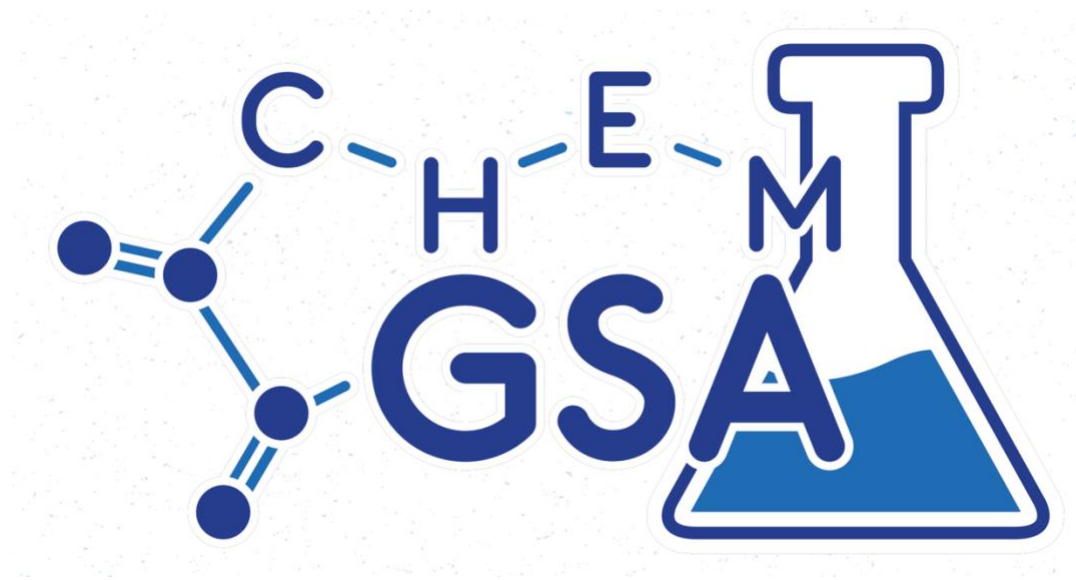


Chemistry Graduate Student Resources Handbook



**Compiled for Chemistry Graduate Students BY
Chemistry Graduate Students**

Last Revised: Aly Ackerman 09/10/2024

Initial Version: Aly Ackerman 09/10/2024

TABLE OF CONTENTS

INTRODUCTION.....	3
PHYSIOLOGICAL NEEDS	5
FOOD RESOURCES.....	5
SHELTER RESOURCES	6
CLOTHING RESOURCES.....	7
SAFETY NEEDS.....	8
PHYSICAL HEALTH.....	8
MENTAL HEALTH.....	9
WORKPLACE SECURITY.....	10
TRANSPORTATION	12
BELONGING NEEDS.....	13
ESTEEM NEEDS.....	14

Note: If there is a link associated with the resource, you can click on the **bold, underlined** heading and it will take you to the website.

INTRODUCTION

Purpose Statement

This book is intended to provide chemistry graduate students with a repository of resources available to them on and off campus. While we've done our best to be thorough and provide a comprehensive review of local resources, please reach out to current GSA officers if you have questions about other resources or have suggestions for us to add. We hope this to be a living document with updates made by every new administration.

Disclaimer

The resources listed in this book are not connected to or necessarily endorsed by the Chemistry GSA. This is not a comprehensive list of all the resources available to UK students or the Lexington community. We have selected specific resources that students have found helpful in the past. Please feel free to suggest additions by filling out [THIS FORM](#).

Additional UK Resources (clickable links):

