

2025

"the CLIMB"

WELCOME

TO THE

FAMILY

TIE
DYE!

UPIKE

FIRST

ORIENTATION

Let's get this party started!

Connect to Wi-Fi



1. Check your UPIKE email from a message from **helpdesk@upike.edu** titled WiFi Unit Assigned.
2. Go to Settings – WiFi settings - on your device and connect to UPIKE Student and enter the password from the email.

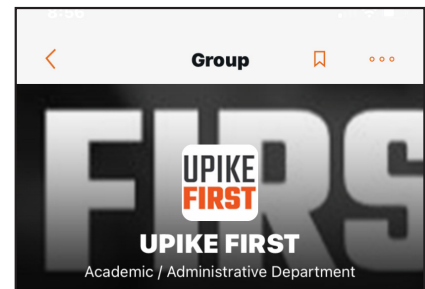


You will be using CampusGroups to sign in to events during UPIKE FIRST Week. Look for QR codes at each of the events marked with a paw print on the schedule.



If you have questions throughout this week email family@upike.edu or call or text Stephanie Stiltner at (606) 616-8407.

Access UPIKE FIRST on CampusGroups



1. Scan QR Code
2. Log in using your UPIKE credentials
3. Search UPIKE FIRST to view helpful info and event details

UPIKE FIRST
JOIN GROUP



https://unike.campusgroups.com/first/club_signup

- ① Open the CampusGroups app.
- ② Select 'University of Pikeville'.
- ③ Click on QR Code scanner.
- ④ Scan this QR Code and start registering to the group!



Things you need to know

✓ Check your schedule on UPIKE Self Service to confirm the location of your classes.

Go to upike.edu and click on "UPIKE Self Service" at the bottom of the screen. Use your UPIKE username and password to sign in. Click on "Student Planning."

Then click on "Plan my Degree and Register for Classes." Use the arrows to select the correct term and click "Meeting Information" on the left side for each class to view day/time/location.

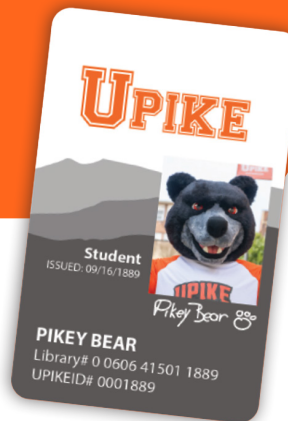
CAMPUS POST OFFICE BOX



Residential students who requested a personal campus mailbox on their housing application will receive an email with their box number and lock code. Campus post office boxes are located on the ground floor of the Health Professions Education Building.

Building Codes

ACAD	Academy Building (Coleman College of Business)
ADM	Administration Building
ARM	Armington Learning Center
BT	Bears Tower (Ballroom)
CNHS	College of Nursing and Human Services
COAL	Coal Building
CTC	Community Technology Center
HOOPS	Hoops Athletic Facility
HY	Hybrid (Online Classroom)
HPE	Health Professions Education Building
LIB	Allara Library
ONLINE	Canvas
REC	Record Memorial Building
TBA	To Be Announced



Let's Eat!

Commuter students will receive free meals in City View Cafe during UPIKE FIRST Week (Aug. 20-24). Sign in at the register.

Residential students can use their meal swipes in City View Cafe as part of their campus meal plan.

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 2025 to receive an ID.

RESIDENTIAL AND COMMUTER STUDENTS NEED A

PARKING PASS

Scan the QR code below to register for your parking permit. Commuter students who park in the parking garage are encouraged to get a UPIKE parking pass. You will need the following information for the vehicle you are registering:

- Year
- Make (Ford, Chevy, etc.)
- Model (F150, Camaro, etc.)
- Color
- State in which the vehicle is registered
- License plate number
- Clear photo of the back of your vehicle showing the license plate

Once you have completed the form, please allow 24 hours for us to process the permit application before coming to Public Safety to pick up your parking permit.



WEDNESDAY August 20

10 a.m.

WELCOME/KICK-OFF

HPE, 7th Floor

Begin your UPIKE FIRST Week orientation with a celebration welcoming you to the #BearFamily.

