



UPIKE **FIRST ORIENTATION**

2021

WEDNESDAY AUGUST 18

IF YOU ATTENDED GROWL BEFORE AUG. 18

Check your UPIKE e-mail for time and location

BEAR PAUSE & FIRST-YEAR MOVE-IN

Check your UPIKE email for your assigned move in time. Commuter students who are not a member of an athletic team or band do not need to attend.

11 a.m.-2 p.m.

LUNCH

City View Cafe, The Coal Building

Bring your UPIKE ID. If you attended a virtual GROWL and have not received your UPIKE ID, visit the Business Office on the ground floor of the Administration Building. Note: Limited menu will to be served from 2-4 p.m.

2 p.m.

WALMART VAN RUN

Condit Parking Lot

Been on campus a few weeks and need supplies? Join a recent graduate and former resident assistant for a shopping trip to WalMart and tips for doing college on a budget.

Noon-6 p.m.

GAMES ON THE PLAZA

Benefactors Plaza

Come out to the plaza and enjoy cornhole, giant jenga, giant checkers, ladderball, and more! You may have the chance to win a prize.



4:30-8 p.m.

DINNER

City View Cafe
The Coal Building
Bring your UPIKE ID.

7-9 p.m.

RESIDENCE HALL MEETINGS

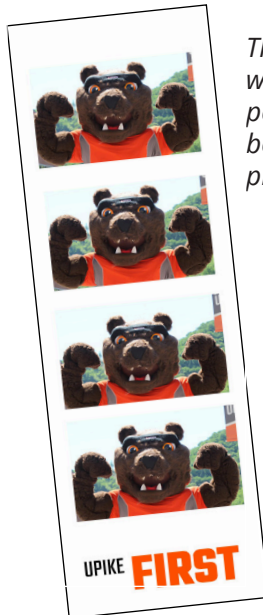
Locations will be posted in the First-Year Residence Halls

7:30-10:30 p.m.

LASER TAG

Appalachian Wireless Arena

Join your classmates and make memories as you navigate the obstacles and battle in laser tag.



The first 150 students will receive a personalized dry erase board. Snacks will be provided.



IF YOU PLAN TO ATTEND GROWL ON AUG. 18

9-2:30 p.m.

GROWL

Health Professions Education Building

3 p.m.

BEAR PAUSE & MOVE-IN

Check your UPIKE email for more information.

You do not need to attend Bear Pause if you're not an athlete.

You do not need to attend Bear Pause/Move-In if you're not living on campus.

THURSDAY AUGUST 19

7-9:30 a.m.

BREAKFAST
City View Cafe
Bring your UPIKE ID.

8-9 a.m.

CHECK-IN
Appalachian Wireless Arena -
Main Street Lobby

9 a.m.

WELCOME
Appalachian Wireless
Arena
Begin your UPIKE first week
orientation with a celebration
welcoming you to the
#BearFamily.



11 a.m.-1:30 p.m.

LUNCH
City View Cafe
Note: Limited menu will to be served
from 2-4 p.m.
Bring your UPIKE ID.

Noon-2:30 p.m.

**PIKEY'S PASSPORT TO
SUCCESS**

1:30-2:30 p.m.

**FIRST-YEAR SEMINAR
ENGAGEMENT**

(See side panel for FS 102 sections that
are meeting today. If your section is
not listed, use this time to complete
Pikey's Passport to Success.)
Meet your First-Year instructor and
classmates as you embark on an
adventure of learning the systems of
success that UPIKE provides.



3-4 p.m.

**"WILL THEY MAKE FUN
OF MY SHEETS?"**

Appalachian Wireless Arena
Stepping on campus as a new student
is an emotion-packed time. When you
are faced with
anxiety, you have
two options:
channel that
energy towards
fear or towards
excitement. Hear
from national
speaker James T.
Robilotta as he
challenges you to choose your own
path in college.



4:30-8 p.m.

DINNER
City View Cafe
Bring your UPIKE ID.

7:30-9:30 p.m.

