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"the CLIMB"

WELCOME

TO THE
FAMILY

TIE
DYE!

UPIKE

FIRST

ORIENTATION

Let's get this party started!

Connect to Wi-Fi



Apple iOS

Connect to the wireless network "UPIKE." Open your web browser and navigate to cloudpath.its.upike.edu. Follow the prompts. Note that you may need to be on the latest version of Apple iOS for your iOS Device.

If you have a new iPad or iPhone and are running the initial setup, the steps below will not apply. Connect your device to your AppleID via iTunes then follow the steps below.

1. Open the settings for the iOS device, then choose "UPIKE" from the list of available networks.
2. Open Safari and navigate to cloudpath.its.upike.edu. Accept the terms and conditions and choose "Start." Choose the option which applies to you. Use your UPIKE username and password and choose "Continue."
3. Next, choose "Install" for the profile as it contains the certificate to access UPIKE-Secure. If prompted again, choose "Install." When complete choose "Done."
4. You should now be connected to UPIKE-Secure. If not and you have clicked on "Done" in the previous step, choose UPIKE-Secure from the available networks.

Android

Connect to the wireless network called "UPIKE." Open your web browser and navigate to cloudpath.its.upike.edu. Accept the terms and conditions and choose "Start." Choose the option which applies to you. Use your UPIKE username and password and choose "Continue." You will be prompted to download the "Ruckus Cloudpath" app.

1. Open your Wi-Fi settings (Settings - Wi-Fi).
2. Choose the "UPIKE" network.
3. Open a web browser and navigate to cloudpath.its.upike.edu.
4. Accept the user agreement and select the appropriate group (Students, Faculty, and Staff).
5. Sign in with your UPIKE username and password and select "Continue."
6. Click "Install the Network." You will be prompted to download the "Ruckus Cloudpath" app from the Play Store.
7. Once the App is installed, return to the browser window, and click the "Install the Network" again.
8. The CloudPath app will open and run. Once it shows that it was successful, you will be automatically connected to UPIKE-Secure. If not, navigate to your Wi-Fi networks and select UPIKE-Secure.

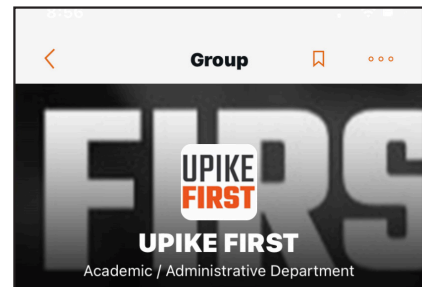


You will be using CampusGroups to sign in to events during UPIKE FIRST Week. Look for QR codes at each of the events marked with a paw print on the schedule.

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



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



To request a campus post office box, email mail@upike.edu. Campus post office boxes are located on the ground floor of Wickham Hall near the Student Lounge. You can also email mail@upike.edu for shipping/receiving needs.

Building Codes

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

RESIDENTIAL AND COMMUTER STUDENTS NEED A

PARKING PASS

Use the QR code to access the UPIKE Vehicle Registration form to receive a 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.



 PARKING

Let's Eat!

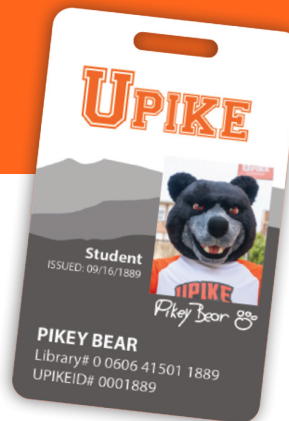
Commuter students will receive free meals in City View Cafe during UPIKE FIRST Week (Aug. 21-25). Sign in at the register.

Residential students receive unlimited 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 2024 to receive an ID.



WEDNESDAY August 21

10 a.m.

WELCOME/KICK-OFF UPIKE ROCKSTAR

Appalachian Wireless Arena

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

Learn the importance of the Rock Star moments in your life and how the decisions you make today make your tomorrow better. Jason LeVasseur will share the secret to success, which really isn't a secret at all. You'll leave the event feeling positive, energized, informed, and inspired to positively influence those around you who you consider part of your "band."