Academic success is just one part of the college experience; the best students also build strong connections and get involved. Tom Krieglstein presents this high-energy, interactive program and sets the tone for an unforgettable first year. Based on Tom's Amazon bestselling book, **First Year Student to First Year Success**, this program equips students with real-world strategies to thrive in their first 90 days on campus.



4:30 – 6 p.m.

DINNER

City View Cafe

8 - 10 p.m.

OPEN MIC

Plaza

You won't want to miss this event! Join us for a night of sing-alongs, humor, and fun. You'll have the chance to take the stage. Bring your favorite music on your phone and we will plug you in and hand you the mic!

**Noon
LUNCH**

City View Cafe

1:30 - 4 p.m.

BREAKOUT SESSIONS

Campus-wide

A complete list of sessions is listed in the back of this publication. Choose from a variety of sessions that are designed for you to meet members of the UPIKE Family, learn skills, make connections, get classroom experience, learn what it means to be a UPIKE student-athlete, and more. Each session takes place in a small group setting. Some sessions are available during all breakout times while some are only offered a few times. It's important to review the schedule and plan for the sessions you don't want to miss. Be sure to check-in on CampusGroups at each session.

UPIKE



**Bring your
UPIKE ID!**



ALMA MATER *"Orange and Black"*

*Gather round ye loyal schoolmates,
Lift each voice 'til echoes ring;
Loudly praise our Alma Mater,
'Tis of Pikeville we sing.
And in deepest care or sorrow,
Should we pause to think of thee.
Strong our hearts once more,
As in days of yore,
When we sing of our loyalty.
Orange and Black we hail thee,
Ever thy praises sing!
Oh, see our colors that stand for honor,
And to us vict'ry bring.
Orange and Black forever,
We hail thee far and near!
On the field or in the hall,
We will answer the call;
For we love our UPIKE dear.*

THURSDAY August 21

7-9 a.m.
BREAKFAST
City View Cafe

9:30 - 10 a.m.
CHECK-IN
HPE, 7th Floor

11 a.m. - 1 p.m.
LUNCH
City View Cafe

10 - 11 a.m.
MAXIMIZE YOUR BUZZ
HPE, 7th Floor

"Alcohol is not about drinking; it's about who you are." During the alcohol education program, you will understand the deeper meaning behind WHY people choose to drink (or not to drink), discover the science behind WHAT people drink, your campus alcohol policy, and tips to make choices on HOW to drink to avoid going beyond your buzz limit.

1-2 p.m.
RIGHTS OF PASSAGE
HPE, 7th floor

Rites of passage are ceremonies or rituals that mark a significant transition in a person's life, often moving them from one social status to another. Here, we're focusing on your rights and what is right. Rights of Passage is an interactive experience that empowers students to build a culture of care, courage, and character while tackling the dangerous and outdated rituals of hazing head-on. Rather than delivering a lecture or compliance checklist, this session ignites self-reflection and peer accountability through real talk and experiential activities. Students explore the difference between healthy challenge and harmful coercion while discovering how to stand up—not just for others, but for themselves. This isn't just a hazing prevention program, it's a character development experience rooted in personal empowerment, values-based leadership, and cultural transformation—custom designed to align with UPIKE's mission of preparing students for purposeful lives and ethical service.

4:30 - 6 p.m.
DINNER
City View Cafe

6 - 7:30 p.m.
TIE DYE PARTY
Allara Courtyard

Come and make tie dye t-shirts or socks so you will be ready for the Glow Party on Saturday!

2:30 - 4:30 p.m.
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FS 102 ROOMS & INSTRUCTORS

FS 102 A
Instructor: Jeremy Dempsey
FYSL: Aly Wright/Brayden Reed
Location: ARM 203

FS 102 B
Instructor: Charles Stephens
FYSL: Aly Wright
Location: ADM 302

FS 102 C
Instructor: Cecil Williams/Kay Burke
FYSL: Faith Anderson
Location: ARM 103

FS 102 D
Instructor: Phillip Westgate
FYSL: Theresa Romero
Location: REC 407

FS 102 E
Instructor: Josh Justice
FYSL: Theresa Romero
Location: ADM 302

FS 102 F
Instructor: Lindsay Elliott
FYSL: Riley Paulino
Location: ARM 421

FS 102 G
Instructor: Rob Musick/Heather Quinn
FYSL: Riley Paulino
Location: ARM 102