**THINK FAST GAME
SHOW**

Appalachian
Wireless Arena
Test your trivia
knowledge and
earn cash and
prizes for winning!
#GetYourFlexOn



**FS 102 Breakout
Rooms and
Instructors**

FS 102 A
Instructor: Sumer Musick
Location: ARM 202

FS 102 C
Instructor: Katie Williams
Location: ARM 211

FS 102 D
Instructor: Shena Shepherd
Location: ARM 212

FS 102 E
Instructor: Justin Hazlewood
Location: ARM 213

FS 102 F
Instructor: Rob Musick
Location: ARM 302

FS 102 GO
Instructor: Lucy Holman
Location: ARM 303

FS 102 H
Instructor: Jessica Hazlewood
Location: ARM 311

FS 102 I
Instructor: Jeremy Goodson
Location: ARM 421

FS 102 J
Instructor: Johnny Fleming
Location: ARM 422

FS 102 N
Instructor: Darwin Kysor
Location: ARM 421

FRIDAY AUGUST 20

7-9:30 a.m.

BREAKFAST

City View Cafe
Bring your UPIKE ID.

9 a.m.

PIKEY'S PASSPORT TO SUCCESS

10-11:30 a.m.

SURVIVING COLLEGE STAGE PLAY

Appalachian Wireless Arena

Follow the journey of two students in a hip hop stage play as they learn to deal with the struggles and lessons learned in their first year at college. Bert G is an educator and hip hop artist. The "Hip Hop stem guy" is one of the top speakers on removing mental barriers to academic success. Det is an engineer and hip hop artist. He lives his message of balancing his day job with his day dreams, as he's toured the country performing his music all while juggling his career as an award-winning engineer. Both are from Long Island, NY.



11 a.m.-1:30 p.m.

LUNCH

City View Cafe
Note: Limited menu will continue to be served from 2-4 p.m.
Bring your UPIKE ID.

1:30-2:30 p.m.

FIRST-YEAR SEMINAR ENGAGEMENT

(See side panel. If you met with your FS 102 section yesterday, use this time to complete Pikey's Passport to Success.)

Campus

Meet your First-Year instructor and classmates as you embark on an adventure of learning the systems of success that UPIKE provides.

1:30-5 p.m.

PIKEY'S PASSPORT TO SUCCESS

4:30-6:30 p.m.

DINNER

City View Cafe
Bring your UPIKE ID.

FS 102 Breakout Rooms and Instructors

FS 102 B

Instructor: J.R. Briscoe
Location: ARM 211

FS 102 K

Instructor: Stephanie Stiltner
Location: ARM 202

FS 102 M

Instructor: TBD
Location: ARM 203

FS 102 O

Instructor: Cecil Williams
Location: ARM 212

FS 102 P

Instructor: Bobby Brown
Location: ARM 213

FS 102 Q

Instructor: Darwin Kysor
Location: ARM 302

FS 102 R

Instructor: Taylor Day
Location: ARM 303

FS 102 S

Instructor: Haley Fannin
Location: ARM 311

FS 102 T

Instructor: Andrew Reed
Location: ARM 421

FS 102 U

Instructor: TBD
Location: ARM 422

8 p.m.

"THE CLIMB"

The 99

Join the President and Provost as you take part in climbing "The 99" to signify the beginning of your vocational journey as a UPIKE Bear. Invite your family to attend. Reception to follow.



SATURDAY AUGUST 21

7:55 a.m. - 2 p.m.

BECOMING A BEAR FIRST DAY OF SERVICE

Meet at UPIKE Gym
Lunch on-site

Service lies at the heart of the UPIKE experience. Join your classmates as we continue the tradition of rolling up our sleeves to help others in the community.

We serve as a way to say 'thank you' for the blessings of our lives, to partner with others in their need, and to work toward the common good of our community and world.

Expect to be challenged and learn new skills. This is an opportunity to meet others and, surprisingly, a fun day in which you feel good in the end.

Wear old clothing that you can get dirty and even get paint or mud on. All volunteers must wear closed toe shoes (like sneakers, tennis shoes, etc).

Possible service locations include the Breaks Interstate Park, City of Williamson, Paintsville Lake, Thankful Hearts Food Pantry, and the City of Elkhorn.



