



UPIKE **FIRST** ORIENTATION

Let's get this party started!

Connect to Wi-Fi



Connect to the UPIKE-Onboarding network from your mobile device. If not automatically redirected to the Cloudpath page, scan the QR code below.

Select your user type (Student), then enter your UPIKE email address and password.

You will receive an email with your password and a tenant portal link. You can then connect to the wi-fi network specified for your user type (UPIKE-Student).



If you need further assistance, please email userservices@upike.edu OR call (606) 218-5300.



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



Asking for help isn't always easy.

UPIKE is partnered with BetterMynd to offer students access to free online therapy.



BetterMynd



SCAN TO REGISTER



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
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

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.



Register for parking permit

Let's Eat!

Commuter students will receive free meals in City View Cafe during UPIKE FIRST Week (Aug. 19-23). 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 2026 to receive an ID.



WEDNESDAY August 19

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 – 8 p.m.

DINNER

City View Cafe

7 p.m.

MEN'S SOCCER SCRIMMAGE

Bob Amos Park

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.



UPIKE



Bring your UPIKE ID!

10 p.m.

DORM WARS: SURVIVOR NIGHT

Plaza



**Attendance required for residential and commuter students.*

THURSDAY August 20



7 - 9:30 a.m.
BREAKFAST
City View Cafe

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

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.

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

1 - 2 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 triggering.

2:30 - 4:30 p.m.
BREAKOUT SESSIONS*
Campus-wide

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



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

Come and make a tie dye t-shirt so you will be ready for the Glow Party on Saturday!



TIE DYE!

8 p.m.
DORM WARS
HIDE & SEEK
HPE 7



FRIDAY August 21

7 - 9:30 a.m.
BREAKFAST
City View Cafe

10 - 11 a.m.
"HAZED AND CONFUSED"*
HPE, 7th Floor

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

FS 102 ROOMS & INSTRUCTORS

FS 102 A
Jeremy Dempsey
FYSL: Jonah Adkins
Location: ARM 210

FS 102 B
Lindsay Elliott
FYSL: Boston Reynolds
Location: ADM 302

FS 102 C
Trish Keathley
FYSL: Lara Tackett
Location: ADM 307

FS 102 D
Josh Justice
FYSL: Lilly Slone
Location: ADM 301

FS 102 E
Phillip Westgate
FYSL: Lilly Slone
Location: REC 407

FS 102 F
Agus Sofyan
FYSL: Wyatt Fielder
Location: ARM 421

FS 102 G
Elissa Graff
FYSL: Wyatt Fielder
Location: ADM 305

FS 102 H
Haley Fannin/
Paul Potter
FYSL: Hannah Green
Location: Library
Classroom

FS 102 J
Sara Coots
FYSL: Jamie Risner
Location: ARM 202

FS 102 K
Micah Musick
FYSL: Jamie Risner
Location: ADM 308

FS 102 L
Brandy Lockard
FYSL: Matthew
Emmons
Location: HPE 6

FS 102 M
Jessica Hazlewood/
Sara Tackett
FYSL: Matthew
Emmons
Location: ARM 417

FS 102 N
Jessica Williamson
FYSL: Jonah Adkins
Location: ARM 302

FS 102 O
Robin Slone
FYSL: Boston Reynolds
Location: ARM 303

FS 102 P
Sara Coots/ Megan
Childress
FYSL: Jonah Adkins
Location: ARM 102

FS 102 Q
Heather Quinn
FYSL: Isabella Stone
Location: ARM 311

FS 102 R
Rob Musick/
Larry Epling
FYSL: Isabella Stone
Location: ADM 305

FS 102 SO
Stephanie Stiltner
FYSL: Alyson Wright
Location: ADM 306

Hazed and Confused™ is a smart, engaging reality check: we must inspire people to believe and behave differently. Hazing is a rite of passage, an initiation, the gauntlet, a trial by fire, a test of courage, and a rude introduction. But that is definitely not how we want to introduce people to our campus, organizations, or ourselves. It's like saying, "We can't wait for you to join our club—you just have to do these three dangerous and embarrassing things first." That's confusing. **Hazed people haze people. Confused people confuse people.** When people lack a sense of purpose, the depth of meaning for who they are, and clarity in their values and what's important to them, hazing occurs. Rather than a lecture or compliance checklist, this show infuses our signature high-energy and discussion-based style, along with experiential activities, to help participants discover 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.