FS 102 H
Instructor: Nolan Fernandes
FYSL: Samuel Fields/Jalen Flowers
Location: ADM 307

FS 102 I
Instructor: Shena Shepherd
FYSL: Faith Anderson
Location: ARM 458

FS 102 J
Instructor: Patricia Keathley/
Jessica Williamson
FYSL: Jonah Adkins
Location: ARM 210

FRIDAY August 22

7 - 9 a.m.
BREAKFAST
City View Cafe

10 - 11 a.m.
MEET YOUR FS INSTRUCTOR

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



11 a.m. - 12:30 p.m.
LUNCH
City View Cafe

FS 102 ROOMS & INSTRUCTORS

FS 102 K

Instructor: Sara Coots/Micah Musick
FYSL: Jonah Adkins
Location: ARM 311

FS 102 P

Instructor: Stefan Morales
FYSL: Jalen Flowers
Location: ADM 308

FS 102 L

Instructor: Robin Slone/Mechella Varney
FYSL: Amelia Cure
Location: ARM 202

FS 102 Q

Instructor: Stephanie Stiltner
FYSL: Sophia Sims
Location: ARM 417

FS 102 M

Instructor: Jasmine Saucedo-Izbrand
FYSL: Amelia Cure
Location: ARM 303

FS 102 R

Instructor: Brandy Lockard
FYSL: Sophia Sims
Location: ARM 213

FS 102 N

Instructor: Lee Upchurch/
Dustyn Reinstetle
FYSL: Kaylee Atkinson
Location: ADM 301

FS 102 SO

Instructor: Sarah Ratliff
FYSL: Lauren Mann
Location: ADM 306

FS 102 O

Instructor: Jessica Hazelwood
FYSL: Kaylee Atkinson
Location: ADM 305

12:45 - 1:45 p.m.
GROWL LEADER BREAKOUT

Spend time with your GROWL Leader and get last-minute tips from a fellow college student before classes begin.

Jonah Adkins
ARM 119
(lower seating)

Lindsay Pruitt
Booth Lobby

Olivia Coleman
ARM 119
(upper seating)

Serenity Ramsey
Booth Auditorium

Jordan Endicott
HPE 7th floor lobby

Chloe Roberts
HPE 7th floor

Sarah Justice HPE
6th floor lobby

Sophia Sims
HPE 7th floor

Chase Stiltner
ARM 417

2 - 3 p.m.
ZERO SHADES OF GRAY
HPE, 7th Floor

ZERO SHADES® OF GRAY is a kickoff to your sexual assault education and a way to increase the effectiveness of reporting. You will understand what sexual assault is, learn where consent should be given/received to prevent assault, be able to recognize the signs when assault has happened, and discuss how to support someone who has been assaulted (or what to do for yourself). This session is a lighthearted approach to start an important conversation without fear or giggling.

4:30 - 6 p.m.
DINNER
City View Cafe

7 p.m.
MEN'S SOCCER VS.
GEORGETOWN COLLEGE
Bob Amos Field

8 p.m.
"THE CLIMB"
The 99 and Plaza

Join the President and other members of administration 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 23

7:55 a.m.

BECOMING A BEAR FIRST DAY OF SERVICE

UPIKE Gym



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 comfortable clothing and shoes. All volunteers must wear closed-toe shoes (like sneakers, tennis shoes, etc).

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

BRUNCH

City View Cafe

2 p.m.

JV VOLLEYBALL VS. KENTUCKY CHRISTIAN UNIVERSITY

UPIKE Gym

4:30 - 6:30 p.m.

DINNER

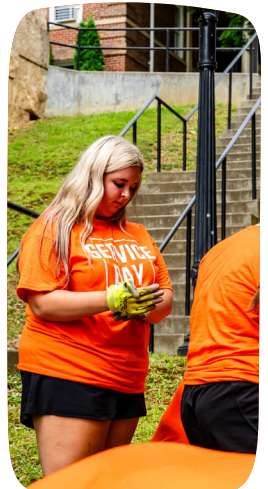
City View Cafe



5 p.m.