Noon
LUNCH
City View Cafe



**Bring your
UPIKE ID!**

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, and 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 10 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.

8 - 9:30 p.m.

OPEN MIC WITH JASON LEVASSEUR

Plaza

You won't want to miss this event! Join host Jason LeVasseur 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!



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 22

10 - 11:30 a.m.

MAXIMIZE YOUR BUZZ

Appalachian Wireless Arena



"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 and your campus alcohol policy, and learn tips and make choices on HOW to drink to avoid going beyond your buzz limit.

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

LUNCH

City View Cafe



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-shirt, tank top or socks so you will be ready for the Glow Party on Saturday!



1 - 3:30 p.m.

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FS 102 ROOMS & INSTRUCTORS

FS 102 A

Instructors: Justin Hazelwood & Michael Holcomb

Location: ARM 102

FS 102 B

Instructor: Phillip Westgate

Location: ADM 301

FS 102 C

Instructor: Stefan Morales

Location: ARM 458

FS 102 D

Instructor: Lindsay Elliott

Location: ARM 103

FS 102 E

Instructor: Tiffany Thacker

Location: ADM 302

FS 102 F

Instructors: Latasha Dalton & Adam Llanos

Location: ADM 306

FS 102 G

Instructor: Andrew Dekowski

Location: ARM 202

FS 102 H

Instructor: Shena Shepherd

Location: ADM 307

FS 102 I

Instructor: Cecil Williams

Location: ADM 308

FS 102 J

Instructor: Nolan Fernades

Location: ARM 203



FRIDAY August 23



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 Location: ARM 213	FS 102 P Instructor: Robin Slone-Keathley Location: ARM 311
FS 102 L Instructors: Stephanie Stiltner & Tyler Syck Location: ADM 305	FS 102 Q Instructors: Trish Keathley-Price & Glenna Henson Location: ARM 421
FS 102 M Instructor: Sarah Ratliff Location: ARM 210	FS 102 RO Instructor: Agus Sofyan Location: ONLINE
FS 102 N Instructor: Jeremy Dempsey Location: ARM 302	FS 102 S Instructor: Jasmine Saucedo-Izbrand Location: ARM 422
FS 102 O Instructor: Jessica Hazelwood Location: ARM 303	

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.

Mattie Crum ARM 119 (lower seating)	Landon Rowe HPE 7th floor
Elizabeth Davis ARM 417	Sarah Justice HPE 7th floor
Titus McGlone HPE 7th floor lobby	Ethan Slone Booth Auditorium
Serenity Ramsey HPE 6th floor lobby	Chase Stiltner ARM 119 (upper seating)
Eva Roach Booth Lobby	

2 - 3:30 p.m.
ZERO SHADES OF GRAY
Appalachian Wireless Arena

ZERO SHADES® OF GRAY's 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.

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



▶ SCAN ME

8 p.m.
"THE CLIMB"
The 99

Join the President and Vice President for Academic Affairs 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 24

SERVICE DAY

8:45 a.m.

BECOMING A BEAR FIRST DAY OF SERVICE

Health Professions Education Building, 7th Floor



▶ SCAN ME



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

4:30 - 6:30 p.m.

DINNER

City View Cafe



8 p.m.

GLOW PARTY

Booth Auditorium, Record Memorial Building

You won't want to miss this! Be creative and wear your tie-dye shirt and socks you created on Thursday and join us for a night of dancing and fun. Bring your favorite playlist and we might just pass you the aux cord!

SUNDAY August 25

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

BRUNCH

City View Cafe



4:30 - 6:30 p.m.

DINNER

City View Cafe

2 p.m.

"EVERY BRILLIANT THING"

Chrisman Auditorium



The play tells the story of a man who, from the age of 7, strives to cope with his mother's depression and suicide attempts by creating a list of everything that makes life worth living. A list of everything brilliant about the world. Everything worth living for. The story explores depression and hope, uncertainty and change, confusion and joy, heartbreak and anger, relationships and solitude, risk and resistance, guilt and forgiveness. Throughout, the storyteller interacts with audience members to tell about life with their mother's depression as a backdrop, including the effects it has on their life and relationships.

4 - 8 p.m.