12:30-1:30 p.m.
**MEET YOUR FS
INSTRUCTOR AND FYSL*Δ**

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

^ANursing and transfer students who are not enrolled in FS102 are excused.

4:30 - 8 p.m.
DINNER
City View Cafe

8 p.m.
**CELEBRATING A DECADE
OF "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.

1:45 - 2:30 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 2nd Floor
Lobby

Lara Tackett
ARM 417

Owen Bookman
Plaza

Emilee Compton
HPE 6th floor
lobby

Chloe Roberts
Plaza

McKenzie Blankenship
HPE 7

Wyatt Fielder
"The Rock"

Ashlyn Patrick
HPE 7

Izzy Stone
HPE 7th floor
lobby

Lilly Slone
ARM 119
(lower seating)

Keegan Wallace
ARM 119
(upper seating)



SATURDAY August 22

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. - 1:30 p.m.

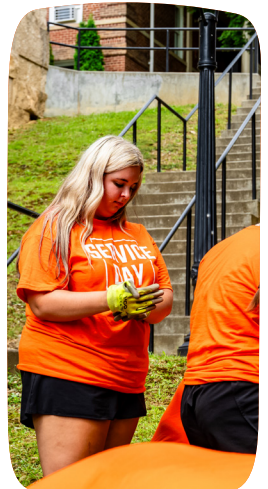
BRUNCH

City View Cafe

4:30 - 6:30 p.m.

DINNER

City View Cafe



8 p.m.

GLOW PARTY

Booth Auditorium

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 23

11:30 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 a ball pit, cornhole, and other field games. Free drinks will be available from Travelin' Tom's Coffee.

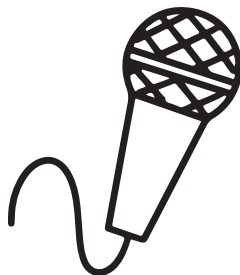


7 p.m.

**FIRST WORSHIP AND PRAYER
SERVICE FOR 2026-2027
AND ICE CREAM SOCIAL**

HPE 7

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



8 p.m.

**HYPE BY
NOAH SONIE
(MAGICIAN/
MENTALIST/
HYPNOTIST)**

HPE 7



MONDAY August 24



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 Tower
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. 19-23). 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-Thursday 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.

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.*

BREAKOUT SESSION WEDNESDAY, AUG. 19

1:30 – 2:00 p.m.

Archery

Tent on Plaza

Stop by the UPIKE Archery tent to meet members of the team, learn about one of the university's nationally recognized athletic programs, pick up UPIKE swag, and discover how you can get involved—whether you're an experienced archer or just curious to learn more.

How to Grow Your Faith in College

Chapel, Wickham, second floor (near porch)

Students will learn about ways to help their faith and various campus resources about spirituality.

Welcome to the ACE Program

ACE Office, ADM second floor

Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.

Cooking in the Dorm

ARM 213

Learn how to prepare simple, budget-friendly meals while living in the residence halls! This session will cover easy recipes you can make using a microwave, air fryer, crockpot, and other dorm-friendly appliances. You'll also pick up tips for saving time, eating well, and making the most of your dorm kitchen setup.

Dorm Life 101

ADM 308

Starting life in a residence hall can be exciting—and a little overwhelming! Learn how to successfully navigate roommate communication, communal bathroom etiquette, laundry routines, organizing small spaces, making friends, and building a positive relationship with your Resident Advisor.

Dec Your Door!

ADM 302

Join us to create a custom felt pennant for your dorm room.

There's an App for That!

ARM 303

Get your phone ready for success at UPIKE! Learn about the essential apps you'll use throughout the school year, including tools for classes, communication, campus resources, and student life. We'll help you download and set up each app using QR codes and provide one-on-one assistance to make sure you're ready for day one.

Transfer 101: Final Steps for a Strong Start

ARM 301

Double check transcripts, classes, and everything in between to make sure you are off to the right start as a UPIKE Bear!

