include, but are not limited to, violations of students’ academic rights, attendance, exam/class requirements, plagiarism, cheating, and final grade disputes. Conversations between a student and the Ombud are held in confidence and the Ombud will not act to resolve an issue without permission from the student.

UK Education Abroad
University of Kentucky International Center (UKIC)
310 Bradley Hall
859-257-4067
www.uky.edu/EducationAbroad

UK Education Abroad supports students interested in earning academic credit through study, intern, research, teach, and service abroad opportunities. UK Education Abroad carries programs for every major and every term—spring, summer, fall, and winter.

The office assists students with all facets of education abroad, including choosing a program, facilitating credit transfer, securing financial aid/scholarships, and building on the experience upon return. Education Abroad partners closely with UK faculty to develop faculty-directed education abroad programs.
Mathskeller
63 White Hall Classroom Building
859-257-6108
https://math.as.uky.edu/mathskeller

Mathskeller is open 9 a.m. – 5 p.m. every weekday for free drop-in tutoring. Mathskeller offers peer tutors as well as graduate students and faculty tutors for all 100-level math courses as well as MA213 and MA214. The newly renovated space provides a comfortable environment for studying and is located in the basement of White Hall Classroom Building.

General Chemistry Learning Center
219 Jacobs Science Building (JSB)
https://chem.as.uky.edu/general-chemistry-learning-center

This resource center is open to any student needing help with 100-level general chemistry classes. All help is provided on a drop-in basis by TAs from the general chemistry lab courses.

Organic Chemistry Learning Center
331 Jacobs Science Building (JSB)
https://chem.as.uky.edu/organic-chemistry-learning-center

The Organic Chemistry Learning Center is open to any student needing help with introductory organic chemistry classes. All help is provided on a drop-in basis by TAs from the organic chemistry lab courses.

Biology Learning Center
143 Jacobs Science Building (JSB)
https://bio.as.uky.edu/biology-learning-center

This resource center is open to any student needing help with any biology course required for the major. All help is provided on a drop-in basis by undergraduate instructional assistants.

Physics Learning Center
133 Chemistry Physics Building (CP)
https://pa.as.uky.edu/physics-learning-center

The Physics and Astronomy Learning Center is staffed by Physics and Astronomy TAs between 9 a.m. and 5 p.m. Monday through Thursday.

Disability Resource Center
407 Multidisciplinary Science Building
725 Rose Street
859-257-2754 (Voice and TTD)
www.uky.edu/DRC

People often think disability services are only for students who have physical disabilities. The Disability Resource Center (DRC) does assist many students with physical disabilities, but in reality the Center is more often used by students with learning disabilities, attention deficit-hyperactivity disorder, food allergies, and emotional and chronic health issues. The DRC also serves students with temporary disabilities—recovering from surgery.
illness, or injuries. The Center assists with campus arrangements and academic accommodations such as extended time on exams or sign language interpreting. It is important for students to contact the Center early in their academic career so reasonable and appropriate assistance can be provided without delay. Recent documentation of the disability or condition is required and basic documentation guidelines are provided on the DRC website. To begin the registration process, students only need to complete the intake form located on the DRC website.

Computing Resources

Information Technology Services (ITS) has a wide range of IT resources for students, including free software downloads, discounts with major vendors, hardware and software recommendations, and assistance with questions and concerns.

The following websites will be of great use to students:

- For an overview of tech resources, visit www.uky.edu/its/TechTips.
- To learn more about discounted purchases for UK students, visit www.uky.edu/ebuy.
- To find computer hardware and software recommendations and technology contact information pertaining to each undergraduate college, visit www.uky.edu/Purchasing/ebuy/student.php.
- To reach the IT Service Desk, call 859-218-HELP (4357), email 218help@uky.edu, or visit www.uky.edu/its/help.
- In-person student technology assistance is available in Tech Help @ the Hub in the basement of the W.T. Young Library and computer labs across campus. Lab locations and hours are listed at www.uky.edu/its/labs/lab-information.
- The Media Depot allows students to record, edit, and create multimedia presentations. Collaborate on projects using high-tech multimedia equipment and specially designed recording rooms. For more details, visit www.uky.edu/mediadepot.

National Student Exchange

Education Abroad, 302 Bradley Hall
www.uky.edu/international/NSE

National Student Exchange (NSE) provides undergraduate students the opportunity to study at one of nearly 200 partner institutions in the United States, Guam, Puerto Rico, the U.S. Virgin Islands, and Canada for a semester or an academic year while paying UK tuition. Students participate in NSE for a variety of reasons, including accessing different courses, evaluating potential graduate programs, networking in a different part of the country, and appreciating geographical and cultural differences. Our returning students describe NSE as a life-changing experience that has made them more independent, self-confident, and resourceful; expanded their risk-taking capabilities; and helped them better define their academic and career objectives.

Student Support Services

4th floor of Multidisciplinary Science Building
859-257-9797
www.uky.edu/diversity/SSS

Student Support Services (SSS) is a federal program designed to provide academic support services to improve academic performance and increase retention and graduation rates of college students who are first generation (neither parent has a bachelor's degree), low income, or have a documented disability. SSS provides opportunities for participation in study skills development, tutoring, academic planning, personal/career/financial counseling, peer mentoring, graduate school preparation, and social/cultural activities. SSS serves to motivate and support students as they transition from one level of education to the next while working toward the successful completion of their postsecondary education.

Veterans Resource Center

002 Erikson Hall
859-257-1148
www.uky.edu/veterans

The Veterans Resource Center provides a network of support services to all student veterans, military students, and their family members. Its programming is designed to assist with the transition from the military to the university environment with special emphasis on student success and retention. The university offers a brand new facility complete with lounge and study areas, veteran priority housing, zero interest emergency loans, tutoring, and a transition course specifically designed for veterans. The University of Kentucky was ranked 7th in the nation by Military Times as “Best for Vets” in 2012. UK is proud to serve those who have served our country. All honorably discharged veterans, Active Duty, National Guard, Reserve services members, and their families are eligible for these services.

“I like when my mom asks me how my projects or tests went. It shows that she does listen to what I am doing at school.”

~ advice from a UK senior
Will the University notify my hometown newspaper that my son or daughter made the Dean’s List?

Dean’s List criteria varies by college; this honor is typically conferred upon students who complete at least 12 credit hours with a 3.6 or higher semester GPA. The Registrar’s Office compiles the names of Dean’s List students, and UK Public Relations sends announcements to hometown newspapers. Each newspaper then decides whether or not to publish this information. Given the large number of students who attend UK, it takes some time after the end of the semester for the Dean’s List to be made available online. Visit www.uky.edu/PR/News/DeansList for additional information.

Who should my student contact for verification of enrollment or for grade information for the good student discount our insurance company offers?

The Registrar’s Office handles these requests. Students should stop by the Funkhouser Building to take care of these needs. In the case that confidential information (such as grades or Social Security number) will be released, the student will have to appear in person to make the request (with a photo ID) or will have to send a written request to the Registrar’s Office. See www.uky.edu/registrar/content/verifications-letters-good-standing for more details.

Where can my student get a transcript?

Unofficial transcripts are available online through myUK (http://myuk.uky.edu) only for those who graduated after 1988. Official transcripts are available through the Registrar’s Office: www.uky.edu/Registrar/Transcripts.

Where should my student purchase textbooks?

UK students have several options for purchasing or renting textbooks. UK Bookstore is operating in a temporary location, located behind the Joe Craft Center, on Lexington Avenue. Kennedy’s Wildcat Den can be found at the corner of South Limestone Street and Euclid Avenue. Some students choose to use online retailers such as Amazon and half.com. Most of the bookstores encourage students to reserve their books before the semester starts; reserving books will save students from standing in long lines and will ensure book availability.

My student has been invited to join an honor society. Is it a legitimate organization?

UK has a number of honor societies that are affiliated with the University as registered student organizations. For a list of those groups and their contact information, visit getinvolved.uky.edu.
What should I tell my student about social media etiquette?

Social networking sites and apps are very popular, especially with technology-savvy college students. Students should use good judgment and caution when posting information to these sites. Encourage your son or daughter to heed the following social media advice:

1. Don’t post personal information such as phone numbers, addresses, birthday, class schedule, etc. Posting this information can lead to identity theft, theft (someone will know when you aren’t home), unwanted personal contact, and stalking.

2. Use privacy settings to keep your identity safe. On many social media sites and apps you can control who can see your profile, and many social media sites let you block people from viewing your profile.

3. Read and follow the policies of the sites and apps (e.g., no obscene pictures and copyright violations); however, following the policies doesn’t guarantee security.

4. Don’t post anything that you wouldn’t want your parents, potential employers, friends, roommates, professors, or school administrators to see.

5. An increasing number of employers “facebook” potential interview candidates. A survey commissioned by the online employment website CareerBuilder has found that 43 percent of hiring managers use social networking sites to research job applicants, with 51 percent finding content that caused them not to hire the candidate (2014).

6. Information posted can haunt you for years to come. Even if you delete the information or pictures, someone else may have already downloaded the information.