LASER TAG

Booth Auditorium



7:30 p.m.

**FIRST WORSHIP AND PRAYER
SERVICE FOR 2024-2025
AND ICE CREAM SOCIAL**

Bears Tower, Second Floor

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



MONDAY August 26



7:45 a.m.

GRAB-N-GO BREAKFAST

Plaza

Stop by and see members of the Office of Advancement & Alumni Relations. 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.

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
10:30 a.m.-2 p.m.
Closed Saturday & Sunday
Accepts cash, credit/debit card,
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.
Accepts cash, credit/debit card,
or Bear Bucks

Chick-Fil A

Health Professions Education Building, 6th Floor

Monday-Thursday
7 a.m. - 9 p.m.
Friday-Saturday
7 a.m. - 6 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.

Starbucks

Monday-Friday
7 a.m. - 9 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. 21-25). Sign in at the register.
- *Throughout the semester, commuter students can pay with cash, credit/debit card, or Bear Bucks.

CAMPUS DINING

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.

BREAKOUT SESSION WEDNESDAY, AUG. 21

1:30 p.m.

Exploring Life Sciences: Your Path to Success and Discovery

ARM 103
This session aims to introduce students to the diverse fields within life sciences, provide essential strategies for excelling in their courses and highlight research and career opportunities. Students will engage with faculty members and peers, fostering a supportive community of learners dedicated to life sciences.

Writing Support and Opportunities at UPIKE

ARM 213
Please join us to learn about how UPIKE can help you grow as a writer! Whether you are hoping to stay on top of your classwork, prepare job application materials, or write the next great American novel, UPIKE has resources for you! Attendees will learn about the UPIKE Writing Center, UPIKE's new blog for student creative work, Voices from the Hill, and get the chance to come up with a story of their own!

Coming Soon! The UPIKE College of Dental Medicine

HPE, 3rd floor by elevators
Learn about admission requirements, our unique curriculum, timeline for opening, our new building, and how the dental school will benefit the UPIKE community - including students.

Student-Athlete Game Plan for Success

**Health Professions
7th floor**
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.

Tips for Commuter Students

ARM 305
Come speak with UPIKE commuter students about life as a college student. In this session, you will gain information on how to stay involved on campus and make the most of your college experience.

There's an App for That!

ARM 301
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.

Mastering Time Management

ADM 307
Learning to manage your time takes practice but it's the skill that will benefit you most as a student. Ms. Mandy will share fail-proof techniques so you can keep your college life in order.

CleanPaws: UPIKE Community Coalition on Sustainability

ARM 210
Do you know what personal sustainability looks like? Join CleanPaws for an exciting demonstration on how UPIKE is "all in" on sustainability and how you can be too! Small changes can make a difference in landfills, could prevent health issues, and can even save you money! Let's come together and show respect for our Appalachian community by learning to be more earth conscious. Please let us know your ideas to make UPIKE more sustainable! CleanPaws is a partnership among undergraduate, KYCO, KYCOM, and TCDM students, faculty and staff.

UPIKE FIRST Week - Behind the Scenes

ARM 202
Join current UPIKE students to learn about what to expect during each of the UPIKE FIRST Week events and hear tips on how to make friends and connections before classes even begin.

Social Work: Wanna Change the World?

Derriana Yard
Come meet faculty from the School of Social Work and learn how a social work degree can prepare you to create positive change in the world! Social workers protect the vulnerable, advocate for the rights of others, provide therapy to those in need, and more. If you have a passion for helping others, join us to learn what an education in social work can do for you!

Building a Prayer Life for College

Record Memorial Building, Chapel
Helping students have tools about prayer and ways to support their spiritual lives. This session will seek to provide practices and resources that will help sustain students while they transition into college.

Math Placement Exam

ADM 306
If you received an email from Megan Childress you are eligible to take a math placement exam during this time. Your scores will indicate which math course you need to take during Fall 2024.

Get Connected

IT Department, Armington Ground Floor
Bring your phone, tablet, and laptop to the IT Department and one of our technicians will assist you in connecting your device to campus Wi-Fi. Technicians will also be available to answer general technology-related questions.

2:00 p.m.