F1 Visa Student at UPIKE

ARM 311

Learn the requirements for maintaining your F-1 visa status and discover resources available to international students.

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. Join us and we'll drop the tools, hacks, and insider info you need to level up your major + career game.

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.

2:00 – 2:30 p.m.

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. Join us and we'll drop the tools, hacks, and insider info you need to level up your major + career game.

How to Grow Your Faith in College

Chapel, Wickham, second floor (near porch)

Students will learn about ways to help their faith and various campus resources about spirituality.

Welcome to the ACE Program

ACE Office, ADM second floor

Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.

Chill Vibes Cafe

Chapel, REC 6th floor

Learn stress management and mindfulness techniques to help you thrive during college.

Let's Talk About Communication

ARM 421

Learn why Communication is one of the most versatile, flexible, and exciting programs on campus. Discover career opportunities and why communication skills are among employers' most sought-after qualities.

Transfer 101: Final Steps for a Strong Start

ARM 301

Double check transcripts, classes, and everything in between to make sure you are off to the right start as a UPIKE Bear!

Mathematics in Board Games

ARM 202

Learn the mathematics behind Monopoly properties, Yahtzee and Risk die rolls, and parallel word play in Scrabble to enhance your strategy skills in those board games.

F1 Visa Student at UPIKE

ARM 311

Learn the requirements for maintaining your F-1 visa status and discover resources available to international students.

Archery

Tent on Plaza

Stop by the UPIKE Archery tent to meet members of the team, learn about one of the university's nationally recognized athletic programs, pick up UPIKE swag, and discover how you can get involved—whether you're an experienced archer or just curious to learn more.

Dec Your Door!

ADM 302

Join us to create a custom felt pennant for your dorm room.

Tips for Commuting

ARM 103

Join us as we share tips on managing time to commute to campus, parking, and places to hang out between classes. We will be making rearview mirror charms too!

There's an App for That!

ARM 303

Get your phone ready for success at UPIKE! Learn about the essential apps you'll use throughout the school year, including tools for classes, communication, campus resources, and student life. We'll help you download and set up each app using QR codes and provide one-on-one assistance to make sure you're ready for day one.

Student-Athlete Game Plan for Success

Health Professions - 7th floor

MGOLF, WGOLF, 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.