11 a.m.-1:30 p.m.

BRUNCH
City View Cafe
Bring your UPIKE ID.

4:30-6:30 p.m.

DINNER
City View Cafe
Bring your UPIKE ID.

UPIKE FIRST



8 p.m.

OUTDOOR MOVIE & GAMES
F9: THE FAST SAGA
UPIKE Baseball Field

8 p.m. - Games begin

9 p.m. - Showtime

Enjoy a night under the stars as you play games and watch a movie on the UPIKE Baseball field.

Snacks will be provided.

The first 250 first-year students will receive a free UPIKE blanket.



SUNDAY AUGUST 22

11 a.m.-1:30 p.m.

BRUNCH

City View Cafe

Bring your UPIKE ID.

4:30-6:30 p.m.

DINNER

City View Cafe

Bring your UPIKE ID.

3:30 p.m.

BLING YOUR ROOM BINGO

Health Professions Education

Building, 7th floor

Join us for a campus favorite! Ten lucky winners will receive prize baskets and the top prize will be a \$100 Walmart shopping spree.



8 p.m.

FIRST WORSHIP AND PRAYER SERVICE FOR 2021-2022

Benefactors Plaza - weather permitting

Chrisman Auditorium in case of inclement weather

Come listen to a worship band, meet fellow classmates and get spiritually centered before you start classes.

MONDAY AUGUST 23

7:45 a.m.

GRAB-N-GO BREAKFAST & INFORMATION STATION

Stop by and see members of Admissions and the UPIKE FIRST team. We'll have a Chick-fil-A biscuit ready for you! We can also answer any last-minute questions and share an encouraging word in case you have a case of the first day jitters.

CLASSES BEGIN

Check Student Planning to confirm when and where your classes will meet.

PIKEVILLE AREA CHURCHES

For a ride to any church, contact

Chaplain Rob Musick at robertmusick@upike.edu or (419) 560-6381.

Church of God Militant Pillar & Ground of Truth

(historically black congregation)

117 Redale Rd. (1.4 miles)

Worship at noon

Church of Jesus Christ of Latter-day Saints

114 Tollage Creek (4.5 miles)

Connection Church (non-denominational)

220 S Mayo Trail (1.4 miles)

Worship at 9 or 11 a.m.

Cornerstone Christian Church

222 Hambley Blvd. (1.2 miles)

Sunday School at 10 a.m.; Worship at 11 a.m.

First Baptist Church (SBC)

126 4th Street (.4 miles)

Worship at 9:30 a.m. or 11 a.m.

First Christian Church (Disciples)

313 Chloe Creek Road (1.3 miles)

Worship at 11 a.m.

First Presbyterian Church (PCUSA)

508 Cedar Creek Road (2.8 miles)

Worship at 11 a.m.

First United Methodist Church

107 Main Street (0.2 miles)

Worship at 11 a.m.

Grace Fellowship Church

Next to Hardees (0.4 miles)

Worship at 11 a.m.

Jubilee Christian Assembly (Assemblies of God)

1978 South Mayo Trail (6.6 miles)

Worship at 11 a.m.

Main Street Church of Christ (non-instrumental)

198 Main Street (0.5 miles)

Sunday School at 10 a.m.; Worship at 11 a.m.

New Beginnings Fellowship Church (non-denominational)

116 Main St. (0.2 miles)

Worship at 11 a.m.

Pikeville Freewill Baptist Church

494 Chloe Road (1.4 miles)

Worship at 11 a.m.

Prestonsburg Seventh-day Adventist Church

421 Jack Arnett Branch, Prestonsburg, KY 41653

(30.8 miles)

Sabbath School at 9:30 a.m.

Worship on Saturday at 11 a.m.

St. Francis Catholic Church

132 Bryan Street (next to Tractor Supply)

(4.3 miles)

Mass at noon on Tuesday-Thursday

Confession at 4 p.m. and Mass at 5 p.m. on Saturday

Mass at 10:30 a.m. on Sunday

St. James' Episcopal Church (LGBTQ safe)

2702 S. Lake Drive, Prestonsburg

(26.1 miles)

Worship at 11 a.m.