Center for Academic Excellence

Allara Library, Ground Floor
Students will explore the Center for Academic Excellence space, learn about services offered, and meet the student and professional staffs.

I Belong at UPIKE

ADM 308
Everyone is welcome at UPIKE. Meet new people and learn how to make others feel welcome. Resource list, treats, and goody bags available on a first-come, first-served basis.

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Mastering Time Management

ADM 307
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Sleep Wellness

ARM 102
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.

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Grow Career Ready with a UPIKE Campus Job

ADM 001 - Campus Employment
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.

Social Work: Wanna Change the World?

Derriana Yard
Come meet faculty from the School of Social Work and learn how a social work degree can prepare you to create positive change in the world! Social workers protect the vulnerable, advocate for the rights of others, provide therapy to those in need, and more. If you have a passion for helping others, join us to learn what an education in social work can do for you!

Beyond Books - Other Library Services

Allara Library, First Floor
Join us in the library to see what else the library has to offer. Enjoy demonstrations of each of our maker space machines and learn how you can use them to enhance your studies.

Get Connected

IT Department, Armington Ground Floor
Bring your phone, tablet, and laptop to the IT Department and one of our technicians will assist you in connecting your device to campus Wi-Fi. Technicians will also be available to answer general technology-related questions.

ADM - Administration Building
ARM - Armington Learning Center
ALL - Allara Library