7. University administrators are sanctioning students based on social media. Some universities are disciplining students for illegal activity (like underage drinking in the dorms) based on pictures and information posted on the sites. Penn State University police used Facebook to identify and prosecute students who rushed the field after a football game. At UK, when conduct issues arise on Facebook, Twitter, and other online mediums they are addressed. Administrators don’t “surf” the sites; they address issues that are brought to their attention.

8. Use social media as a way to network and build up a positive support system for both your academic and professional career. Start by following the University of Kentucky on sites such as Facebook and Twitter to stay in touch with your Big Blue community and to learn about new opportunities on campus. Visit www.uky.edu/PR/SocialMedia for more information.

9. Be aware of how easy it is to waste time on social media. It’s addictive!

10. Don’t take things at “face value.” It’s very easy for people to misrepresent themselves on the Internet.

Is it appropriate for me as a parent to contact a professor?

When your student has an academic question or concern, it can be tempting to step in and insert yourself into the situation. You paid attention during the see blue U orientation, you know who to call, and you know how to get things done, so why shouldn’t you intervene? Not so fast, you may want to think things through before you pick up the phone.

First, consider the “you can’t handle this” message you will be sending your son or daughter if you take charge of the situation. Gaining independence is a hallmark of the college experience, and even though your student might not handle things as you would have, he or she at least deserves a chance to try. What if your student is asking you to step in? Coach him or her through the situation and how to potentially resolve it. Then let him or her take the lead from there.

Additionally, think about the message you are sending to the
3. Making the Grade

My student is struggling with time management issues. What should I tell her to do?

Time management is a challenge for many college students, especially freshmen. All of a sudden they have “free” time during the day and no one telling them when to get up, go to bed, or do homework. With a little trial-and-error, most college students figure out how to manage their time and succeed at UK. In the meantime, you might want to share the following tips from UK101 and The Study (www.uky.edu/AE) when talking to your student:

• Set goals. List specific actions to take to reach goals, and then prioritize tasks.
• Use a calendar/day planner or a Google or smart phone calendar. Include exams, tests, work hours, social events, all commitments, etc. Organize your week. Use time management techniques. If you don’t feel overwhelmed, you’re less likely to procrastinate.
• Organize your day. Use “to do” lists (prioritize tasks) on small notebooks, post-it notes, or your phone to carry with you. Be realistic. Remember there are only 24 hours in a day, so some items on your list may carry over to the next day’s “to do” list.
• Use daytime study hours. Schedule study time and tasks in between classes. Use “prime mental time” for difficult subjects.
• Take advantage of waiting time. Carry reading, notes, or flash cards with you.
• Take control of your study environment. For many people, studying in the residence hall room is a bad idea...too many distractions. Identify your distractions and then find several good places that allow for concentration.
• Treat your student status as your full-time job. Devote at least 40 hours per week to class and study, Monday – Friday from 9 a.m. – 5 p.m. Study, on average, 4 hours per day, 6 days a week. Another common rule of thumb is study 2 hours for every hour in class.
• Avoid marathon/cram study sessions. You will learn more if you spread study time over several days. Alternate among subjects when studying in several shorter blocks of time for longer study periods. Take short breaks.
• Identify and avoid time wasters. (TV, Internet, texting, phone, sleep, video games, apps, shopping, going out to eat. Notice how others misuse your time.) Go to a location where you will not be seduced by time wasters. Establish boundaries/limits. Set deadlines. Learn to say “no.”
• Use efficient study strategies and techniques. Study smarter, not “harder.”
• Study with a partner or a small group. It’s harder to cancel if someone’s depending on you.
• Commit to working on-task for just 15 minutes. You’ll usually work longer.

Time management allows you to participate in other activities that will help you reach your goals, including student organizations and volunteer work.
Parenting Today’s College Students

“Don’t always be so quick to offer advice or try to solve your student’s problems. Sometimes just listening can be really helpful.”

~ advice from a UK junior

Partnering with Families

Experts have noted that today’s college students are closer to their families than previous generations have been. Parents and families are highly involved in the lives of their college students, staying informed about their day-to-day activities and maintaining the roles they played when their students were younger. Institutions of higher education are also noting that parents and families have more of a presence on campus than they have in the past.

Universities welcome this recent surge in parental involvement, since they can partner with parents and families to achieve a common goal of enhancing student success. Informed parents and families can benefit their students by serving as a referral service and sounding board. Research shows that students with actively involved parents and families reap academic, social, and vocational benefits. However, too much involvement can have a detrimental effect on students. Parents and families who do too much for their students or expect the University to do too much can stifle their students’ growing independence and ability to cope with challenging situations and learn from their mistakes.

During this time of transition, you may be confused about the roles that parents, families, and universities should play in the lives of students. While each student and each situation is different, the following guidelines may provide some insight into the roles that the student, University, and families should play to make the most of the college experience.
The Role of the Student

At the University of Kentucky, we expect our students to take responsibility for their own actions, to put forth their best effort in their academic pursuits, and to take advantage of the opportunities and resources available to them. We ask our students to be responsible members of the University community.

The Role of the University

We strive to support our students and provide them with the resources they need to succeed in all aspects of their lives. The UK Parent and Family Association disseminates information and assists with the sometimes challenging role of parenting college students. UK and families share a common enterprise in promoting the growth and success of UK students.

A Special Note about the Family Educational Rights and Privacy Act (FERPA)

Federal law affords students attending postsecondary institutions certain rights regarding their education records.

The UK Registrar’s Office website includes important information on FERPA and the rights it affords you and your UK student. To learn more, visit www.uky.edu/registrar/FERPA-privacy and www.uky.edu/registrar/content/ferpa-parentsguardians.


The Role of the Parent and Family

Parents and families of today’s college students often underestimate their influence on their students. In order to support your college student and encourage collegiate success, the following advice may be helpful:

- Maintain a dialogue with your student. Discuss classes, friends, organizations, alcohol and drug use, communication, values, and expectations. Be interested in her activities but not intrusive. Be open, honest, and supportive.

- Coach him through difficult situations and decisions, but let your student make decisions and take responsibility for them. Avoid becoming the principal problem-solver in your student’s life. Offer help and encouragement but remember to say, “And what are you going to do about that?”

- Serve as a referral service for your student. Take the information found in the Insider’s Guide and Cat Chat emails and share it with your student. Encourage her to use the campus resources that are available to her.

- Realize that your student and your family are going through a transition that can be challenging. Be patient.

- Reassure him that being homesick and being academically overwhelmed are common experiences among college students, and encourage him to seek help, both from friends and from University resources.

- Let her know you are proud and that you are there to support her in her triumphs and mistakes.

- Rest assured that UK employs many trained professionals who are available to help your son or daughter throughout his or her college career. Encourage your student to connect with these professionals.

- Learn about common stressors for college students, especially first-year students. Read “Emerging Adults and Their College Experience” and “Seasons of Adjustment” on the next few pages to preview the typical ups and downs of the first year of college.
Emerging Adults and Their College Experience
By Charles D. O’Neill, Ph.D., former Associate Director, and Di Sobel, Ph.D., Assistant Director and Psychologist, UK Counseling Center

As students make the transition from high school to college, they move into a time of their life typically referred to as “late adolescence.” “Late adolescence” has been described as the time from about age 18 until attaining the legal drinking age of 21, which used to be the typical years of undergraduate studies in college. More recently, however, many students—for a variety of reasons—may take more than four years to attain their undergraduate degrees. This moves the time of college into the early 20s and even later if there is graduate school. The new term for young people in this longer educational time period is “emerging adults.”

During this time period, emerging adults have a number of developmental tasks to accomplish that influence the ways that they approach their college experience. Throughout this extended developmental period, when emerging adults are asked if they feel that they have reached adulthood, most say, “In some respects yes, in some respects no.” (Arnett, 2000 in American Psychologist). Emerging adults identify with what Arnett labels “individualistic qualities of character” that signify for them that they have reached adulthood: accepting responsibility for oneself, making independent decisions, becoming financially independent (typically more important for young men), becoming less self-oriented, and developing greater consideration for others (typically more important for young women). Developing these qualities requires that these emerging adults go through a process of experimentation and exploration as they literally “try on” new and different roles. This experimentation and exploration occurs across different aspects of their identity including career/work, values and world view, relationships, alcohol, and new knowledge. It is helpful for parents and families to understand that experimentation and exploration is essential to the process of becoming an adult. Hopefully, this knowledge may help parents and families understand and appreciate some of the challenges facing their students.

Initially, there are many adjustments that have to be made by most new college students. There is a faster pace of learning than in high school with more work to be done and more quickly. There is often more reading per class than before. Responsibility for getting to class and doing the work rests with the student. Students have to make independent decisions about how best to spend their time, balancing the main task of doing well academically with developing and maintaining social lives.

College students are expected to have a career direction or be actively working toward determining this direction. Many of the majors at the university have selective admissions (based on GPA) to upper-level courses; thus a student needs to do well from the outset to be able to pursue many of these selective programs. Decisions about how many hours to take in a semester and strategizing about the semester’s work load is often necessary.

Students often have to earn money while pursuing a degree. Research has shown that working 15 – 20 hours or less is best and even better if that work is on campus. Campus employers understand the rhythms of academic life and are usually more flexible regarding scheduling around exams and
projects being due. Thus, students who work on campus have more “parental/supportive figures” in their lives and are more “plugged in” and involved in overall campus life. These advantages hold for those who live on campus as well. Moving off campus and then working off campus can soon lead to minimal involvement with campus life.