WOMEN'S SOCCER VS. CAROLINA UNIVERSITY

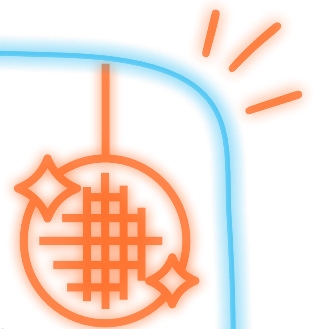
Bob Amos Field



8 p.m.

GLOW PARTY

Booth Auditorium Stage



The Glow Party is a glow-in-the-dark celebration designed to mark the conclusion of First Week and serve as an exciting kickoff to the upcoming semester. This event will feature music, dancing, a candy bar, and a soda bar, all set in a lively, blacklight-enhanced environment. Students are encouraged to wear neon or white attire to enhance the visual experience. The purpose of this event is to foster campus connection, school spirit, and student engagement at the start of the academic year.

SUNDAY August 24

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

BRUNCH

City View Cafe



4:30 - 6:30 p.m.

DINNER

Benefactors Plaza

4-7 p.m.

BLOCK PARTY

Benefactors Plaza

Join us for dinner on the Plaza while enjoying Silent Disco, bubble balloon house, ball pit, cornhole, and other field games. Free drinks will be available from Travelin' Tom's Coffee.



7:30 p.m.

**FIRST WORSHIP AND PRAYER
SERVICE FOR 2025-2026
AND ICE CREAM SOCIAL**

Booth Auditorium

Meet fellow classmates and get spiritually centered before you start classes.



MONDAY August 25



7:45 a.m.

WELCOME HOME BREAKFAST

Benefactors Plaza

Stop by and see members of the Alumni Office. 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

Visit upike.edu/studentplanning to confirm when and where your classes will meet.

Pro tip: Save your schedule as your phone lock screen so that you can refer back to it as needed for the first few days. Check Canvas for information about any online courses.

CAMPUS DINING

City View Cafe

The Coal Building, 5th Floor

BREAKFAST

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

BRUNCH

Saturday & Sunday
11:30 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.

Food Lab

Health Professions Education
Building, 6th Floor

Monday-Friday
7:30 a.m.-4 p.m.
Closed Saturday & Sunday
*Accepts cash, credit/debit card,
meal swipe or Bear Bucks*

Mountainside Market

Health Professions Education
Building, 6th Floor

Monday-Thursday
7:30 a.m.-10 p.m.
Friday
7:30 a.m.-4 p.m.
Closed Saturday
Sunday 5-10 p.m.
4th Meal 8-10 p.m.
*Accepts cash, credit/debit card,
meal swipe or Bear Bucks*

Chick-Fil A

Health Professions Education
Building, 6th Floor

Monday-Thursday
7:30 a.m. - 9 p.m.
Friday and Saturday
7:30 a.m. - 7 p.m.
Closed Sunday
*Accepts cash, credit/debit card,
or Bear Bucks*

Table 99

Bears Towers
1st Floor

Monday-Friday
11 a.m. - 9 p.m.

Proudly Serves Starbucks
Monday-Friday
7 a.m. - 9 p.m.
*Accepts cash, credit/debit card,
meal swipe or Bear Bucks*

Bring your UPIKE ID

*All residential students can use their meal swipes in City View Cafe.

*Commuter students will receive free meals in City View Cafe during UPIKE FIRST Week (Aug. 20-24). Sign in at the register.

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

A "4th Meal" is available to anyone with a meal plan on Sundays-Thursdays from 8-10 p.m. in Mountainside Market. Swipe your UPIKE I.D. and get either a salad, sandwich, or something from a hot case along with chips, fruit, and soda.

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BREAKOUT SESSION WEDNESDAY, AUG. 20

1:30 – 2:00 p.m.

Student-Athlete Game Plan for Success

Health Professions - 7th floor
Football, Volleyball, and Bass Fishing
Get the information you need to know!
You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics.

Get the SCOOP on ACE

ADM 211 ACE Office

Students who attend this informal session will be treated to ice cream as they learn about the ACE Program and the services that are available to students who enroll in the program. Peer mentors will be on hand to meet and share their personal ACE stories with potential participants.

Start Here, Belong Here

ADM 305

Join the Center for Infinite Worth (CIW) to help you ground yourself, connect with like-minded peers, and explore how small actions can lead to big social changes through our Truth, Community Healing, and Transformation framework. This welcoming intro includes guided reflection, a chance to meet the Director, and insights into campus resources and student work-study opportunities within CIW.