BREAKOUT SESSION WEDNESDAY, AUG. 21

2:30 p.m.	3:00 p.m.	3:30 p.m.
<p>International at UPIKE ADM 308 <i>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.</i></p> <p>Beyond Books - Other Library Services Allara Library, Ground Floor <i>Join us in the library to see what else the library has to offer. Enjoy demonstrations of each of our maker space machines and learn how you can use them to enhance your studies.</i></p> <p>Find out about FMA! ARM 458 <i>Visit the Digital Humanities Lab to find out about the studies in the FMA program and the three new FMA major tracks.</i> 1 - Film and Video Production 2 - Interactive Media 3 - Visual Art <i>Minors in FMA and Art are also available for students interested in developing creative thinking in addition to a different major field of study! Students can ask questions and find out about classes focused on the creation and intersection of art, media, and technology. This includes courses in game design, digital film/video production, digital art, and traditional art.</i></p> <p>There's an App for That! ADM 301 <i>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.</i></p> <p>Sleep Wellness ARM 102 <i>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.</i></p> <p>Communicating with Your Roommate ARM 203 <i>In this session you will hear helpful tips and tricks on building a connection with your roommate. Come speak with a current UPIKE student about the importance of communication as you form a bond with your college roommate.</i></p>	<p>UPIKE FIRST Week – Behind the Scenes ARM 202 <i>Join current UPIKE students to learn about what to expect during each of the UPIKE FIRST Week events and hear tips on how to make friends and connections before classes even begin.</i></p> <p>Social Work: Wanna Change the World? Derriana Yard <i>Come meet faculty from the School of Social Work and learn how a social work degree can prepare you to create positive change in the world! Social workers protect the vulnerable, advocate for the rights of others, provide therapy to those in need, and more. If you have a passion for helping others, join us to learn what an education in social work can do for you!</i></p> <p>Math and Board Games ARM 103 <i>Learn math-based strategies in board games like Monopoly, Clue, Yahtzee, Scrabble, and Settlers of Catan.</i></p> <p>Building a Prayer Life for College Record Memorial Building, Chapel <i>Helping students have tools about prayer and ways to support their spiritual lives. This session will seek to provide practices and resources that will help sustain students while they transition into college</i></p> <p>Student-Athlete Game Plan for Success Football and Volleyball Health Professions – 7th floor <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></p> <p>Get Connected IT Department, Armington Ground Floor <i>Bring your phone, tablet, and laptop to the IT Department and one of our technicians will assist you in connecting your device to campus Wi-Fi. Technicians will also be available to answer general technology-related questions.</i></p> <p>Let's Talk about Communication ARM 421 <i>Learn why communication is one of the most versatile, flexible, and exciting programs on campus. You'll learn what you can do with a communication degree and why communication is one of employers' most sought-after skills.</i></p> <p>Coming Soon! The UPIKE College of Dental Medicine HPE, 3rd floor by elevators <i>Learn about admission requirements, our unique curriculum, timeline for opening, our new building, and how the dental school will benefit the UPIKE community – including students</i></p> <p>Find out about FMA! ARM 458 <i>Petra Carroll & Jonathan Hale invite students to visit ARM458, the Digital Humanities Lab, to find out about the studies in the FMA program and the three new FMA major tracks.</i> 1 - Film and Video Production in board games like Monopoly, Clue, Yahtzee, Scrabble, and Settlers of Catan. 2 - Interactive Media 3 - Visual Art <i>Minors in FMA and Art are also available for students interested in developing creative thinking in addition to a different major field of study! Students can ask questions and find out about classes focused on the creation and intersection of art, media, and technology. (This includes courses in game design, digital film/video production, digital art, and traditional art.)</i></p> <p>Mastering Time Management ADM 307 <i>Learning to manage your time takes practice but it's the skill that will benefit you most as a student. Ms. Mandy will share fail-proof techniques so you can keep your college life in order.</i></p> <p>There's an App for That! ADM 301 <i>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.</i></p> <p>I Belong at UPIKE ADM 308 <i>Everyone is welcome at UPIKE. Meet new people and learn how to make others feel welcome. Resource list, treats, and goody bags available on a first-come, first-served basis.</i></p> <p>Communicating with Your Roommate ARM 203 <i>In this session you will hear helpful tips and tricks on building a connection with your roommate. Come speak with a current UPIKE student about the importance of communication as you form a bond with your college roommate.</i></p>	<p>Sleep Wellness ARM 102 <i>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.</i></p> <p>Student-Athlete Game Plan for Success MGOLF, WGOLF, Swim, MBB, and WBB Health Professions - 7th floor <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></p> <p>Tips for Commuter Students ADM 305 <i>Come speak with UPIKE commuter students about life as a college student. In this session, you will gain information on how to stay involved on campus and make the most of your college experience.</i></p> <p>Grow Career Ready with a UPIKE Campus Job ADM 001 - Campus Employment <i>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.</i></p> <p>UPIKE Pride: Y'all Means All! Derriana Yard <i>Are you a member of the LGBTQ+ community or an ally? UPIKE Pride aims to create an inclusive campus community that welcomes and respects everyone! Come meet new friends and learn how you can help foster an environment that makes everyone feel welcome.</i></p> <p>Beyond Books - Other Library Services Allara Library, First Floor <i>Join us in the library to see what else the library has to offer. Enjoy demonstrations of each of our maker space machines and learn how you can use them to enhance your studies.</i></p> <p>I Belong at UPIKE ADM 308 <i>Everyone is welcome at UPIKE. Meet new people and learn how to make others feel welcome. 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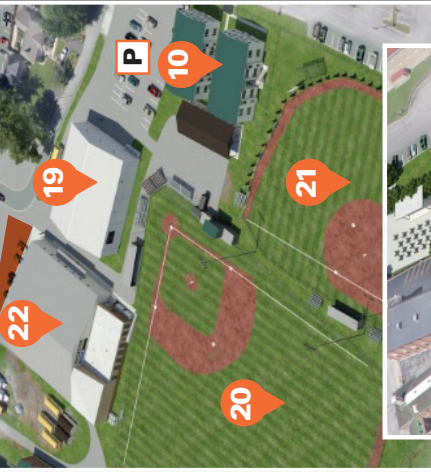
BREAKOUT SESSION THURSDAY, AUG. 22