Campus life has many opportunities to offer students. There are a number of enriching and often just plain fun programs on campus throughout the year. One of the goals of a college experience is increased exposure to cultural and scholarly programming. The college experience exposes students to an array of diverse cultural and scholarly experiences as well as to a diverse array of people. This exposure prepares students for a more global economy and an increasingly connected world.

Parents and families continue to play an important role in the lives of their college students. While the goal during the “emerging adult” period is increased personal responsibility and independence from caregivers, students may still need help from caregivers in talking through some challenging but typical experiences. Some examples of typical challenges may include:

- A student may be struggling in a college course in which the student did well during high school. This experience of struggling with academics may be unfamiliar and unwelcome.
- Many students do not perform well on tests, speeches, or other presentations due to anxiety about being evaluated.
- Many students feel worried about whether or not they will do as well as their classmates in this new environment. The experience of having to compete may be unfamiliar and unwelcome.
- Many students feel homesick, lonely, or isolated, being in unfamiliar surroundings and without familiar and comfortable friendships. Many students are surprised to find that they have these feelings at all.
- Some students struggle with roommate conflicts. Many students find sharing a small space with another person a new, uncomfortable, and frustrating experience.
- Many students will feel depressed when a relationship ends. Sometimes these feelings influence concentration and motivation and may result in a dip in academic performance. This added academic trouble may compound feelings of depression.
- Many students will feel bored with old friends and find that they are changing interests and values in ways that their old friends are not. While these friendships feel familiar and safe, they may no longer be satisfying.
- Many students will be either bored or overly challenged by their major, and they will question whether they made the right career and major choice.
- Many students will find it difficult to articulate what they want to do for the “rest of their lives” regarding choosing a career path.
- Many students will feel anxious and inadequate as they try to meet new people and develop new friendships. They will have varied success in developing these new friendships for a variety of reasons, and the experience of having trouble making new friends may be unfamiliar and uncomfortable.
- International students who leave family, friends, and a home culture behind may experience struggles with adjusting to U.S. and UK culture. Learning how to make friendships with U.S. peers and getting involved with the campus community contributes to overall well-being but may appear overwhelming.

While many students manage these challenges on their own or with support, some face difficulties that may warrant additional help from a professional on campus. Some signs that your college student may be having sustained difficulty are:

- More frequent and/or distressed calls or visits
- Not interacting with peers
- Not going to classes, no interest in classes
- Nothing to say when you ask about classes or tests
- Mood disturbances, frequent mood shifts
- Persistent sleep difficulties
- Loss of motivation due to poor academic performance
- Disciplinary trouble
BounceBack: Encouraging Resiliency in Your Student
By Dr. Megan Marks, Senior Staff Psychologist, UK Counseling Center

College can be a thrilling time full of growth and excitement for your student. It is also a period that will include some stressors, disappointments, failures, and setbacks. Some of these setbacks may include not performing as well on exams, not being accepted into a Greek organization, experiencing a relationship break-up, or not getting into a specific major. Resilience is a key factor that can help your student not only survive these stressors but thrive at UK and into his/her career. Recent research in resiliency in college students has been found to be positively correlated with overall GPA and achievement (Hartley, 2011) and retention and graduation (Hartley, 2010). A lack of resilience can lead to physical, emotional, or cognitive problems. The good news is that your student can work to build his/her resiliency while at UK!

The following factors can increase a student’s resilience:

1. **Growth mindset**: Researcher Carol Dweck has been studying the impact of adopting a “growth mindset” in students. Her research has shown that students who understand that their talents and abilities can be developed through effort and persistence rather than believing that their intelligence is a fixed trait (e.g., the belief that failure on a test is a direct reflection of their abilities) will be less stressed and more successful. Dweck’s focus is on the concept of “not yet”; a student who receives a “C” on his/her first chemistry exam has “not yet” learned how to best prepare for the exam. This “not yet” attitude is in contrast to a student who believes the “C” is a fixed negative statement of his/her abilities. The concept of “not yet” and focusing on the process of learning versus the outcome can lead to more optimism and persistence in students. To learn more about this concept, you can watch Carol Dweck’s TED talk: www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve.

2. **Mindfulness**: Mindfulness is the practice of maintaining a state of active, open attention on the present. This present focus of mindfulness includes awareness of one’s thoughts, feelings, bodily sensations, and surrounding environment. Mindfulness awareness also includes acceptance of one’s thoughts and feelings without judging them – without believing there is a “right” or “wrong” way to think or feel in a given moment. Mindfulness allows one to tune into the present moment instead of rehashing the past or imagining the future. Research has found that mindfulness increases positive emotions, reduces stress, increases gray matter in our brains (which is linked to learning, memory, and emotion regulation), and enhances attention skills. The UK Counseling Center offers groups on mindfulness and workshops on meditation and yoga to promote these skills.

3. **Laughter, Play, and Social Connection**: “Laughter is the shortest distance between two people” (Victor Borge). It can help strengthen friendships and create unforgettable shared moments. When we laugh, we can gain perspective, become more relaxed, and are more able to “go with the flow” than resist inevitable changes that come our way. Laughing increases the oxygen in the brain, which helps us think creatively and imaginatively as well as concentrate better—all skills required for problem solving and persistence. Interspersing periods of concentrated work with moments of laughing, playing, and connecting socially can refresh the mind, replenish our energies, and help our minds to work at an optimum level. To learn more about laughter, you can watch Sophie Scott’s TED Talk: www.ted.com/talks/sophie_scott_why_we_laugh?language=en.

4. **Optimism and perspective**: Our brains are very skilled in detecting threats and dangers and tend to interpret our life stressors as such. However, most of our life stressors are not dangerous. When our brains interpret stressors as dangerous or negative, we tend to feel defensive, narrow our perspective, and shut
ourselves off to possibilities for fear of the risks. Optimism, on the other hand, allows us to let go of negativity, worry less, and shift our attention to opportunities more quickly. Not surprisingly, optimism and a positive perspective have been found to be predictive of resilience. The good news is that we can retrain our brains to focus on the positive. Research has shown that by writing a few minutes a day about what we feel grateful for, sharing with others what has gone well, or focusing on a challenge as an opportunity versus a threat, we can increase optimism. See Alison Ledgerwood speak more on getting stuck in the negatives in her TED talk: http://tedxtalks.ted.com/video/Getting-Stuck-in-the-Negatives.

5. Exercise: Exercising regularly (e.g., 30 minutes three times per week) can reduce anxiety, enhance our mood, can increase feelings of connections with others, and increase learning, memory, and concentration. Students can take advantage of the classes and resources provided by UK Campus Recreation to participate in regular exercise.

6. Nutrition: Did you know that what we eat can influence our mood? For instance, eating protein and complex carbohydrates can increase the neurotransmitter serotonin in our brains. High levels of serotonin can create feelings of peace, security, confidence, happiness, and joy. For more information related to the impact of food and substances, please read The Chemistry of Joy by Henry Emmons, MD (2006).

7. Sleep: We form new memories and create synaptic connections when we sleep. Sleep also facilitates tissue repair, growth, and immune functioning and regenerates cells in the brain, maximizing brain functioning. Research shows that we tend to need seven hours of sleep. When we either disrupt the circadian rhythm or obtain less than seven hours of sleep, we see a reduction in resilience. Poor levels of sleep impair memory and concentration and can lead to irritability, anxiety, and depression.

The Counseling Center has designed a BounceBack group to specifically address each of these factors of resilience. For additional information on the BounceBack groups or any of the UKCC services, please call 859-257-8701.

“Stay plugged in! Just because they are in college it is easy to think they are on their own. However, social media allows parents easy ways to stay plugged in and be in the know about important things relating to the university. There are still plenty of lessons they will be learning on their own.”

~ submitted by a parent on the UKPFA Facebook page
Seasons of Adjustment

Adjustment problems are an expected and common experience for most first-year students. Some experience very few, while others experience more than their share. Just as there are seasons of the year, most college student stressors follow a seasonal pattern as well. This seasonal nature has been charted as a result of years of documentation by counselors and psychologists at college and university counseling centers across the United States.

**August**

August and the start of the fall semester bring adjustments in all aspects of a student’s life. Starting college may involve homesickness, adjusting to a new living situation, navigating an unfamiliar campus, assuming responsibility for day-to-day actions, forming new relationships, and adapting to a more challenging academic environment. Communication between families and students is especially important at this time of year. Provide reassurance, but resist the temptation to step in and fix your son or daughter’s problems.

**September**

As the fall semester gets underway, some adjustment problems go away but some persist. Your student may experience time management issues and other academic anxieties. Students may struggle to balance academic and social obligations. Encourage your student to hone his or her study strategies with use of campus resources. Make plans to attend Family Weekend (October 6-8, 2017).

**October**

Academic stress increases as the midterm of the semester approaches. Continue to encourage use of academic resources, especially if midterm exams did not go as well as your student would have liked. Students are often reluctant to visit instructors during office hours, but they should be encouraged to do so. Remind your student to meet with his or her academic advisor prior to spring registration, which begins at the end of the month.
November

Academic pressure continues to build due to procrastination, difficulty of work assigned, or perceived lack of ability. Deadlines for major class projects or papers loom with the end of the semester coming in December. Stress and fatigue may lower a student’s ability to fight off illness. Remind your student to make wellness a priority by eating right, exercising, and getting enough sleep.

