SAL 101
Introduction to Student and Academic Life and Student Success
Student and Academic Life

- Bias Incident Support Services
- Campus Recreation & Wellness
- Chellgren Center
- Community of Concern
- Counseling Center
- Dean of Students Office
- Disability Resource Center
- First-Generation Student Advising
- Fraternity & Sorority Life
- Gaines Center
- K Week
- Leadership Education
- Off-campus Student Advising
- Parent and Family Association
- Residence Life

- Service Learning
- Stuckert Career Center
- Student and Academic Support
- Student Center
- Student Conduct
- Student Financial Wellness Center
- Student Organizations & Activities
- Student Services Center
- UK 101 Academic Orientation Course
- Veterans Resource Center
- Violence Intervention & Prevention Center
June and July

Sea
Blue
Go Grass!
June and July

• Getting ready
• Setting up a new living space
• Some fear and anxiety
• Time for goal-setting conversations
• What resources does your student anticipate needing?
Why take UK 101?

• Learn how to succeed in college
• Small class setting
• 1 credit hour
• Students who take UK 101 are more likely to become sophomores.

Topics include:
• Time management
• Financial literacy
• Campus resources
• Stress and wellness
• Academic expectations
Parent & Family Association

- Open to all parents, guardians, grandparents, and family members
- Membership is FREE!
- See the brochure in your folder to activate your free membership, and stop by the PFA Recharging Station in the Gatton Student Center to pick up free goodies!
PFA Programs and Services

• Cat Chat emails
• Cat Chat Live!
• K Week reception: Aug. 17
• Family Weekend: Sept. 28-30
• Spring Family Reunion: April
• Student events
  – First Day of School Photos
  – Big Blue Thank You
• Parent Advisory Council
• Website and Social Media
• And more!
Contact the Parent and Family Association

- 859-257-2752
- parents@lsv.uky.edu
- www.uky.edu/parents
- Follow us @UKparents
- Join the UK Wildcat Families closed Facebook group
Well-Being Online Educational Programs

- **Mandatory**
  - AlcoholEdu – substance abuse education
  - Sexual Assault Prevention for Undergraduates
  - Important Dates
    - Monday, July 16 – Site goes active
    - Monday, August 20 – Deadline for Part One
    - Monday, October 22 – Deadline for Part Two
  - Failure to complete by the deadlines will result in academic holds.
  - Students will receive an email with more information – they need to check their UK email regularly!

- **Optional**
  - iGrad Financial Wellness (www.uky.edu/financialwellness/igrad)
August

- Homesickness
- New living situation
- Responsibility
- Forming new relationships
- Maintaining old relationships
- New academic environment
Counseling Center

106 Frazee Hall
859-257-8701
Monday – Friday,
8 a.m. – 4:30 p.m.
Phone consultations
Walk-in assessments 9 a.m. – 3 p.m.
www.uky.edu/counselingcenter
K Week: August 17-21

Five days designed to help students transition to UK:

• Second step in orientation process
• Attendance taken at some events
• Activities for families
• K Teams
• More information coming this summer
• www.uky.edu/KWeek
• KWeek@lsv.uky.edu
• Download our mobile app in UK Guides
Getting Involved
September

- Time management
- Balancing academic and social
- Encourage use of campus resources
- Encourage staying on campus
- Attend Family Weekend
Mental Well-Being

• Disability Resource Center
  – Register with the DRC as soon as possible. Success in high school without accommodations may not mean success in college without them.

• Counseling Center
  – Confidential, 1:1 counseling; group counseling; outreach programs to normalize dialogues on mental health

• Addressing Stress, Anxiety, and Depression
  – Depression Screening Day (fall and spring semesters)
  – Relaxation Rooms (Counseling Center and College of Nursing)
  – Koru Mindfulness Workshops
  – Mental Health First Aid Certification
  – Exercise Referral Program
National statistics on college student alcohol abuse (ages 18-24):

- 1,825 deaths
- 690,000 assaults
- 97,000 sexual assaults

- National Institute on Alcohol Abuse and Alcoholism (2017), *College Drinking Fact Sheet*
Our Response

- WellKentucky.org
- Mind/Body Skills Development Workshops
- Recovery Community
- Youth Outreach
- Student Leadership Opportunities
Contact Student Health & Well-Being

Drew.Smith02@uky.edu
859-257-9687
www.uky.edu/wellness
Family Weekend

Schedule of events includes:
• Friday evening welcome
• Family Weekend tent party
• UK football game
• Local doughnut tasting
• Athletic and cultural events
• Exploring Lexington
• Much more!

September 28 – 30
Book hotels now!
October

- Increasing academic stress
- Encourage use of academic resources
- Midterm exams and final drop deadline
- Office hours
- Academic alerts
- Meet with academic advisor
- Complete FAFSA for following year
Pop Quiz: Important Dates

• AlcoholEdu/Sexual Assault Prevention for Undergraduates Part One
  • August 20
• Move-in
  • August 15, 16, or 17
• K Week
  • August 17 – 21
• Family Weekend
  • September 28 – 30
November

- Increasing academic pressure
- Procrastination
- Looming deadlines
- Stress
- Encourage good personal wellness
- Financial concerns
- Students need to take responsibility and ask for help.
December

- Stress of final exams
  - www.uky.edu/Registrar/calendar
- Returning home for break
- Discuss expectations for break
- Communicate about break plans and holidays
- Encourage stress-reducing activities
Final Exam

• What needs to be completed by August 20?
  • AlcoholEdu and Sexual Assault Prevention for Undergraduates Part One
• What do you need to activate to stay informed about campus resources and events?
  • Your free Parent and Family Association membership
• What do we call the weekend in the fall when you’re invited back to campus?
  • Family Weekend – everyone is invited!
• What does your student need to be checking regularly throughout the summer?
  • UK email – IMPORTANT!!
Final Exam

• We encourage you to have goal-setting conversations with your Wildcat now and throughout their time at UK. What types of questions should you include?
  a) What GPA do you want to earn this semester?
  b) What study habits will it take to earn that GPA?
  c) What campus resources can help you achieve success?
  d) All of the above

• What’s the next step in the orientation process?
  a) “see blue.” U
  b) Kentucky Welcome
  c) K Week
  d) Wildcat Welcome

Course Evaluation