1:00 p.m.	1:30 p.m.	2:00 p.m.
<p>Exploring Life Sciences: Your Path to Success and Discovery ARM 103 <i>This session introduces students to the diverse fields within life sciences, provides essential strategies for excelling in their courses and highlights research and career opportunities. Students will engage with faculty members and peers, fostering a supportive community of learners dedicated to life sciences.</i></p> <p>Become a Teacher-Discover, Learn, & Achieve! ARM 115 <i>Join faculty from the Patton College of Education to learn about degree opportunities in elementary, middle grades, and secondary education and explore our model classroom.</i></p> <p>Tips for Commuter Students ARM 305 <i>Speak with UPIKE commuters about life as a college student. In this session, you will gain information on how to stay involved on campus and make the most of your college experience.</i></p> <p>There's an App for That! ARM 301 <i>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.</i></p> <p>UPIKE FIRST Week – Behind the Scenes ARM 202 <i>Join current UPIKE students to learn about what to expect during each of the UPIKE FIRST Week events and hear tips on how to make friends and connections before classes even begin.</i></p> <p>Are you interested in Optometry? ARM 203 <i>Participants will learn about optometry, the Kentucky College of Optometry (KYCO), the requirements for optometry school, and opportunities available for undergraduate students to connect with KCYO.</i></p> <p>I Belong at UPIKE ADM 308 <i>Everyone is welcome at UPIKE. Meet new people and learn how to make others feel welcome. Resource list, treats, and goody bags available on a first-come, first-served basis.</i></p> <p>Grow Career Ready with a UPIKE Campus Job ADM 001 - Campus Employment</p>	<p>Center for Academic Excellence Allara Library, Ground Floor <i>Students will explore the Center for Academic Excellence space, learn about services offered, and meet the student and professional staffs.</i></p> <p>Become a Teacher-Discover, Learn, & Achieve! ARM 115 <i>Join faculty from the Patton College of Education to learn about degree opportunities in elementary, middle grades, and secondary education and explore our model classroom.</i></p> <p>Exploring Criminal Justice: Pathways to Careers and Opportunities ARM 103 <i>Join us as we delve into the dynamic criminal justice field. Participants will gain insights into the various career paths, including law enforcement, corrections, legal professions, forensic science, and more. Experienced professionals and academic advisors will share their knowledge on the necessary skills, education, and training to succeed in these roles. This session aims to equip students with a comprehensive understanding of the criminal justice landscape, helping them make informed decisions about their future careers and academic pursuits.</i></p> <p>There's an App for That! ADM 301 <i>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.</i></p> <p>Mastering Time Management ADM 307 <i>Learning to manage your time takes practice but it's the skill that will benefit you most as a student. Ms. Mandy will share fail-proof techniques so you can keep your college life in order.</i></p> <p>Sleep Wellness ARM 102 <i>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.</i></p> <p>Beyond Books - Other Library Services Allara Library, First Floor <i>Join us in the library to see what else the library has to offer. Enjoy demonstrations of each of our maker space machines and learn how you can use them to enhance your studies.</i></p>	<p>Let's Talk about Communication ARM 421 <i>Learn why communication is one of the most versatile, flexible, and exciting programs on campus. You'll learn what you can do with a communication degree and why communication is one of employers' most sought-after skills.</i></p> <p>Become a Teacher-Discover, Learn, & Achieve! ARM 115 <i>Join faculty from the Patton College of Education to learn about degree opportunities in elementary, middle grades, and secondary education and explore our model classroom.</i></p> <p>Find out about FMA! ARM 458 <i>Visit the Digital Humanities Lab to find out about the studies in the FMA program and the three new FMA major tracks.</i> 1 - Film and Video Production 2 - Interactive Media 3 - Visual Art <i>Minors in FMA and Art are also available for students interested in developing creative thinking in addition to a different major field of study! Students can ask questions and find out about classes focused on the creation and intersection of art, media, and technology. This includes courses in game design, digital film/video production, digital art, and traditional art.</i></p> <p>Beyond Books - Other Library Services Allara Library, First Floor <i>Join us in the library to see what else the library has to offer. Enjoy demonstrations of each of our maker space machines and learn how you can use them to enhance your studies.</i></p> <p>Student-Athlete Game Plan for Success Esports, MTEN, WTEN, MBOWL, WBOWL, and Softball <i>Health Professions - 7th floor 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></p> <p>Get Connected IT Department, Armington Ground Floor <i>Bring your phone, tablet, and laptop to the IT Department and one of our technicians will assist you in connecting your device to campus Wi-Fi. Technicians will also be available to answer general technology-related questions.</i></p>