December

With the end of the semester nearing, students may experience difficulty balancing extracurricular activities and class assignments. The stress of final exams is likely to be overwhelming for first-year students who do not know what to expect. Encourage your student to participate in stress-reducing activities, such as the annual Finals Crunch Brunch. Send a final exams care package. Students may be anxious about returning home for winter break. They may have to readjust to life at home and reconnect with high school friends. Express your expectations for the winter break prior to your student’s return home. Include him or her in plans for holiday events and activities. If your student seems anxious, depressed, or hopeless, recommend that he or she speak with someone at the Counseling Center or Student Behavioral Health Clinic. Make sure your student is not turning to alcohol or drugs to cope with stress or celebrate the end of the semester.

January

January’s success may be influenced by how well the winter break went for your student. Your student may be disappointed in his or her fall semester grades. Encourage him or her to take a renewed look at new classes and classmates as opportunities for new connections and improved academic performance. Encourage involvement in campus activities and use of academic resources. Students may be thinking about living arrangements for the next school year.

February

In addition to persistent academic and social issues, relationship issues prevail in February. Remind your student to visit professors during office hours and to meet with advisors prior to registration for the fall semester. Begin to discuss Spring Break and summer plans with your student. Encourage your student to pursue the many student leadership opportunities available in February.

March

Students will certainly be focused on Spring Break and warmer weather. Your son or daughter may be facing difficult decisions about behaviors in which he or she may not normally engage. Communicate or reiterate your values and expectations regarding alcohol and drug use. Remind your student to balance social and academic commitments.

April

The month of April is a time when the pace of semester escalates academically, socially, and personally. Students may be experiencing considerable stress and fatigue by this point in the semester. Encourage use of academic resources and wellness resources, such as the Johnson Student Recreation Center, as final exams approach. Offer words of support and send a care package.

May

After final exams, your student may be facing another transition—returning home, attending summer classes, working, and/or reconnecting with old friends. There is potential for conflict over independence and family responsibilities if your student is returning home after a year living on campus. Students may want the freedom of college back at home. Talk to your student about your summer expectations. Acknowledge the possible differences in your lifestyles if you have lived apart for the past year.
June

Encourage your student to reflect on the past school year and its successes and challenges. Discuss how initial academic interests and career plans have been affected by the first year of college. This can be an occasion for increased motivation towards original goals or an opportunity to explore alternative plans. Help identify problem areas such as time management and encourage your student to use campus resources. Discuss academic strategies and priorities for the fall semester.

July

Challenges in the sophomore year are similar as students continue to form new relationships and work toward a specific major or career path. New concerns may include a new living situation, new extracurricular activities, and new classes. Continued themes include balancing academic and social responsibilities, making responsible decisions with alcohol, and managing stress and other wellness issues. Encourage use of the Counseling Center’s career counseling services, especially if your student is unsure about a major or career path. The Career Center’s library is also a valuable resource as students continue in the career decision-making process. Above all, celebrate your student’s successes and anticipate great things in the years to come at UK!

The University of Kentucky gratefully acknowledges the Counseling Center at Texas State University-San Marcos who developed the original concept for “Seasons of Adjustment” and allowed us to adapt it for our edition.
Conversation Calendar

As you know well, people can differ in their approaches to communication and disclosure. Some students are a wealth of information, happy to share their feelings and the comings and goings of their days. Others are more reticent and may require additional probing to gain insight into how they are doing. “How was your day?” may result in a ten-minute accounting of the day’s activities, or it may elicit a conversation-stopping “fine.”

Open-ended questions tend to lend themselves better to lengthier conversations, and with that in mind, the questions on the following pages may be appropriate to ask at various times throughout the coming year. The answers to these questions will help you gauge how your student is doing and whether he or she might benefit from the campus resources highlighted throughout this handbook.

**August & September**

“What is it like living in the residence hall?”

Roommate frustrations are common. Look for clues that your student is getting to know residence hall neighbors.

“What is the social scene like?”

While you want to hear that your student is making friends, you will also want to make sure your student is not neglecting his or her academic responsibilities while pursuing an active social life. Look for clues that your student is making good decisions regarding alcohol (abstinence or low-risk drinking) and other drugs.

“What do you like your class schedule?”

Many students will alter their schedule during the add/drop period.

“What are your professors’ names?”

If your student can’t answer this question, it may signal lack of academic engagement, including frequently skipping classes.

“How has college differed from high school so far?”

You’ll likely hear some of the things listed on page 43.

“Would you like us to come for Family Weekend?”

The answer is likely to be a resounding “yes,” but it never hurts to ask.

**October**

“Where are your favorite places to eat around campus? Is your meal plan working for you?”

Make sure your student is getting out and exploring campus and Lexington. If your student needs to change a meal plan or add Flex Dollars, he or she can do so on the UK Dining website.

“What do you and your friends do for fun?”

You’re looking for signs of growing friendships as well as signs that your student is making responsible choices.

“How have you learned to balance your many responsibilities?”

This is an ongoing struggle for many college students, so you may hear some frustration. The key is that an attempt at achieving balance is being made.

“Have you made plans for your spring semester schedule yet?”

Students should have some ideas in place before meeting with advisors.

**November**

“What campus activities are you participating in?”

If your student hasn’t connected to any campus organizations, suggest contacting the Office of Student Organizations and Activities or visiting getinvolved.uky.edu.

“How do you feel you have changed since starting college?”

Self-reflection throughout the first year of college is important as students further define their goals and values.
“What are your favorite stress-relieving activities?”

Wellness is important, especially during stressful times of year. Again, look for clues about responsible choices with alcohol and other drugs.

“What does a typical day look like for you?”

Hopefully your student is continuing to strive for balance between academics and a social life.

**December**

“Do you feel prepared for finals?”

If the answer is no, there is still time to seek help during professors’ office hours or from The Study’s peer tutors.

“How much sleep are you getting?”

An adequate amount of sleep is especially important before and during final exams.

“What will you do differently during the spring semester based on your experience this fall?”

Encourage your student to reflect on the successes and challenges of the first semester and create a plan of action for the spring.

“What are your plans for winter break?”

Returning home after a semester of independence can be a time of transition for both student and family. Communicate expectations well in advance.

**January**

“How is your relationship with your roommates?”

Hopefully all is well, but if problems exist that cannot be worked out, encourage your student to speak with residence hall staff.

“What are your goals for the semester?”

Goals may include making good grades, seeking involvement opportunities, or selecting a major.

“What academic resources have you used since coming to UK?”

Students should be encouraged to go to office hours and use The Study, Writing Center, and other available resources. Often students don’t seek help until problems have already developed. These resources are most helpful if used early in the semester.

“Where do you want to live next fall?”

Students need to thoughtfully consider the advantages and disadvantages of living on campus versus living off campus.

**February**

“What are your plans for Spring Break?”

Make sure your student’s plans are well thought out and in line with your family’s expectations.

“What campus activities are you participating in?”

If your student was hesitant to commit to campus activities in the fall, now is the perfect time to seek out involvement opportunities.

“Are there any faculty and staff members who you have gotten to know well?”

Relationships with faculty and staff are important in a student’s overall satisfaction with college. Your student may need a good letter of recommendation from a professor or advisor at some point in the future.

**March**

“What are your plans for this summer?”

Options might include summer classes, internships, job shadowing, or paid employment.

“What fall semester classes do you plan to take?”

It is time to meet with advisors and register for fall semester classes.

**April**

“Are you ready for final exams?”

Motivation typically suffers a little after Spring Break, but it is important to stay focused on a positive end to the semester.

“How do you think living at home this summer will be different than last summer?”

As it was in December, returning home is a transition for both student and family.

“Who have your closest friends been this year?”

Just as it was in high school, it is important to know who your student’s friends are and to seek opportunities to get to know them.

“How have your relationships with high school friends changed?”

The summer will bring opportunities to reconnect with old friends while maintaining relationships with new college friends.

“Based on the past year, what will you do differently in the fall?”

It is never too early to set goals for the fall.

“Do you know how proud we are of you?”

Everyone likes to be reminded that their loved ones support them no matter what.
Helping with Homesickness

By Di Sobel, Ph.D., Assistant Director and Psychologist, UK Counseling Center

Persons of all ages in many different life transitions experience feelings of loss and sadness when they leave a familiar and comfortable environment for a new and challenging one. Feelings of homesickness or longing for the familiar are completely normal.

When helping your student who may be homesick, you may not even want to use the word “homesick” to describe his or her feelings at first. Try phrases such as, “I’m sure you may be missing us and your friends; or having your own room,” to make them feel more comfortable. Then, you want to immediately reassure the student that those feelings are common and will eventually go away. After you have reassured your son or daughter and established a rapport, you can make suggestions to help him or her cope with the situation. Encourage your student to:

- Contact home for emotional support.
- Clearly communicate expectations for contact and information exchange. (Some students are anxious because they fear that their family and friends will not include them in decisions or inform them of important events.)
- Take a risk like meeting three new people, attending a campus activity or program, asking people to go to meals or walk to class together, or taking a “just for fun” class.
- Develop a daily routine of going to class, meals, exercise, work, etc.
- Not return home the first few weekends so s/he can attend University activities and make social connections.
- Not spend too much time in electronic communication with “home” friends. This often prevents students from making friends at UK.
- Not feel guilty for being away from home.
- Talk to his or her RA, advisor, or an older friend about being homesick. If necessary, encourage him or her to speak to someone at the Counseling Center.