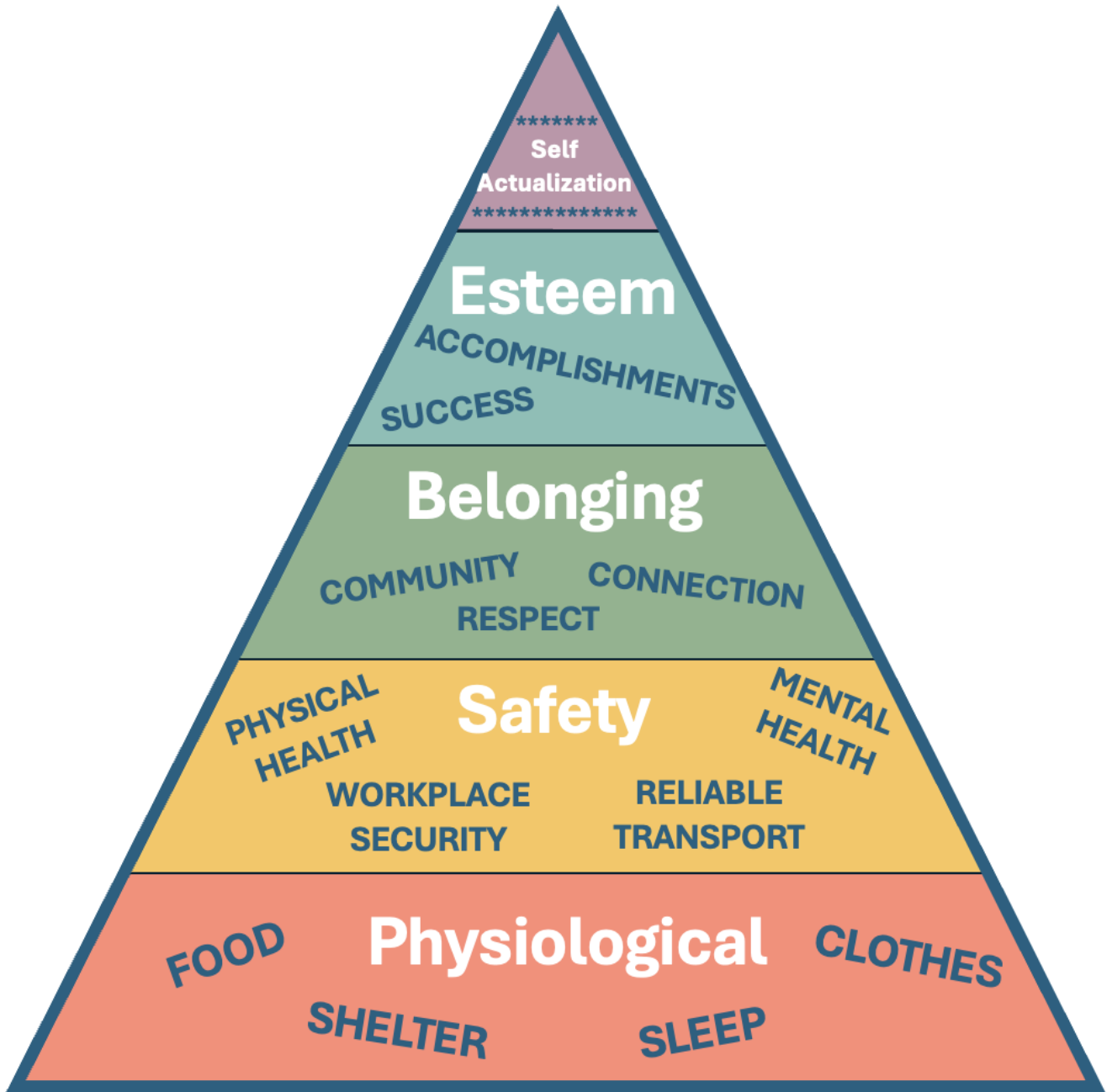
<https://mpoc.uky.edu/resources>

<https://ukgsc.uky.edu/resources>

[Graduate Student Congress Resource Book](#)

Organization of this Book

All of the resources included in this book are extremely important and it's difficult to prioritize one need over another. To simplify these decisions, we are relying on Maslow's Hierarchy of needs, which is represented on the next page of this handbook. The premise of this hierarchy is that without accessing the needs in the base of the pyramid, we cannot consider the needs at the next level of the pyramid. Therefore, we start with the most base human needs (food/shelter/health) and work our way up to more complicated needs (community/esteem/success). It is our objective that all students in the program have their needs met in every category of the pyramid and we aim for this handbook to help you all achieve this goal.



Maslow's Hierarchy of Needs

PHYSIOLOGICAL NEEDS

FOOD RESOURCES

Big Blue Pantry

Location: Frazee Hall, Room 016 (behind student center)

You can come to the Big Blue Pantry and take a bag of food items while being mindful that there are others needing this *shared community resource for emergencies*. We ask that Pantry visits be limited to three visits per month and if you must utilize this resource regularly, we will connect you with the Financial Wellness program to get budgeting and other financial support.

One Community Café

Location: Erikson Hall, 2nd Floor (in between Funkhouser and Memorial Hall)

The mission of ONE, the on-campus community cafe, is to provide enrolled UK students access to balanced, nutritious meals for just \$1.00. Stop in and get an entree and 2 sides to-go, with vegan options available. You are eligible for TWO meals per day (can buy both at once). Typically open 10-2 but check the link for current hours- typically closed on holidays.

Swipe Ahead

This program is intended for UK students experiencing food insecurity. Applications are open during the Fall and Spring semesters. If accepted, an initial amount of 10 meal swipes will be loaded to your UK Student ID within two business days. You will then be asked to meet with a Financial Wellness staff member to assess for ongoing need and access to additional swipes/vouchers and/or other resources. Click [link](#) for current application.