Keeping or Becoming Spiritually Healthy

Chapel

This session will give students tools on how to be spiritually healthy through prayer, groups on campus, different spiritual practices, and opportunities in the community.

Exploring Majors & Careers

ARM 210

Still lowkey lost on your major? Not vibing with the one you picked? Or just out here exploring your options? No stress – we got you. Pull up to this chill sesh where we'll drop the tools, hacks, and insider info you need to level up your major + career game.

Sleep Wellness

ADM 308

Are you tired of feeling tired? Worried about your sleep routine once classes begin? Join us to learn tips to help you achieve restful, rejuvenating sleep. This session is for anyone looking to improve their sleep quality, manage sleep-related challenges, or simply gain a better understanding of how to enhance their overall well-being through better sleep.

There's an App for That!

ARM 102

Part of being connected on campus means having the right apps on your phone. Come see us and make sure you have the tools you need.

Center for Academic Excellence (CAE)

Allara Library, Ground Floor

Students will explore the CAE space, learn about services offered, and meet the students and professional staff.

Commuting to Campus

ADM 302

This session will give a brief overview of what commuting to campus is like and what to expect. We will also be giving out things such as air fresheners and key chains.

Archery @ UPIKE

Plaza

In this session, students will learn about the competitive archery program on campus and explore possibilities for a casual archery club. Stop by if interested!

Transfer 101: Final Steps for a Strong Start

ADM 301

Join us for a transfer Q&A. Let's talk about transcripts, credits, classes, and getting settled in for your first semester on campus.

F1 Visa Student at UPIKE

ARM 303

International students should attend this information meeting to meet the Director of the International Student Services Office. Staff will be available to answer your questions and review policies and procedures to keep a good VISA status.

Pikey's Preview

ARM 213

A brief description of upcoming FIRST Week events and how to make the most of your first days on campus – from traditions to fun and everything in between.

Game Day Cool Down

ARM Lobby Second Floor

Take a brain break and come enjoy some games!

How to Manage School and Sports

ARM 417

We can change our mindset of bad time management by realizing the difference that making a change to your habits and schedule can help tremendously.

2:00 – 2:30 p.m.

Student-Athlete Game Plan for Success

Health Professions - 7th floor

MGOLF, WGOLF, Swim, MBB, WBB

Get the information you need to know!
You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics.

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CampusGroups and Activities

ARM 303

This session will consist of important information regarding CampusGroups, such as information about all the different activities and clubs that we have on campus.

Archery @ UPIKE

Plaza

In this session, students will learn about the competitive archery program on campus and explore possibilities for a casual archery club. Stop by if interested!

Earn While You Learn: Tuition Assistance & Paid Opportunities

ADM 301

Curious about a career that actually makes a difference – and helps pay for college? You'll hear about CW PREP, a special program that offers scholarships, stipends, paid internships, and priority job placement (with great starting salaries) for students who qualify. Join us to learn how UPIKE's Bachelor's of Social Work Program can set you on a path to meaningful work, job security, and even a master's degree in just five years.

Board Game Strategies

ARM 202

Learn the probability of getting a Yahtzee in the dice game and strategies in board games like Monopoly, Scrabble, and Clue.

UPIKE Vision Boards

ARM 311

Take the time to make an image of what you would like your journey at UPIKE to look like!

There's an App for That!

ARM 102

Part of being connected on campus means having the right apps on your phone. Come see us and make sure you have the tools you need.

Managing Mental Health & Stress Journaling

ARM 103

Come join us as we have an open, laid back conversation about tips and tricks to remaining stress-free throughout college from upperclassman who've learned through experience! Enjoy free snacks while networking and learning how to journal!