Parenting a Commuter Student

Whether they are living at home or in off-campus housing, commuter students often face different challenges than residence hall students. It can be tempting to come to campus just for classes but doing so is likely to leave commuters feeling isolated from other students and the “typical” college experience. They may struggle with a sense of belonging to the UK community and may take more time to form connections with professors and other students. If you feel that your off-campus student is struggling to find his or her niche on campus, encourage him or her to take the following steps:

- Attend campus events, including concerts, lectures, and student organization meetings. It may require extra effort to make the trip to campus for these events, but it is worth it. Be proactive, and invite a classmate to an event instead of waiting for an invitation.
- Get involved. UK has hundreds of social, religious, political, professional, and specialty student organizations, so there is bound to be at least one to interest every student. Active involvement in student organizations is both rewarding and fun.
- Spend time on campus. Many buildings, including W.T. Young Library and the Johnson Student Recreation Center, are great places for studying, socializing, and working out. Eat meals on campus with friends and classmates in order to further campus connections. Rather than going home between classes, why not stay on campus?
Parenting a First Generation College Student

What does it mean to be a first generation college student? According to the U.S. Department of Education, it means neither parent completed a bachelor’s degree. Regardless of other members of your family and/or siblings, your student is a first generation college student if you did not graduate from college with a bachelor’s degree. At the University of Kentucky our first generation scholars have a variety of campus resources to ease their transition to college and ensure they graduate. Nearly 1 in 5 incoming freshmen and 1 in 3 transfer students at UK are first generation.

If your student is the first member of your family to attend college, he or she is likely to face some unique challenges. Here are some helpful things you can do to ensure your student succeeds at the University of Kentucky:

• Become familiar with campus resources and encourage your student to take advantage of those resources. You can find many of those resources throughout this book.

• Asking for help in college is a sign of strength not weakness or shame. Encourage your student to visit The Study which provides free tutoring and one-on-one academic consultations to determine if your student is utilizing the best study habits in college.

• Encourage your student to meet with professors or teaching assistants during faculty office hours. All professors have office hours for meeting with students outside of class time.

• Come to campus for Family Weekend and visit often versus expecting your student to come home every weekend.

• Join the UK Parent and Family Association: www.uky.edu/joinukpfa.

To be successful, first generation students need a support structure that comes from their peers. Student Support Services on the fourth floor of the Multidisciplinary Science Building (859-257-9797) provides workshops and tutoring and matches students with peer mentors. UK has a first generation student organization and a living learning community on South Campus. For more information and resources, stop by our office to meet with one of our advisors or visit us on the web at www.uky.edu/1G.

• Work on campus. Part-time jobs on campus are a wonderful way to make connections with faculty, staff, and students while earning money. On-campus employers also tend to be more understanding about student schedules and academic workloads.

• Take advantage of campus resources, including Off-campus Student Services (see page 36). If your student continues to struggle, encourage him or her to reach out to professors, advisors, and classmates for help. If necessary, advise him or her to speak to someone at the Counseling Center.

Off-campus students are also advised to familiarize themselves with UK parking regulations as well as alternate routes to campus and lots where they can park if their usual lots are full. Encourage your son or daughter to subscribe to UK Transportation Services’ email newsletter (see www.uky.edu/transportation for more information). Let your student know about UK’s inclement weather procedure, which is detailed on page 20. Advise your student to allow plenty of time to get to class, especially at the beginning of each semester when parking can be more challenging than usual. With some extra effort on your off-campus student’s part, he or she can enjoy a rewarding college experience and connect with the UK community.
What Can a Parent Do?

You have read lots of parenting advice in the last few pages, but what should you do if you find yourself in one of these common situations in the coming years? While every student and every situation is unique, here are a few of the more common issues facing UK students.

Your son has been complaining about his roommate for weeks. The room is a mess, the roommate sleeps all day and is out all night, and guests come and go at all hours. Your son is fed up and is calling home to complains on a regular basis.

Having a roommate can be a challenge for today's students who have often never had to share living space before. Communication can often help ward off problems in the first place. To facilitate this process, the Office of Residence Life requires students to fill out a “Roommate Agreement Form” so roommates can reach an understanding on study times and conditions, visitors, sharing belongings, room cleanliness, and other important issues. In the event that roommates can no longer get along, residence hall staff should be brought in to mediate. In some cases, roommates may be able to work out a solution agreeable to all parties. In other cases, a room change may be necessary, and the Office of Residence Life can assist in that process.

Your student will certainly be looking to you for advice and a safe place to vent frustrations, but it is important that you encourage your student to work out roommate issues on his own. Encourage him to seek a middle ground with his roommate and talk before allowing problems to fester and grow. Listen, offer advice, and then step back and let him work with Residence Life staff to reach a solution.

Your daughter is stressed about not having declared a major yet. She sees her friends with committed career paths and feels as if she is falling behind.

The average college student changes majors multiple times. Many students who think they know what they want to be when they grow up often end up changing their minds. Tell your daughter to stay focused on finding a major but not to stress too much about it. Exploration is the key here. She should take a variety of classes that fulfill her UK Core requirements. She may find a class she loves that will lead her to a specific major. She should talk to her advisor and instructors about different options and career paths. The staff at the Counseling Center assists students with career decision-making issues. The Career Center can help connect her with job shadowing and internship opportunities. Both offer career inventories and follow-up discussion of the results. Encourage her to be proactive. She should talk to people and seek experiences that will allow her to narrow her options and find her passions. Resist the urge to pressure her to reach a decision; she doesn't have to declare a major until the end of her sophomore year (60 credit hours). If she doesn't like the major she settles on, changing majors is not hard and does not always result in additional semesters on campus. As long as she maintains good communication with her advisor, she shouldn't fall behind and need to take a “victory lap,” the nickname the students give to the fifth year of college. Since this is her future, she is the one in the best position to determine what will make her happy. Support any decision she makes; your involvement and encouragement will mean the world to her.
Your son is struggling in a class that is required for his major. He can't keep up with the reading, he doesn't know anyone in the class, and the instructor intimidates him. The semester has reached the midterm point, and he doesn't know what to do.

There are more resources available to your son than he thinks. The Study can provide him with peer tutoring to help him comprehend the material presented in class as well as his homework. Even though the instructor may seem intimidating, encourage your son to visit office hours. This time has been set aside to assist students, and far too many of them don't take advantage of it. By attending office hours, your son will demonstrate his commitment to doing well in the class. In a one-on-one setting, instructors don't seem as intimidating and all-knowing as they do in the classroom.

All instructors are required to report midterm grades to students. Students can use that midterm grade to evaluate whether they should stay in the class or not. The final drop deadline is after midterm. In some cases, it is best for the student to drop the class and attempt it in another semester. If your student stays in the course and does not do well, the University offers a repeat option in which only the second completion counts. Your son's advisor can assist him in discussing his options.

Occasionally more complicated problems arise in the classroom. In these situations, students should be encouraged to follow the chain of command in seeking a solution. Teaching assistants report to professors; professors report to department chairpersons; department chairs report to college deans; and college deans report to the University provost, the chief academic officer. Students should start with the individual closest to the situation. If no solution can be reached, it is then appropriate for the student to contact that person's immediate superior. In cases of academic disputes, the University Ombud is a helpful resource for students.

Your daughter is interested in studying abroad. How can you help her make the best decision?

As a parent, you want your daughter to be prepared for success in a global economy and an increasingly connected world. At UK, we want that, too.

Did you know that students who study abroad increase their civic engagement, academic development, and employability? Moreover, research indicates that students who study abroad are more likely to graduate and to graduate on time.

UK has programs to match every discipline and budget. Today's programs are for future doctors, engineers, and architects, as well as language majors. Options include summer programs led by UK faculty, exchange programs that cost about the same as UK tuition, year-long language immersion programs, and more. Oftentimes students can apply their normal financial aid and scholarships towards an education abroad program and even combine these funds with education abroad scholarships. Students are encouraged to visit the Education Abroad Resource Center in 315 Bradley Hall 9 a.m. to 5 p.m. Monday through Friday, to learn more about funding education abroad programs.

Encourage her to attend a First Step Session with Education Abroad and to follow up by discussing her dreams and her concerns with an education abroad peer ambassador. Visit www.uky.edu/EducationAbroad for more information. No matter the country or field of study, a world of opportunity awaits when your UK student studies abroad.
Advice for Helping Younger Siblings

- Communicate with siblings regarding important dates for the departing college student. Make them aware of when your college student is leaving and when he or she may be home for visits. Help them prepare for the amount of time they may be apart.

- Make them part of the process, starting with move-in. Assisting with move-in will allow younger siblings to see your student's new living environment. Siblings may want to create a special memento from home for your college student to keep in his or her room or apartment.

