Managing college life can be difficult. Whether it’s transitioning from high school to college, or dealing with the Sophomore Slump, or Senioritis, we’re here to help.

University of Pikeville

wwwUPIKE.edu
We also offer other programs to address student needs:

**WALMART WEDNESDAY**
Every Wednesday, we provide shuttle service to Walmart. The van leaves Condit parking lot at 5 p.m. and 7 p.m.

**WHAT'S UP WEDNESDAY**
At 8:30 p.m. on Wednesday nights, we gather for home-cooked foods and conversation. This is your opportunity to talk about things important to you, such as homesickness, stress, relationships, etc. Get advice and tips from your peers and have fun. Some weeks feature games and prizes and even the occasional bonfire.

**CAMPUS INVOLVEMENT CENTER (CIC)**
The CIC offers student counseling and substance abuse services that are provided by a professional and licensed staff in a confidential environment.

Services are designed to provide students with an opportunity to develop personal insight, identify and solve problems and implement positive strategies to better manage their lives academically and personally.

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Ambria Ray, Director  
(606) 213-1636 - cell  
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Mandy Stacy, Counselor  
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