Game Day Cool Down

ARM Lobby Second Floor

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ADM - Administration Building
ARM - Armington Learning Center
CIW - Center for Infinite Worth

BREAKOUT SESSION WEDNESDAY, AUG. 20

2:30 - 3:00 p.m.	3:00 - 3:30 p.m.	3:30 - 4:00 p.m.
Student-Athlete Game Plan for Success Health Professions - 7th floor <i>Esports, MTEN, WTEN, MBOWL, WBOWL, Softball</i> Get the information you need to know! You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics. Get the SCOOP on ACE ADM 211 ACE Office Students who attend this informal session will be treated to ice cream as they learn about the ACE Program and the services that are available to students who enroll in the program. Peer mentors will be on hand to meet and share their personal ACE stories with potential participants. Finding out about Film/ Video, Interactive Multimedia, and Art! ARM 458 Come meet the faculty and find out about Film and Media Arts (FMA). FMA is designed to give students the opportunity to explore creating and producing film and video, working with and making interactive multimedia such as video games, and creating both traditional and digital art. Find out about studying Digital Story Telling, Digital Film/Video Production, Game Design, 3D Animation, Photography, and Drawing! Keeping or Becoming Spiritually Healthy Chapel This session will give students tools on how to be spiritually healthy through prayer, groups on campus, different spiritual practices, and opportunities in the community. Exploring Majors & Careers ARM 210 Still lowkey lost on your major? Not vibing with the one you picked? Or just out here exploring your options? No stress – we got you. Pull up to this chill sesh where we'll drop the tools, hacks, and insider info you need to level up your major + career game. CampusGroups and Activities ARM 303 This session will consist of important information regarding CampusGroups, such as information about all the different activities and clubs that we have on campus. Earn While You Learn: Tuition Assistance & Paid Opportunities ADM 301 Curious about a career that actually makes a difference – and helps pay for college? You'll hear about CW PREP, a special program that offers scholarships, stipends, paid internships, and priority job placement (with great starting salaries) for students who qualify. Join us to learn how UPIKE's Bachelor's of Social Work Program can set you on a path to meaningful work, job security, and even a master's degree in just five years. There's an App for That! ARM 102 Part of being connected on campus means having the right apps on your phone. Come see us and make sure you have the tools you need. Center for Academic Excellence (CAE) Allara Library, Ground Floor Students will explore the CAE space, learn about services offered, and meet the students and professional staff. Game Day Cool Down ARM Lobby Second Floor Take a brain break and come enjoy some games! Time Management ADM 305 Learn how to manage your time effectively. Review time management skills you already know. Create a time management plan using your old and new skills! Math Placement Exam ADM 308 You will be taking a math placement exam in this breakout session. The math placement exam will be used to determine your current level of mathematical knowledge and skills. The results will help to place you in the most appropriate course, ensuring you are neither under- nor over-prepared. The math placement exam will be proctored by one of the math faculty. to know! You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics.	Student-Athlete Game Plan for Success Health Professions - 7th floor <i>MSOC, WSOC, Cheer, Dance, Archery</i> Get the information you need to know! You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics. Finding out about Film/ Video, Interactive Multimedia, and Art! ARM 458 Come meet the faculty and find out about Film and Media Arts (FMA). FMA is designed to give students the opportunity to explore creating and producing film and video, working with and making interactive multimedia such as video games, and creating both traditional and digital art. Find out about studying Digital Story Telling, Digital Film/Video Production, Game Design, 3D Animation, Photography, and Drawing! Chill Vibes Cafe Chapel Stressed? Need to learn ways to deal? Enter the Chill Vibes Cafe. Learn to engage the senses to help manage stress and anxiety. Imagine sitting on the beach listening to the waves crashing against the shore, feeling the wind and sun on your face, smelling that salty beach air... all without ever leaving campus. Stop In and Chill Out. Hosted by your THRIVE Counseling Center! Exploring Majors & Careers ARM 210 Still lowkey lost on your major? Not vibing with the one you picked? Or just out here exploring your options? No stress – we got you. Pull up to this chill sesh where we'll drop the tools, hacks, and insider info you need to level up your major + career game. Sleep Wellness ADM 308 Are you tired of feeling tired? Worried about your sleep routine once classes begin? Join us to learn tips to help you achieve restful, rejuvenating sleep. This session is for anyone looking to improve their sleep quality, manage sleep-related challenges, or simply gain a better understanding of how to enhance their overall well-being through better sleep. There's an App for That! ARM 102 Part of being connected on campus means having the right apps on your phone. Come see us and make sure you have the tools you need. Managing Mental Health & Stress Journaling ARM 103 Come join us as we have an open, laid back conversation about tips and tricks to remaining stress-free throughout college from upperclassman who've learned through experience! Enjoy free snacks while networking and learning how to journal! Game Day Cool Down ARM Lobby Second Floor Take a brain break and come enjoy some games! Time Management ADM 305 Learn how to manage your time effectively. Review time management skills you already know. Create a time management plan using your old and new skills!	Exploring Majors & Careers ARM 210 Still lowkey lost on your major? Not vibing with the one you picked? Or just out here exploring your options? No stress – we got you. Pull up to this chill sesh where we'll drop the tools, hacks, and insider info you need to level up your major + career game. Sleep Wellness ADM 308 Are you tired of feeling tired? Worried about your sleep routine once classes begin? Join us to learn tips to help you achieve restful, rejuvenating sleep. This session is for anyone looking to improve their sleep quality, manage sleep-related challenges, or simply gain a better understanding of how to enhance their overall well-being through better sleep. There's an App for That! ARM 102 Part of being connected on campus means having the right apps on your phone. Come see us and make sure you have the tools you need. Center for Academic Excellence (CAE) Allara Library, Ground Floor Students will explore the CAE space, learn about services offered, and meet the students and professional staff. Commuting to Campus ADM 302 This session will give a brief overview of what commuting to campus is like and what to expect. We will also be giving out things such as air fresheners and key chains. Start Here, Belong Here ADM 305 Join the Center for Infinite Worth (CIW) to help you ground yourself, connect with like-minded peers, and explore how small actions can lead to big social changes through our Truth, Community Healing, and Transformation framework. This welcoming intro includes guided reflection, a chance to meet the Director, and insights into campus resources and student work-study opportunities within CIW.