- Create opportunities for campus visits. Family Weekend is a great time for younger siblings to experience campus.

- Facilitate communication. Encourage siblings to keep in touch by phone, video chat, email, etc. Siblings may want to send care packages throughout the school year.

- Encourage all family members to express their feelings and needs. Open communication will help people get what they want and feel valued as members of the family. Younger siblings may be worried about being left out. Your college student may feel deserving of extra parental attention, especially if he or she is coming to UK from farther away and will not be home for a while. Many college students are concerned about family life continuing on unchanged in their absence.

Living in an Empty Nest

A common myth among first-year college students and their parents is that the transition from high school to college only occurs on college campuses. Not true. It also occurs at home, where all too often parents of new college students find themselves staring blankly at the four walls and each other. Many parents are so busy worrying about how the students are going to react to this new lifestyle that they do not think about their own adjustment until their feelings hit them in the face.

Reactions to a son or daughter's departure for school will vary based on family situations. A variety of emotions (sometimes conflicting) may rise to the surface. You may love the freedom from daily parenting responsibilities while missing the hectic life provided by your children and their friends.

Parents and family members should remember that it is OK for life at home to change after a student leaves for college. A bedroom can be remodeled into an exercise room or study; however, please ask the most recent occupant’s permission first because often a room is seen as a security blanket. Parents should remember that it is OK to take up a hobby, travel, cook less, get a job, or even go to school after their sons or daughters leave for college. Home can be a secure place for the students and not be in a time warp.

The college years can be a period of growth for both students and parents. Enjoy watching your son or daughter become his or her own person, but do not forget to cultivate yourself as well.
Visiting Campus & Lexington

The next few years will present a number of opportunities to visit the UK campus and Lexington community. Take advantage of these opportunities to explore, have fun, and get to know more about the Bluegrass!

Campus Map

For a map of the University of Kentucky campus, visit www.uky.edu/CampusGuide for an interactive map as well as printable maps.

Online Campus Tour

To familiarize yourself with campus without ever leaving your computer, visit www.uky.edu/CampusTour to see some of our best-known buildings and landmarks.

What’s with all the Construction?

UK is adding a number of new state-of-the-art residence halls on campus, increasing the number of beds from approximately 5,000 to 9,000. In addition to these new residence halls, there are a number of new buildings and renovations occurring across campus, including the new Jacobs Science Building, a new Student Center, and an updated Gatton College of Business & Economics. For more information on campus construction, visit www.uky.edu/president/priorities-and-accomplishments/campus-construction. Worried about how this construction might affect parking? You can find information on construction parking impacts at www.uky.edu/transportation/parking-info/construction-parking-impacts.

Noteworthy Campus Spots

On your next in-person visit to campus, take time to explore the following:

- Of the four original campus buildings, the **Main Building** is the only one still standing.
- **Memorial Hall** is one of the best known buildings on campus.
- UK’s first president, James K. Patterson, is memorialized with a statue next to **Patterson Office Tower**.
- **Maxwell Place** is home to UK’s presidents and first ladies.
- The **Johnson Student Recreation Center** is a popular destination and is busy morning, noon, and night.
- **William T. Young Library** is an impressive structure and offers numerous resources to UK students. It measures 365,000 square feet and seats 4,000 people.
- UK’s campus is dotted with **historical markers** purchased with gifts made by graduating senior classes. They tell the stories of historic buildings and prominent campus figures.
Blue Grass Airport

Flying into Lexington is a unique experience since Blue Grass Airport is located among beautiful horse farms and historic Keeneland Race Course. The airport is approximately a 15-minute drive from campus. UK does not offer regular transportation to and from the airport, although special shuttles are offered prior to major campus breaks and holidays (see page 33). Other major airports are located in Louisville and Cincinnati (each approximately a 90-minute drive from Lexington); UK does not offer transportation to either of these airports.

Lexington History and Population

Lexington was founded in 1775, 17 years before Kentucky became a state. By 1820, it was one of the largest and wealthiest towns west of the Allegheny Mountains. So cultured was its lifestyle, Lexington gained the nickname “Athens of the West.” The latest U.S. Census estimate for Lexington-Fayette County is 310,797 (2014).

Hotels

The UK Parent and Family Association is often asked for local hotel information. To learn more about Lexington accommodations, visit www.visitlex.com.

Lexington’s Streets and Roads

As part of its unique charm, Lexington’s streets and roads are occasionally known to change names without warning or to be known by multiple names. For example, a main thoroughfare on the UK campus is South Limestone Street; however, as you drive away from downtown Lexington, South Limestone suddenly becomes Nicholasville Road at Cooper Drive (in the stadium area). Additionally, Euclid Avenue is home to UK’s North Campus residence halls, Bowman’s Den, and Memorial Coliseum; it is also known as and often referred to as the Avenue of Champions. Fortunately, you’ll find that UK’s residents and Lexingtonians are very friendly and would be happy to point you in the right direction.

UK Guest Parking

Family and friends visiting campus during the week may pay to park in the Sports Center Garage (PS #7, near the Johnson Center), in the South Limestone Garage (PS #5, next to Kennedy’s Wildcat Den), or at parking meters. Guests or the students they are visiting may also stop by Transportation Services, located in the Press Avenue Garage (PS #6), at the corner of Press and Virginia Avenues, to obtain a temporary parking pass. After hours and on weekends, visitors can also park in lots not controlled for permits. A permit control sign at the entrance to each parking lot displays the hours when the lot is being controlled for permits.
Restaurants

A number of unique restaurants can be found on the streets around UK’s campus. Perennial favorites include the following:

• **Joe Bologna’s**, an Italian restaurant housed in an old Jewish synagogue and known for its delicious (but not carb-friendly) garlic breadsticks, is located on West Maxwell Street in walking distance of North Campus.

• **Pazzo’s**, a pizza pub popular with students in need of some relaxation, can be found on South Limestone Street.

• **Tolly Ho** is a UK tradition since the 1970’s, serving burgers, sandwiches, shakes, breakfast, and more 24 hours a day. Beware: if you let the staff know it is your first visit, you will loudly and publicly be welcomed as a “Ho Virgin.” Tolly Ho is near campus on South Broadway.

• **Bangkok House** is a UK favorite for Thai food. Located across the street from the Singletary Center for the Arts, it is busy at lunch with UK students, faculty, and staff.

• **Ramsey’s Diner** has multiple Lexington locations serving Southern comfort food and delicious pie.

• **Saul Good** has three Lexington locations (near Fayette Mall, downtown, and in Hamburg) and serves delicious pizzas, salads, sandwiches, and burgers. Finish dinner with a rich dessert from the Chocolate Bar!

• If you are in town for a UK basketball game at Rupp Arena, make time to eat at Sawyer’s across from Triangle Park. They are known for their amazing burgers and fries. Get there early on game days because the line is long but moves fast.

East Euclid Avenue is a great place to explore some of Lexington’s favorite restaurants! The following restaurants can be found here just a short drive (or a long walk) from campus.

• At **Charlie Brown’s**, you’ll enjoy reasonably priced burgers and sandwiches while lounging on sofas. The lights are low, and the walls are lined with bookshelves full of interesting reads.

• Located across the street from Charlie Brown’s is **Bourbon n’ Toulouse**, a locally-owned Cajun joint.

• Around the corner in Chevy Chase Place is **Puccini’s Smiling Teeth**, known for its tasty pizza, pasta, and calzones.

• A few doors down from Puccini’s is **Josie’s**, a fun little local stop for breakfast, lunch, and dinner.

• If you are looking to splurge a little more, Lexington has a number of popular options farther away from campus, including **Malone’s**, **Merrick Inn**, and more.

Visit LEX has a great local restaurant guide called Beyond Grits. Check out [www.visitlex.com/flavors/beyond-grits](http://www.visitlex.com/flavors/beyond-grits).

There are many, many more options to choose from, so happy exploring and happy eating! When you find your favorites, email the Parent and Family Association at parents@lexuky.edu.

We may use your recommendations in future publications.

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**A Note Regarding Tobacco Use**

Lexington-Fayette County law prohibits smoking in all workplaces and buildings open to the public including restaurants. In addition, the entire University of Kentucky campus is tobacco-free, meaning that use of all tobacco products (cigarettes, cigars, pipes, smokeless tobacco, electronic cigarettes, hookah) is prohibited in all areas inside and out that are owned, operated, and controlled by UK. Tobacco users are asked to respect these laws and policies as they visit campus and the city of Lexington as a whole. Wildcat fans should note that smoking is prohibited in and around UK Athletics’ facilities, including parking areas.
Shopping

Shoppers will enjoy a variety of stores and boutiques in Lexington. Some of the most popular destinations include:

- **Fayette Mall**, located approximately 10–15 minutes away from campus, is home to major retailers such as Macy's and Dillard's as well as popular stores including Gap, Abercrombie & Fitch, Banana Republic, Bath & Body Works, Dick's Sporting Goods, Forever 21, H&M, J. Crew, and more than 150 other stores. A variety of restaurant options are located both in the mall and in the surrounding area. The mall recently went through a renovation and is now home to even more stores and restaurants than before. A movie theater is also nearby.