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

BREAKOUT SESSION WEDNESDAY, AUG. 19

2:30 – 3:00 p.m.	3:00 – 3:30 p.m.	3:30 – 4:00 p.m.
The Magic of Teaching Reading and Math ARM 115 <i>The moment that a student finally “gets it” is what teaching is all about. Discover the fun, creative side of teaching reading and math—and why it might be the most rewarding career you’ve never considered.</i> How to Grow Your Faith in College Chapel, Wickham, second floor (near porch) <i>Students will learn about ways to help their faith and various campus resources about spirituality.</i> Find Out About FMA! ARM 458 <i>Tour the Digital Humanities Lab and explore majors and minors in Film, Media, and Arts.</i> UPIKE CAE Allara Library, ground floor <i>Tour the Center for Academic Excellence and learn about tutoring, academic coaching, and student support services.</i> Welcome to the ACE Program ACE Office, ADM second floor <i>Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.</i> There’s an App for That! ARM 303 <i>Get your phone ready for success at UPIKE! Learn about the essential apps you’ll use throughout the school year, including tools for classes, communication, campus resources, and student life. We’ll help you download and set up each app using QR codes and provide one-on-one assistance to make sure you’re ready for day one.</i> Mathematics in Board Games ARM 202 <i>Learn the mathematics behind Monopoly properties, Yahtzee and Risk die rolls, and parallel word play in Scrabble to enhance your strategy skills in those board games.</i> Let’s Talk About Communication ARM 421 <i>Learn about Communication careers, opportunities, and why employers value strong communication skills.</i> Game Day Cool Down Chrisman Auditorium <i>Take a break from the excitement of FIRST Week and unwind with a variety of fun games and activities! Whether you’re looking to relax, meet new friends, or enjoy some friendly competition, this session is the perfect way to recharge during a busy week.</i> Dec Your Door! ADM 302 <i>Join us to create a custom felt pennant for your dorm room.</i> Cooking in the Dorm ARM 213 <i>Learn how to prepare simple, budget-friendly meals while living in the residence halls! This session will cover easy recipes you can make using a microwave, air fryer, crockpot, and other dorm-friendly appliances. You’ll also pick up tips for saving time, eating well, and making the most of your dorm kitchen setup.</i> Dorm Life 101 ADM 308 <i>Starting life in a residence hall can be exciting—and a little overwhelming! Learn how to successfully navigate roommate communication, communal bathroom etiquette, laundry routines, organizing small spaces, making friends, and building a positive relationship with your Resident Advisor.</i> My UPIKE Vision ARM 417 <i>Create a vision board that reflects your goals, dreams, and aspirations for your first year at UPIKE and beyond. Using magazines, quotes, and craft supplies, you’ll design a personalized board to help keep you motivated, focused, and inspired throughout the semester.</i> Lingo Bingo ARM 210 <i>Think you know the UPIKE lingo? Join us for a fun game of bingo while learning common campus terms, acronyms, and phrases you’ll hear throughout your college experience. Each session includes one round of bingo, with prizes awarded for single-line winners and a grand prize for blackout bingo!</i> Wanna Be a Student Leader? ADM 301 <i>Do you think being a GROWL Leader or First Week Ambassador looks fun? Join us to learn about student leadership opportunities at UPIKE that allow you to develop leadership skills, represent the university, serve as a role model for new students, and gain valuable professional experience. Learn how these paid campus employment positions can help you build your résumé while making a lasting impact on the UPIKE community.</i> Tips for Commuting ARM 103 <i>Join us as we share tips on managing time to commute to campus, parking, and places to hang out between classes. We will be making rearview mirror charms too!</i> Student-Athlete Game Plan for Success Health Professions - 7th floor 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.</i>	The Magic of Teaching Reading and Math ARM 115 <i>The moment that a student finally “gets it” is what teaching is all about. Discover the fun, creative side of teaching reading and math—and why it might be the most rewarding career you’ve never considered.</i> Start Here, Belong Here Chapel, Wickham, second floor (near porch) <i>Help ground yourself, connect with like-minded peers, and explore how small actions can lead to big social changes.</i> Chill Vibes Cafe Chapel, REC 6th floor <i>Learn stress management and mindfulness techniques to help you thrive during college.</i> Find Out About FMA! ARM 458 <i>Tour the Digital Humanities Lab and explore majors and minors in Film, Media, and Arts.</i> Welcome to the ACE Program ACE Office, ADM second floor <i>Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.</i> Time Management ADM 302 <i>Learn practical strategies for managing your time during your first year of college including time management techniques, balancing academics, campus involvement, work, and personal responsibilities. Speakers will provide real-life examples of what has worked for them. Create your own weekly schedule using planning worksheets and markers, leaving with a personalized plan for a successful semester.</i> Game Day Cool Down Chrisman Auditorium <i>Take a break from the excitement of FIRST Week and unwind with a variety of fun games and activities! Whether you’re looking to relax, meet new friends, or enjoy some friendly competition, this session is the perfect way to recharge during a busy week.</i> Tips for Commuting ARM 103 <i>Join us as we share tips on managing time to commute to campus, parking, and places to hang out between classes. We will be making rearview mirror charms too!</i> Student-Athlete Game Plan for Success Health Professions - 7th floor 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.</i> Math Placement Exam ARM 421 <i>Learn how the math placement exam works and why it matters.</i>	Start Here, Belong Here Chapel, Wickham, second floor (near porch) <i>Help ground yourself, connect with like-minded peers, and explore how small actions can lead to big social changes.</i> Welcome to the ACE Program ACE Office, ADM second floor <i>Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.</i> My UPIKE Vision ARM 417 <i>Create a vision board that reflects your goals, dreams, and aspirations for your first year at UPIKE and beyond. Using magazines, quotes, and craft supplies, you’ll design a personalized board to help keep you motivated, focused, and inspired throughout the semester.</i> Lingo Bingo ARM 210 <i>Think you know the UPIKE lingo? Join us for a fun game of bingo while learning common campus terms, acronyms, and phrases you’ll hear throughout your college experience. Each session includes one round of bingo, with prizes awarded for single-line winners and a grand prize for blackout bingo!</i> Wanna Be a Student Leader? ADM 301 <i>Do you think being a GROWL Leader or First Week Ambassador looks fun? Join us to learn about student leadership opportunities at UPIKE that allow you to develop leadership skills, represent the university, serve as a role model for new students, and gain valuable professional experience. Learn how these paid campus employment positions can help you build your résumé while making a lasting impact on the UPIKE community.</i>

BREAKOUT SESSION THURSDAY, AUG. 20

2:30 – 3:00pm

Becoming a Teacher

ARM 115

Curious about teaching as a career? Learn the steps to becoming a teacher, what to expect, and how to get started.