BREAKOUT SESSION THURSDAY, AUG. 22

2:00 p.m.	2:30 p.m.	3:00 p.m.
<p>Mastering Time Management ADM 307 <i>Learning to manage your time takes practice but it's the skill that will benefit you most as a student. Ms. Mandy will share fail-proof techniques so you can keep your college life in order.</i></p> <p>Sleep Wellness ARM 102 <i>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.</i></p> <p>Are you interested in Optometry? ARM 203 <i>Participants will learn about optometry, the Kentucky College of Optometry (KYCO), the requirements for optometry school, and opportunities available for undergraduate students to connect with KCYO.</i></p> <p>UPIKE Pride: Y'all Means All! Derriana Yard <i>Are you a member of the LGBTQ+ community or an ally? UPIKE Pride aims to create an inclusive campus community that welcomes and respects everyone! Come meet new friends and learn how you can help foster an environment that makes everyone feel welcome.</i></p> <p>International at UPIKE ADM 308 <i>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.</i></p> <p>Building a Prayer Life for College Record Memorial Building, Chapel <i>Helping students have tools about prayer and ways to support their spiritual lives. This session will seek to provide practices and resources that will help sustain students while they transition into college</i></p>	<p>Become a Teacher-Discover, Learn, & Achieve! ARM 115 <i>Join faculty from the Patton College of Education to learn about degree opportunities in elementary, middle grades, and secondary education and explore our model classroom.</i></p> <p>Find out about FMA! ARM 458 <i>Petra Carroll & Jonathan Hale invite students to visit ARM458, the Digital Humanities Lab, to find out about the studies in the FMA program and the three new FMA major tracks.</i> 1 - Film and Video Production 2 - Interactive Media 3 - Visual Art <i>Minors in FMA and Art are also available for students interested in developing creative thinking in addition to a different major field of study! Students can ask questions and find out about classes focused on the creation and intersection of art, media, and technology. (This includes courses in game design, digital film/video production, digital art, and traditional art.)</i></p> <p>There's an App for That! ADM 301 <i>Part of being connected on campus means having the right apps on your phone. 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If you have a passion for helping others, join us to learn what an education in social work can do for you!</i></p> <p>Student-Athlete Game Plan for Success MSOC, WSOC, Cheer, Dance and Archery Health Professions - 7th floor <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></p> <p>I Belong at UPIKE ADM 308 <i>Everyone is welcome at UPIKE. Meet new people and learn how to make others feel welcome. Resource list, treats, and goody bags available on a first-come, first-served basis.</i></p> <p>Building a Prayer Life for College Record Memorial Building, Chapel <i>Helping students have tools about prayer and ways to support their spiritual lives. 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ADM - Administration Building
ARM - Armington Learning Center
ALL - Allara Library



ACADEMIC/ADMINISTRATION

- 1 **Academy Building**
Coleman College of Business Faculty Offices
- 2 **Administration Building**
*ACE Office
Advancement Office
Business Office
Campus Employment
Financial Aid
Marketing and Communications Office
President's Office
Provost'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
School of Social Work*

RESIDENCE HALLS

- 5 **Coal Building**
*Campus Nurse
City View Café
Kentucky College of Osteopathic Medicine
KYCOM Student Affairs Office*
- 6 **Elliott School of Nursing**
*Admissions Office
Diversity, Equity and Belonging Office
Food Court (Chick-fil-a, Food Lab and Mountainside Market)
International Student Services Office
Jerald F. Combs Eye Clinic
Kentucky College of Optometry
KYCO Student Affairs Office
Events Center*
- 7 **Health Professions Education Building**
*Band and Choir
Booth Auditorium
Meditation Chapel
Thrive Counseling Center
Weber Art Gallery*
- 8 **Laughlin Cottage**
Human Resources
- 9 **Record Memorial Building**
*Band and Choir
Booth Auditorium
Meditation Chapel
Thrive Counseling Center
Weber Art Gallery*

ATHLETIC FACILITIES

- 10 **College Square**
Public Safety Station
- 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
- 18 **Appalachian Wireless Arena**
- 19 **Hoops Athletic Complex**
- 20 **Johnnie LeMaster Baseball Field**
- 21 **Paul Butcher Softball Field**
- 22 **UIPE Gymnasium**
- 23 **Fitness Center** *Open to all students*