BREAKOUT SESSION THURSDAY, AUG. 21

2:30 – 3:00pm

Student-Athlete Game Plan for Success

**Health Professions - 7th floor
Baseball, Men and Women Track and Field, Cross Country, Wrestling**
Get the information you need to know! You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics.

Game Day Cool Down

ARM Lobby Second Floor
Take a brain break and come enjoy some games!

Finding out about Film/Video, Interactive Multimedia, and Art!

ARM 458
Come meet the faculty and find out about Film and Media Arts (FMA). FMA is designed to give students the opportunity to explore creating and producing film and video, working with and making interactive multimedia such as video games, and creating both traditional and digital art. Find out about studying Digital Story Telling, Digital Film/Video Production, Game Design, 3D Animation, Photography, and Drawing!

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Stressed? Need to learn ways to deal? Enter the Chill Vibes Cafe. Learn to engage the senses to help manage stress and anxiety. Imagine sitting on the beach listening to the waves crashing against the shore, feeling the wind and sun on your face, smelling that salty beach air... all without ever leaving campus. Stop In and Chill Out. Hosted by your THRIVE Counseling Center!

Exploring Majors & Careers

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Archery @ UPIKE Plaza

In this session, students will learn about the competitive archery program on campus and explore possibilities for a casual archery club. Stop by if interested!

CampusGroups and Activities

ARM 303
This session will consist of important information regarding CampusGroups, such as information about all the different activities and clubs that we have on campus.

Sleep Wellness

ADM 308
Are you tired of feeling tired? Worried about your sleep routine once classes begin? Join us to learn tips to help you achieve restful, rejuvenating sleep. This session is for anyone looking to improve their sleep quality, manage sleep-related challenges, or simply gain a better understanding of how to enhance their overall well-being through better sleep.

Board Game Strategies

ARM 202
Learn the probability of getting a Yahtzee in the dice game and strategies in board games like Monopoly, Scrabble, and Clue.

There's an App for That!

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Transfer 101: Final Steps for a Strong Start

ADM 301
Join us for a transfer Q&A. Let's talk about transcripts, credits, classes, and getting settled in for your first semester on campus.

Being a Good Self-Leader

ARM 213
Come learn about strategies to help with self discipline and how to implement these strategies throughout the semester to help accomplish your goals!

Center for Academic Excellence (CAE)

Allara Library, Ground Floor
Students will explore the CAE space, learn about services offered, and meet the students and professional staff.

Time Management

ADM 305
Learn how to manage your time effectively. Review time management skills you already know. Create a time management plan using your old and new skills!