The UPIKE Library and You

Allara Library

Tour the library and discover the many resources available to support your academic success.

Find Out About FMA!

ARM 458

Tour the Digital Humanities Lab and explore majors and minors in Film, Media, and Arts.

Math Placement Exam

ARM 421

Learn how the math placement exam works and why it matters.

UPIKE CAE

Allara Library, ground floor

Tour the Center for Academic Excellence and learn about tutoring, academic coaching, and student support services.

Welcome to the ACE Program

ACE Office, ADM second floor

Tour the ACE Office and learn about mentoring, academic support, and campus resources. Students who have applied to participate in the ACE Program are invited to attend this session.

There's an App for That!

ARM 303

Get your phone ready for success at UPIKE! Learn about the essential apps you'll use throughout the school year, including tools for classes, communication, campus resources, and student life. We'll help you download and set up each app using QR codes and provide one-on-one assistance to make sure you're ready for day one.

Mathematics in Board Games

ARM 202

Learn the mathematics behind Monopoly properties, Yahtzee and Risk die rolls, and parallel word play in Scrabble to enhance your strategy skills in those board games.

F1 Visa Student at UPIKE

ARM 311

Learn the requirements for maintaining your F-1 visa status and discover resources available to international students.

Archery

Tent on Plaza

Stop by the UPIKE Archery tent to meet members of the team, learn about one of the university's nationally recognized athletic programs, pick up UPIKE swag, and discover how you can get involved—whether you're an experienced archer or just curious to learn more.

Tips for Commuting

ARM 103

Join us as we share tips on managing time to commute to campus, parking, and places to hang out between classes. We will be making rearview mirror charms too!

Cooking in the Dorm

ARM 213

Learn how to prepare simple, budget-friendly meals while living in the residence halls! This session will cover easy recipes you can make using a microwave, air fryer, crockpot, and other dorm-friendly appliances. You'll also pick up tips for saving time, eating well, and making the most of your dorm kitchen setup.

Dorm Life 101

ADM 308

Starting life in a residence hall can be exciting—and a little overwhelming! Learn how to successfully navigate roommate communication, communal bathroom etiquette, laundry routines, organizing small spaces, making friends, and building a positive relationship with your Resident Advisor.

Game Day Cool Down

Chrisman Auditorium

Take a break from the excitement of FIRST Week and unwind with a variety of fun games and activities! Whether you're looking to relax, meet new friends, or enjoy some friendly competition, this session is the perfect way to recharge during a busy week.

My UPIKE Vision

ARM 417

Create a vision board that reflects your goals, dreams, and aspirations for your first year at UPIKE and beyond. Using magazines, quotes, and craft supplies, you'll design a personalized board to help keep you motivated, focused, and inspired throughout the semester.

Wanna Be a Student Leader?

ADM 301

Do you think being a GROWL Leader or First Week Ambassador looks fun? Join us to learn about student leadership opportunities at UPIKE that allow you to develop leadership skills, represent the university, serve as a role model for new students, and gain valuable professional experience. Learn how these paid campus employment positions can help you build your résumé while making a lasting impact on the UPIKE 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. Join us and we'll drop the tools, hacks, and insider info you need to level up your major + career game.

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.

3:00 – 3:30 p.m.

Becoming a Teacher

ARM 115

Curious about teaching as a career? Learn the steps to becoming a teacher, what to expect, and how to get started.

The UPIKE Library and You

Allara Library

Tour the library and discover the many resources available to support your academic success.

Chill Vibes Cafe

Chapel, REC 6th floor

Learn stress management and mindfulness techniques to help you thrive during college.

Find Out About FMA!