CAMPUS DINING HOURS FALL 2021

City View Cafe
The Coal Building, 5th Floor

BREAKFAST
Monday-Friday
7-9:30 a.m.

BRUNCH
Saturday & Sunday
11 a.m.-1:30 p.m.

LUNCH
Monday-Friday
11 a.m.-2 p.m.

LUNCH (Limited menu)
Monday-Friday
2-4 p.m.

DINNER
Monday-Thursday
4:30-8 p.m.

Friday-Sunday
4:30-6:30 p.m.

**Bring your UPIKE ID*

**All residential students have unlimited "swipes" in City View Cafe.*

**Commuter students will receive free meals in City View Cafe during UPIKE FIRST Week (Aug. 18-22). Sign in at the register.*

**Throughout the semester, commuter students can pay with cash, credit/debit card, or Bear Bucks.*

Visit pc.campusdish.com
for City View Cafe
menus and nutritional
information.

P.O.D. Market
Health Professions
Education
Building, 6th Floor



Monday-Friday
7:30 a.m.-10 p.m.

Closed Saturday

Sunday
5-10 p.m.

**Accepts cash, credit/debit card,
or Bear Bucks*

Einstein Brothers Bagels

Health Professions
Education
Building, 6th Floor



Monday-Friday
7:30 a.m.-4 p.m.

Closed Saturday & Sunday

**Accepts cash, credit/debit card,
or Bear Bucks*

Chick-Fil A

Health Professions Education
Building, 6th Floor

Monday-Thursday
10:30 a.m. - 10
p.m.

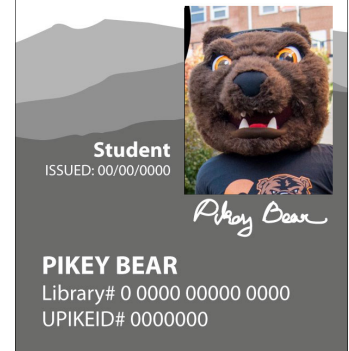
Friday & Saturday
10:30 a.m. - 7 p.m.

Closed Sunday

*Accepts cash, credit/debit card,
or Bear Bucks*



UPIKE

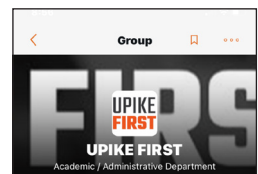


Keep your UPIKE ID with you when you are on campus.

Students who attended a virtual GROWL session need to go to the Business Office to obtain their UPIKE ID.

All students must be registered for Fall 2021 to receive an ID.

**Access UPIKE FIRST
on CampusGroups**



Step 1. Scan QR Code

Step 2. Log in using your UPIKE credentials

Step 3. Search UPIKE FIRST to view helpful info and event details



SURVEY SAYS!

Scan the two QR codes to access two surveys that will allow you to share your expectations about college and what you hope to experience during your time with us, as well as your experiences prior to coming to UPIKE. There are no right or wrong answers, only your own thoughts and feelings. Try to answer as honestly as possible, as this information will be used to improve your experience as a UPIKE Bear. By finishing both of these surveys you are well on your way to completing Pikey's Passport to Success.



College Student Inventory

Coming soon!

Nuro Discovery

PIKEY'S PASSPORT TO SUCCESS

We've set aside time during your first days as a Bear for you to visit a few of Pikey's favorite spots on campus!

The people you meet as you visit each area **have your back** and want to see you succeed. Take Pikey's advice and visit all the areas on his Passport to Success and you will be well on your way to starting the semester strong ... Oh, and you'll be entered to win an iPad!

STEP 1 During the designated times on the UPIKE FIRST schedule visit the areas on campus included on Pikey's Passport to Success.

STEP 2 Make a plan! Each location has specific times that you can visit and have your passport stamped. Some locations you will stop by for a quick "hello," while other areas will require you to spend time completing a task.

STEP 3 Submit your fully-stamped passport to your FS 102 instructor on your first day of class and you will be entered into the drawing for an iPad.



UPIKE FIRST

2020 Apple iPad (10.2-inch, Wi-Fi, 32GB) - Silver (8th Generation)