F1 Visa Student at UPIKE

ADM 302
International students should attend this information meeting to meet the Director of the International Student Services Office. Staff will be available to answer your questions and review policies and procedures to keep a good VISA status.

How to Manage School and Sports

ARM 417
We can change our mindset of bad time management by realizing the difference that making a change to your habits and schedule can help tremendously.

3:00 – 3:30 p.m.

Student-Athlete Game Plan for Success

Health Professions - 7th floor
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Pikey's Preview

ARM 213
A brief description of upcoming FIRST Week events and how to make the most of your first days on campus – from traditions to fun and everything in between.

Game Day Cool Down

ARM Lobby Second Floor
Take a brain break and come enjoy some games!

Start Here, Belong Here

ARM 417
Join the Center for Infinite Worth (CIW) to help you ground yourself, connect with like-minded peers, and explore how small actions can lead to big social changes through our Truth, Community Healing, and Transformation framework. This welcoming intro includes guided reflection, a chance to meet the Director, and insights into campus resources and student work-study opportunities within CIW.

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Beyond Books: Other Services at Allara Library

Allara Library, 1st Floor
Earn money, gain relevant work experience, have a flexible schedule, build your career skills and competencies and make better grades all at once! Learn what you can do to successfully become hired in UPIKE Campus Employment positions.

Math Placement Exam

ARM 458
You will be taking a math placement exam in this breakout session. The math placement exam will be used to determine your current level of mathematical knowledge and skills. The results will help to place you in the most appropriate course, ensuring you are neither under- nor over-prepared. The math placement exam will be proctored by one of the math faculty. to know! You'll hear an idea of what to expect and how to be better prepared to balance academics and athletics.

BREAKOUT SESSION THURSDAY, AUG. 21

3:30 - 4:00 pm

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4:00 - 4:30 p.m.

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Get Connected

UNIVERSITY OF PIKEVILLE



FACEBOOK



INSTAGRAM



YOUTUBE



TIKTOK



ACE



FACEBOOK

UPIKE ATHLETICS



FACEBOOK



INSTAGRAM



CENTER FOR ACADEMIC EXCELLENCE



INSTAGRAM

CENTER FOR STUDENT SUCCESS



INSTAGRAM

FAMILY CONNECTIONS



FACEBOOK



LIBRARY



INSTAGRAM

THRIVE



INSTAGRAM

GROWL LEADERS



S Public Safety **H** Hotel **P** Parking
Commuter Parking



ACADEMIC/ADMINISTRATION

- 1 Academy Building
Coleman College of Business
- 2 Administration Building
*ACE Office
Academic Affairs Office
Advancement Office
Business Office
Center for Infinite Worth
Executive Vice President and Chief
Strategy Officer's Office
Financial Aid
Marketing and Communications Office
President's Office
Student Affairs Office
Student Success Office*
- 3 Allara Library
Center for Academic Excellence
- 4 Armington Building
*Chrisman Auditorium
College of Arts and Sciences
Dean's Office
Information Technology
Career, Vocation and Leadership Office
Patton College of Education
Registrar's Office*

RESIDENCE HALLS

- 5 Coal Building
*City View Café
Kentucky College of Osteopathic Medicine*
- 6 College of Nursing and Human Services
- 7 Health Professions Education Building
*Admissions Office
Food Court (Chick-fil-a, Food Lab and Mountainside Market)
Jerald F. Combs Eye Clinic
Kentucky College of Optometry
Events Center*
- 8 Laughlin Cottage
Human Resources
- 9 Record Memorial Building
*Band and Choir
Booth Auditorium
Meditation Chapel
Thrive Center
Weber Art Gallery*
- 10 College Square
- 11 Condit Residence Hall
Public Safety Office
- 12 Derriana Residence Hall
- 13 Gillespie Residence Hall
- 14 Kinzer Family Residence Hall
- 15 Page Residence Hall
- 16 Spilman Residence Hall
- 17 Wickham Hall
Center for Student Engagement

ATHLETIC FACILITIES

- 18 Appalachian Wireless Arena
- 19 Hoops Athletic Complex
- 20 Johnnie LeMaster Baseball Field
- 21 Paul Butcher Softball Field
- 22 UPIKE Gymnasium
- 23 Fitness Center *Open to all students*