ARM 458

Tour the Digital Humanities Lab and explore majors and minors in Film, Media, and Arts.

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Time Management

ADM 302

Learn practical strategies for managing your time during your first year of college including time management techniques, balancing academics, campus involvement, work, and personal responsibilities. Speakers will provide real-life examples of what has worked for them. Create your own weekly schedule using planning worksheets and markers, leaving with a personalized plan for a successful semester.

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Lingo Bingo

ADM 308

Think you know the UPIKE lingo? Join us for a fun game of bingo while learning common campus terms, acronyms, and phrases you'll hear throughout your college experience. Each session includes one round of bingo, with prizes awarded for single-line winners and a grand prize for blackout bingo!

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BREAKOUT SESSION THURSDAY, AUG. 20

3:30 – 4:00 p.m.

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Dec Your Door!

ADM 302

Join us to create a custom felt pennant for your dorm room.

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4:00 – 4:30 p.m.

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Transfer 101: Final Steps for a Strong Start

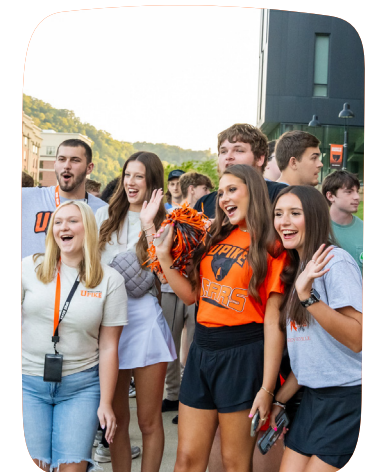
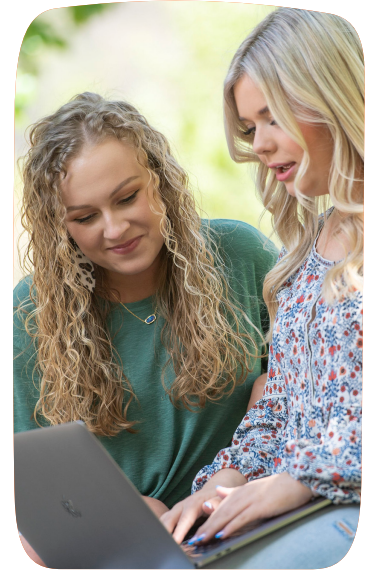
ARM 301

Double check transcripts, classes, and everything in between to make sure you are off to the right start as a UPIKE Bear!

Dec Your Door!

ADM 302

Join us to create a custom felt pennant for your dorm room.



Get Connected

UNIVERSITY OF PIKEVILLE



FACEBOOK



INSTAGRAM



YOUTUBE



TIKTOK

CENTER FOR ACADEMIC EXCELLENCE



INSTAGRAM



CENTER FOR STUDENT SUCCESS



INSTAGRAM

UPIKE ATHLETICS



FACEBOOK



INSTAGRAM

FAMILY CONNECTIONS



FACEBOOK

LIBRARY



INSTAGRAM

ACE



FACEBOOK

ADMISSIONS



LINK TREE

THRIVE



INSTAGRAM

GROWL LEADERS





ACADEMIC/ADMINISTRATION

- 1 **Academy Building**
Coleman College of Business
- 2 **Administration Building**
*ACE Office
Academic Affairs Office
Advancement Office
Business Office
Executive Vice President and Chief Strategy Officer's Office
Financial Aid
Center for Infinite Worth
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)
Human Resources
Jerald F. Combs Eye Clinic
Kentucky College of Optometry
Events Center*
- 10 **College Square**
- 11 **Condit Residence Hall**
- 12 **Derriana Residence Hall**
- 14 **Kinzer Family Residence Hall**
- 15 **Page Residence Hall**
- 16 **Spilman Residence Hall**
- 17 **Wickham Hall**
Center for Student Engagement
- 24 **Bears Tower**
*Table 99 and Proudly Serves Starbucks
Public Safety Station*

ATHLETIC FACILITIES

- 8 **Laughlin Cottage**
Public Safety Office
- 9 **Record Memorial Building**
*Band and Choir
Booth Auditorium
Meditation Chapel
Thrive Center
Weber Art Gallery*
- 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*