Farm to Fork

On Wednesdays throughout the semester, students can register to pick up a free, nutritious meal through the UK Campus Kitchen's Farm to Fork program. These locally sourced meals are available at two campus locations – 207 Funkhouser and the Ag North Wellness Room (N24). To RSVP, select the date and pick up location via the Campus Kitchen's BBNvolved page.

SHELTER RESOURCES

Emergency Basic Needs Fund

Today's student faces increased costs of higher education while federal grants and loans continue to shrink. Many students are one emergency away from dropping out of school because of their inability to pay their bills. The solution we have turned to are emergency award grants. These grants are typically around \$500 and can support students who are experiencing a financial crisis, that for many of us would be an uncomfortable hit to our savings account, but for these students, it may mean walking away from an undergraduate or graduate degree.

On-Campus Grad Living

There are two primary options for on-campus living: Graduate Communities and University Flats. We have several current graduate students living in each of these. You can review the information for both at the link provided above.

Off-Campus Lexington Apartments

Lexington has several options for off-campus living. We are in the process of compiling a database of student-recommended apartments and will update this book when ready.

CLOTHING RESOURCES

Wildcat Wardrobe

Fall 2024 Note: Due to Whitehall renovations, the Wildcat Wardrobe has been moved. Please reach out to sga.wardrobe@uky.edu to schedule a time to visit!

The Wildcat Wardrobe is a free professional clothing service for students located on the mezzanine of the Patterson Office Tower. We work to support and prepare all students for success in their future careers by providing professional attire, scrubs, and more!

Goodwill Industries *Non-UK Resource*

Goodwill is a thrift store where local people donate gently used clothing, shoes, home decor, games, and miscellaneous items. Clothing prices are in the \$3-10 range typically, so it is a much more economical option than buying new clothing. Lexington has several Goodwills throughout the city; to find the closest Goodwill, use [this link](#).

SAFETY NEEDS

PHYSICAL HEALTH

UK Student Health Insurance Plan

You should automatically be enrolled in UK student health insurance as a fully funded graduate student. You can verify enrollment and coverage at <https://myahpcare.com/>

QUESTIONS: Email **studenthealthplan@uky.edu**

--> They are super helpful!!

Note that our student insurance does NOT include dental or vision insurance. You can pay extra to add dental but there is not an option to add vision. However, you can visit a UK eye doctor and use insurance (call ahead to confirm exact cost).

OPTION TO ADD DENTAL INSURANCE: <https://uky.myahpcare.com/products>

UK Student Clinic

Also included as a grad student is that your University Health Service fee is paid for you. This allows you to have unlimited visits to the student health clinic on campus. The clinic is located next to the hospital- use [this map](#) if you need help getting there. Visits to this clinic are typically FREE. Diagnostic testing (bloodwork, x-rays, etc...) are partially covered. You can ask at check-in for a summary of charges to be expected.

Make an appointment: [859-323-2778](tel:859-323-2778)

--> Easiest way is to make a MyChart account and schedule through there

MENTAL HEALTH

TRACS (Triage, Referral, Assistance, and Crisis Support)

A physical and virtual one-stop shop where students can come for a quick referral to support services or receive direct clinical support for a range of mental health needs and crises. Services are offered in-person and virtually, from 8 a.m.-5 p.m. Monday-Friday. [Show up in-person \(third floor, east wing of the Gatton Student Center\)](#) or call 859-21-TRACS (859-218-7227). [Complete this form for assistance.](#)

Individual Therapy at UK

Students come to therapy to discuss many different issues. For some students, the problem is recent or related to a current situation. For others, the problem has been present for a long time. Individual therapy is an opportunity to talk with a mental health clinician about your concerns and to work on particular issues that you and your clinician agree upon. Sessions generally last about 50 minutes. There is a limit of 10 sessions per year (August - August). **This service is FREE.** Note that you will have to do intake with TRACS first.

Psychiatry and Medication Management

University Health Service recognizes the unique stress and pressures a college student faces. The first visit to the UHS Behavioral Health Clinic usually involves a brief (hour-long) evaluation of the student's background and the nature of the current problem. This helps clarify the student's needs and develops a treatment plan for the patient. The treatment plan may include treatment at the UHS Behavioral Health Clinic, UK Counseling Center, or may receive a referral to outside resources in the community. **To make an appointment, call 859-323-5511 or submit an online request [here](#). All funded grad students should be covered.**

Student Support Groups

In the Graduate and Professional Student Support Group, graduate and professional students can seek support around any number of issues that are interfering with or an outgrowth of their graduate/professional school study. To participate in the Graduate and Professional Student Support Group, call the Counseling Center at (859) 257-8701

WORKPLACE SECURITY

Office of Equal Opportunity

Our mission is to promote an environment free of discrimination and inequity. We are responsible for upholding the University's commitment to equal opportunity for all members of the University community in academic programs, research, service and employment. Our values encompass equal opportunity, respect for individual differences, accessibility, a sense of community, personal integrity, diversity, inclusiveness and accountability.