- **Hamburg** is a vast area of shops and restaurants located off Man o'War Boulevard near I-75, approximately 15–20 minutes from campus. Featuring major retailers such as Target, Meijer, Kohl's, Barnes & Noble, Best Buy, Marshall's, Wal-Mart, Off Broadway Shoes, and many, many more as well as smaller shops, there is truly something for everyone.

- **The Square and the Shops at Lexington Center** are two downtown shopping areas known for unique boutiques and specialty shops.

- **Clay Avenue** and the **Chevy Chase Shops**, located near campus, are home to unique specialty shops, including Peggy's Gifts and MonTea. As well, Calypso Boutique, Bluetique, and The Black Market are just a few of the boutiques near campus that offer affordable and unique fashions.

- **Lexington Green** located on Nicholasville Road near Fayette Mall is a popular shopping destination, especially for book lovers. Joseph-Beth Booksellers (known as Joe-Beth to its fans) is an independent bookstore that started in Lexington and has since spread to locations in other states. It is the perfect place to browse the shelves, enjoy a cup of coffee, and relax for hours.

- **The Summit at Fritz Farm** is a new development at Man O' War Boulevard and Nicholasville Road. It features a number of well-known retailers and some great dining options.
At Attractions

Exploring campus is a great way to spend your time while in Lexington, but if time allows, check out these fun and interesting attractions. More information on these and more is available at www.visitlex.com.

- Downtown Lexington is home to shops, restaurants, historic homes, and a vibrant arts scene. Areas of note include Triangle Park with its beautiful fountains, Rupp Arena, Downtown Arts Center, historic Kentucky Theatre, Lexington Opera House, and more.

- Lexington has been home to a number of famous Americans, including 19th century statesman Henry Clay, First Lady Mary Todd Lincoln, and Civil War General John Hunt Morgan. Their homes are all open to visitors and are well worth a visit.

- Lexington is known as the “Horse Capital of the World.” You’ll have a number of opportunities to get up close and personal with the four-legged residents that have made the area famous.
  - The Bluegrass Driving Tour takes you past beautiful horse farms, some of which are available for tours.
  - The Kentucky Horse Park is the only park in the world dedicated to horses and hosted the 2010 FEI World Equestrian Games. Held every four years, the games are comprised of the world championships for eight equestrian sports and had never been held outside of Europe.
  - You can view live thoroughbred racing at Keeneland Race Course in October and April; this Lexington tradition should not be missed!
  - Fans of harness racing will want to check out the Red Mile, one of the oldest harness tracks in the world.
  - The Thoroughbred Center is a working training center where visitors can learn more about the day-to-day lives of these hard-working horses and their trainers.

“Lexington has so much to offer! When you’re in town for a visit, explore the city and give your student the chance to get off campus!”

~ Recent UK graduate

Lexington Visitors Bureau

There is much more to see, eat, do, learn, and explore in Lexington. Contact the Lexington Visitors Bureau or visit their downtown location for more information, including a visitor planning guide and calendar of city events: www.visitlex.com.

Live racing takes place every April and October at Keeneland.
As you communicate with UK and your student in the coming years, the following contact information will be a useful reference.

**Mailing to Residence Hall Students**

For mailing information, visit [www.uky.edu/housing/undergraduate/residence-halls](http://www.uky.edu/housing/undergraduate/residence-halls) and click on the residence hall name. At the bottom of the page for each residence hall, you’ll find a mailing address. If there are questions about mail, encourage your student to speak with the residence hall front desk or UK Postal Services in the basement of White Hall Classroom Building.
Emergency Contact with Residence Hall Students

In case of an extreme emergency making it necessary for parents or family members to reach a student living on campus who is not available in his or her room, contact a residence hall desk 24 hours a day. Depending upon the situation, the desk may contact hall staff or leave a message in the student’s box. Use the phone numbers listed below to contact residence hall desks. (The area code is 859.)

<table>
<thead>
<tr>
<th>College</th>
<th>Contacts</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
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<tbody>
<tr>
<td>Agriculture, Food</td>
<td>Jewell</td>
<td>629-3777</td>
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<tr>
<td>Boyd</td>
<td>Lewis</td>
<td>TBD</td>
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<tr>
<td>Donovan</td>
<td>Lyman T. Johnson</td>
<td>317-6145</td>
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<td>Haggin</td>
<td>Roselle</td>
<td>323-1588</td>
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<td>Smith</td>
<td>323-1506</td>
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<td>Baldwin</td>
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<tr>
<td>Holmes</td>
<td>402-2780</td>
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<td>Ingels</td>
<td>323-1508</td>
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<tr>
<td>Communication and Information</td>
<td>308 Lucille Little Library (LCLI)</td>
<td>218-0290</td>
<td>ci.uky.edu</td>
</tr>
<tr>
<td>Design</td>
<td>117 Pence Hall</td>
<td>257-7617</td>
<td><a href="http://www.uky.edu/Design">www.uky.edu/Design</a></td>
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<tr>
<td>Education</td>
<td>103 Dickey Hall</td>
<td>257-6076</td>
<td>education.uky.edu</td>
</tr>
<tr>
<td>Engineering</td>
<td>351 Ralph G. Anderson Bldg.</td>
<td>257-1687</td>
<td><a href="http://www.engr.uky.edu">www.engr.uky.edu</a></td>
</tr>
<tr>
<td>Fine Arts</td>
<td>202 Fine Arts Bldg.</td>
<td>257-1707</td>
<td>finearts.uky.edu</td>
</tr>
<tr>
<td>Health Sciences</td>
<td>111 Wethington Bldg.</td>
<td>323-1100 x 80546</td>
<td><a href="http://www.mc.uky.edu/healthsciences">www.mc.uky.edu/healthsciences</a></td>
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<tr>
<td>Lewis Honors College</td>
<td>Lewis Hall</td>
<td>257-3111</td>
<td><a href="http://www.uky.edu/honors">www.uky.edu/honors</a></td>
</tr>
<tr>
<td>Nursing</td>
<td>315 College of Nursing Bldg.</td>
<td>323-5108</td>
<td><a href="http://www.uknursing.uky.edu">www.uknursing.uky.edu</a></td>
</tr>
<tr>
<td>Pharmacy</td>
<td>215 Lee T. Todd Jr. Bldg.</td>
<td>323-6163</td>
<td>pharmacy.mc.uky.edu</td>
</tr>
</tbody>
</table>

School of Human Environmental Sciences
102 Erikson Hall, 257-3887
www.ca.uky.edu/hes

Agriculture, Food and Environment
S123 Ag. Science Bldg. North
257-4772
www.ca.uky.edu

Arts and Sciences
202 Patterson Office Tower
257-8354
www.as.uky.edu

Business and Economics
235 Business & Economics Bldg.
257-8936
gatton.uky.edu

Engineering
351 Ralph G. Anderson Bldg.
257-1687
www.engr.uky.edu
# Helpful Contacts

The area code for Lexington is 859.