The Office of Equal Opportunity:

- Handles both internal and external complaints of discrimination
- Handles complaints of sexual misconduct
- Trains the University community on equal opportunity
- Fosters a diverse and inclusive learning and working environment

Disability Resource Center

The University of Kentucky Disability Resource Center partners with qualified students with disabilities to assist them in gaining equal access to institutional programs and services consistent with their unique needs. The Center seeks to responsibly advocate the needs of students with disabilities to the campus community through

consultation and outreach efforts with administration, faculty, students and University partners. The DRC serves students with a wide array of disabilities, and this website provides valuable information for students, parents, faculty, and staff related to various responsibilities, services, and programs of the office. If you cannot find the information you are seeking, please do not hesitate to call our office (859) 257-2754. Our office hours are 8 AM to 4:30 PM.

Childcare

Access to reliable childcare is a priority to feeling secure at work. UK has multiple options for on-campus childcare and recommended facilities off-campus. Note that on-campus options typically have a 9-10 month waitlist.

Childcare Grant – Apply for \$1000 for 1 child and up to \$1500 for 2+ children.

TRANSPORTATION

Campus Bus Routes

Campus buses are a great option for getting around quickly and reliably. They don't operate on a set time schedule. Instead, they run on a headway system with continuous, frequent service. There's no need to learn complicated or confusing bus schedules—simply find the nearest bus stop and the next bus is never far away. All campus routes will soon be viewable in real-time on the [Transit](#) app, UK's GPS-based bus locating system. The campus Blue and White routes run from 6:45 a.m. until midnight Monday through Friday. The Green Route runs from 6:45 a.m. to 10 p.m. Monday through Friday and the new Purple Route will run from 8:30 a.m. to 4:30 p.m., starting this fall. The weekend Yellow Route runs on Saturdays and Sundays from noon until midnight. (These routes do have reduced hours during academic breaks.)

WildCab Vouchers (UBER)

Wildcab Vouchers is a late-night on-demand student transportation partnership with Uber, offering students a voucher for discounted Uber rides. Wildcab Vouchers provides eligible students with up to ten \$10 ride vouchers per semester. The vouchers are valid on **Thursday, Friday, Saturday, and Sunday evenings between 9 p.m. and 5 a.m.** within the program's designated service area. Students are responsible for any amount over the initial \$10 when redeeming a ride voucher; however, many rides within the service area are \$10 or less, in which case rides will be essentially free. Students also have the option to redeem a voucher on a ride or save it for a future trip.

On-Demand Shuttle

Transportation Services operates an on-demand night bus service during the fall and spring semesters when class is in session. These buses are available from midnight to 5 a.m. Monday through Friday. **Call 859-221-RIDE (7433) to make a pick-up request.** Calls must be received at least 30 minutes prior to the end of on-demand service. Service is limited to the UK Campus.

BELONGING NEEDS

BBNVolved Organizations

Explore all the registered student organizations using this website! We have representative student groups for several religions, countries, and ethnic groups.

LGBTQ* Resources

LGBTQ* Resources is the University of Kentucky's central hub for accessing information, groups, and services related to diverse sexual orientations and gender identities. Housed in the Office for Student Success, we are a campus-wide office that works to make sure that our community is a welcoming, safe, and supportive place for all students, faculty, staff, and alumni. We also seek to connect and collaborate with community groups and friends across the City of Lexington and the Commonwealth of Kentucky.

CGPDI Cultural Resources

Homepage of multiple resources to find like-minded communities of graduate students and connect to others with similar backgrounds.

ESTEEM NEEDS

Personalized Career Development

Office of Student Success: Are you a current graduate student, post-doc, or a professional student looking to elevate your career prospects? We've got you covered! Our personalized individual appointments offer expert guidance on a wide range of career and professional development topics to help you achieve your goals.

Professional Enhancement

The Office of Graduate Student Professional Enhancement (GSPE) fosters scholarly and professional growth, pedagogical and career success, and holistic wellbeing. As a centralized resource, we offer a variety of in-person and online programs and services, guided by professionals with years of experience in graduate education and enriched by a broad spectrum of campus partnerships. We are also a place of belonging and networking, apart from yet aligned with departmental academic pursuits, where graduate students may discover transdisciplinary collaborations and explore diverse career paths.

Center for Graduate and Professional Diversity Initiatives

The Center for Graduate and Professional Diversity Initiatives focuses on recruiting diverse graduate and professional students in UK's six health colleges and retaining diverse graduate and professional students in all nineteen colleges, contributing to an inclusive campus environment where all students can fully engage and succeed.