<table>
<thead>
<tr>
<th><strong>Academic Ombud</strong></th>
<th><strong>Credit Union</strong></th>
<th><strong>Financial Ombud</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>109 Bradley Hall</td>
<td>Bowman’s Den</td>
<td>6 Funkhouser Building</td>
</tr>
<tr>
<td>257-3737</td>
<td>264-4200</td>
<td>218-1360</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Academic Scholarships</strong></th>
<th><strong>Dean of Students Office</strong></th>
<th><strong>Housing Office</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>100-H Funkhouser Building</td>
<td>513 Patterson Office Tower</td>
<td>125 Funkhouser Building</td>
</tr>
<tr>
<td>257-4198</td>
<td>257-3754</td>
<td>257-1866</td>
</tr>
<tr>
<td><a href="http://www.uky.edu/financialaid/scholarships">www.uky.edu/financialaid/scholarships</a></td>
<td><a href="http://www.uky.edu/DeanofStudents">www.uky.edu/DeanofStudents</a></td>
<td><a href="http://www.uky.edu/Housing">www.uky.edu/Housing</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Admissions</strong></th>
<th><strong>Fraternity and Sorority Life</strong></th>
<th><strong>IT Service Desk</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Funkhouser Building</td>
<td>518 Patterson Office Tower</td>
<td>The Hub @ W.T. Young Library</td>
</tr>
<tr>
<td>257-2000</td>
<td>257-3151</td>
<td>218-4357 (HELP)</td>
</tr>
<tr>
<td><a href="http://www.uky.edu/Admission">www.uky.edu/Admission</a></td>
<td><a href="http://www.uky.edu/Greek">www.uky.edu/Greek</a></td>
<td><a href="http://www.uky.edu/its">www.uky.edu/its</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Alumni Association</strong></th>
<th><strong>Student Organizations and Activities</strong></th>
<th><strong>Institutional Diversity</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>King Alumni House</td>
<td>Blazer Dining 3rd Floor</td>
<td>311 Main Building</td>
</tr>
<tr>
<td>257-8905</td>
<td>257-8867</td>
<td>257-9293</td>
</tr>
<tr>
<td><a href="http://www.ukalumni.net">www.ukalumni.net</a></td>
<td>getinvolved.uky.edu</td>
<td><a href="http://www.uky.edu/diversity">www.uky.edu/diversity</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Athletics Ticket Office</strong></th>
<th><strong>Dining Center</strong></th>
<th><strong>International Center (UKIC)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A-113 Joe Craft Center</td>
<td>The 90</td>
<td>204 Bradley Hall</td>
</tr>
<tr>
<td>257-1818 or 1-800-928-2287</td>
<td>257-2220</td>
<td>323-2106</td>
</tr>
<tr>
<td><a href="http://www.ukathletics.com/tickets">www.ukathletics.com/tickets</a></td>
<td><a href="http://www.uky.campusdish.com">www.uky.campusdish.com</a></td>
<td><a href="http://www.uky.edu/international">www.uky.edu/international</a></td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th><strong>Campus Recreation</strong></th>
<th><strong>Disability Resource Center</strong></th>
<th><strong>Plus Account</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>177 Johnson Center</td>
<td>407 Multidisciplinary Science Building</td>
<td>Bowman’s Den</td>
</tr>
<tr>
<td>257-3928</td>
<td>257-2754</td>
<td>257-6159</td>
</tr>
<tr>
<td><a href="http://www.uky.edu/recwell">www.uky.edu/recwell</a></td>
<td><a href="http://www.uky.edu/DRC">www.uky.edu/DRC</a></td>
<td><a href="http://www.uky.edu/PlusAccount">www.uky.edu/PlusAccount</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Career Center</strong></th>
<th><strong>Education Abroad</strong></th>
<th><strong>Registrar’s Office</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stuckert Building</td>
<td>204 Bradley Hall</td>
<td>11 Funkhouser Building</td>
</tr>
<tr>
<td>257-2746</td>
<td>257-4067</td>
<td>257-7157</td>
</tr>
<tr>
<td><a href="http://www.uky.edu/CareerCenter">www.uky.edu/CareerCenter</a></td>
<td><a href="http://www.uky.edu/educationabroad">www.uky.edu/educationabroad</a></td>
<td><a href="http://www.uky.edu/Registrar">www.uky.edu/Registrar</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Counseling Center</strong></th>
<th><strong>Financial Aid</strong></th>
<th><strong>Residence Life</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>106 Frazee Hall</td>
<td>128 Funkhouser Building</td>
<td>575 Patterson Office Tower</td>
</tr>
<tr>
<td>257-8701</td>
<td>257-3172</td>
<td>257-4784</td>
</tr>
<tr>
<td><a href="http://www.uky.edu/CounselingCenter">www.uky.edu/CounselingCenter</a></td>
<td><a href="http://www.uky.edu/FinancialAid">www.uky.edu/FinancialAid</a></td>
<td><a href="http://www.uky.edu/Housing">www.uky.edu/Housing</a></td>
</tr>
</tbody>
</table>
Singletary Center Ticket Office
Singletary Center
257-4929
finearts.uky.edu/singletary-center

Student Account Services
18 Funkhouser Building
257-3406
www.uky.edu/studentaccount

Student Center Director’s Office
Blazer Dining 3rd Floor
257-5781
www.uky.edu/StudentCenter

Student Involvement Ticket Center
Bowman’s Den
257-8427
www.getinvolved.uky.edu/ps/ticketcenter

Student Employment
115 Scovell Hall
257-9555
www.uky.edu/HR/studentjobs

Student Pharmacy
740 South Limestone
257-6451
ukhealthcare.uky.edu/uhs/student-health/pharmacy

Transformative Learning
257-1356
www.uky.edu/AE

Transportation Services
721 Press Avenue
257-5757
www.uky.edu/transportation

UK Police
305 Euclid Avenue
257-8573
www.uky.edu/Police

University Health Service
830 South Limestone
257-1000
www.ukhealthcare.uky.edu/uhs

University Switchboard
(Information) 257-9000

Lexington Police
150 East Main Street
258-3600
www.lexingtonky.gov

Lexington Visitors Bureau
401 West Main Street
233-7299 or 1-800-845-3959
www.VisitLex.com

Emergencies 911

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Campus Directory
UK’s campus directory is available online at www.uky.edu/directory and includes addresses, phone numbers, and email addresses of faculty, staff, and students.

Campus Map
For a map of the University of Kentucky campus, visit www.uky.edu/CampusGuide for an interactive map as well as printable maps.

Campus Events
For a calendar of campus events, visit www.uky.edu/calendar.
For a calendar of athletic events, visit www.ukathletics.com.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 18-22</td>
<td>K Week for all new undergraduate students</td>
</tr>
<tr>
<td>August 21-22</td>
<td>Opening-of-term add/drop for registered students</td>
</tr>
<tr>
<td>August 22</td>
<td>Last day a student may officially drop a course or cancel registration with the University Registrar for a full refund of fees</td>
</tr>
<tr>
<td>August 23</td>
<td>First day of classes</td>
</tr>
<tr>
<td>August 29</td>
<td>Last day to add a class</td>
</tr>
<tr>
<td>August 29</td>
<td>Last day to officially withdraw from the University or reduce course load and receive a 80 percent refund</td>
</tr>
<tr>
<td>September 4</td>
<td>Labor Day – Academic Holiday</td>
</tr>
<tr>
<td>September 13</td>
<td>Last day to drop a course without it appearing on the student’s transcript</td>
</tr>
<tr>
<td>September 13</td>
<td>Last day to change grading option (pass/fail to letter grade or letter grade to pass/fail, credit to audit or audit to credit)</td>
</tr>
<tr>
<td>September 20</td>
<td>Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund</td>
</tr>
<tr>
<td>October 6-8</td>
<td>Family Weekend 2017</td>
</tr>
<tr>
<td>October 16</td>
<td>Midterm of 2017 Fall Semester</td>
</tr>
<tr>
<td>October 30-November 21</td>
<td>Priority registration for the 2018 Spring Semester</td>
</tr>
<tr>
<td>November 10</td>
<td>Last day to withdraw from the University or reduce course load. Students can withdraw or reduce course load after this date only for urgent non-academic reasons.</td>
</tr>
<tr>
<td>November 22-25</td>
<td>Thanksgiving – Academic Holidays</td>
</tr>
<tr>
<td>November 29-December 18</td>
<td>Add/Drop for registered students for the 2018 Spring Semester</td>
</tr>
<tr>
<td>December 8</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>December 11-15</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>December 15</td>
<td>End of 2017 Fall Semester</td>
</tr>
<tr>
<td>December 15</td>
<td>Commencement</td>
</tr>
</tbody>
</table>
January
January 8–9  Opening-of-term add/drop for registered students
January 9  Last day a student may officially drop a course or cancel registration with the University registrar for a full refund of fees
January 10  First day of classes
January 15  Martin Luther King Birthday - Academic Holiday
January 17  Last day to add a class for the 2018 Spring Semester
January 17  Last day to officially withdraw from the University or reduce course load and receive an 80 percent refund
January 22  Payment deadline of registration fees and/or housing and dining fees
January 31  Last day to drop a course without it appearing on the student's transcript
January 31  Last day to change grading option (pass/fail to letter grade or letter grade to pass/fail; credit to audit or audit to credit)

February
February 7  Last day to officially withdraw from the University or reduce course load and receive a 50 percent refund

March
March 5  Midterm of 2018 Spring Semester
March 12–17  Spring Vacation - Academic Holidays
March 26-April 17  Priority registration for the 2018 Fall Semester and both 2018 Summer Sessions
March 30  Last day to withdraw from the University or reduce course load. Students can withdraw or reduce course load after this date only for urgent non-academic reasons

April
April 24-30  2018 Summer Session registration and add/drop continue for students enrolled in the 2018 Spring Semester
April 27  Last day of classes
April 30-May 4  Final Examinations

May
May 1-June 16  Add/Drop for priority registered students for the 2018 Fall Semester
May 4  End of 2018 Spring Semester
Let us know what you think!

As we plan updates to the *Insider’s Guide*, we would like to hear from you.

Please send your advice, suggestions, and comments to the UK Parent and Family Association by email at parents@lsv.uky.edu or online at www.uky.edu/parents.
“Our daughter’s UK experience has been exceptional! She has truly enjoyed every aspect of campus life as well as worked hard to be prepared for her future career. She has become a self-sufficient, highly motivated, and very caring young woman.”

~ parent of a UK senior
Acknowledgements

The Parent and Family Association would like to give special recognition to the UK students, faculty, staff, and alumni whose advice appears in this publication.

A special thanks is due to Jamison Barton, graphic designer.
SEND YOUR STUDENT A BIG BLUE BASKET!

Whatever the reason or season, Kennedy’s Big Blue Baskets has creative treats for UK students, on or off campus. A birthday or holiday celebration, get-well basket, or no fail-pail for finals week - we have something for every occasion.

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UK’s Credit Union

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Free Smart Checking account for students
No minimum balance
No monthly service fee
Free text and e-mail alerts*
Free basic checks
Free bill pay
24-hour online banking
Visa credit card offered**

On-Campus Access
24-hour free ATM access and a Bowman’s Den branch (Student Center).

Nationwide Access
ATM networks with over 30,000 free ATMs, and a Shared Branching network offering thousands of branches where members can make transactions.

Account-to-Account Transfer
Free online transfers between a financial institution at home and your accounts at the Credit Union.

Student Loans
ScholarConnect scholarship program
Mobile banking

*Standard carrier rates apply. **Subject to income and credit approval.

www.ukfcu.org     859.264.4200