
UK Graduate Student Handbook

Tips for Surviving & Thriving in the Bluegrass



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Purpose & Acknowledgments

Moving to a new city for school can bring a host of questions and concerns to mind for new graduate students. Though academic handbooks and orientation sessions often provide great insight into topics such as teaching expectations, student finances, and on-campus resources, new students are often left to maneuver through the process of adapting to a new city and campus independently. This process can be time intensive and uncertain, requiring students to scour through search engines and housing websites, with little outside aid. This handbook was created by graduate students and faculty in the Psychology Department to address many of the questions and concerns that many of us, as graduate students, had when we first moved to Lexington and began attending the University of Kentucky. We hope that it provides a helpful starting point for your new life in the Bluegrass and makes the transition to becoming a Wildcat a bit easier!

Special thanks to graduate students: Karin Gill, Charlie Hoogland, Jenna Jewell, Travis Kent, Michael Lee, Kellie Lynch, Maxine Najle, and BethAnn Rice for their invaluable help in brainstorming, researching, and presenting the wealth of information provided below.

For any updates, suggestions, feedback, or comments, please email Jenny Casey or Bridget Ash in UK Psychology at Jenny.Casey1@uky.edu and Bridget.Ash@uky.edu.

Best of luck!

Lauren Gilbert

Before Visiting or Moving to Lexington

Before Visiting Lexington:

- ✓ Find a [hotel](#) that accommodates your needs
- ✓ Know the [weather](#)
- ✓ Check [traffic](#) and road conditions
- ✓ Additional [visitor](#) information
- ✓ Check out this free [travel guide](#)

Before Moving to Lexington:

- ✓ Learn more about the economic & business [statistics](#) of the area
- ✓ Learn more about Lexington's [geography & demographics](#)
- ✓ Learn more about [city and county officials & recent census data](#)
- ✓ If traveling internationally, know the [exchange rate](#)
- ✓ Be sure to transfer your driver's [license](#)
- ✓ Be sure to update your [vehicle tags & registration](#)
- ✓ Be sure to [register to vote](#) in Kentucky

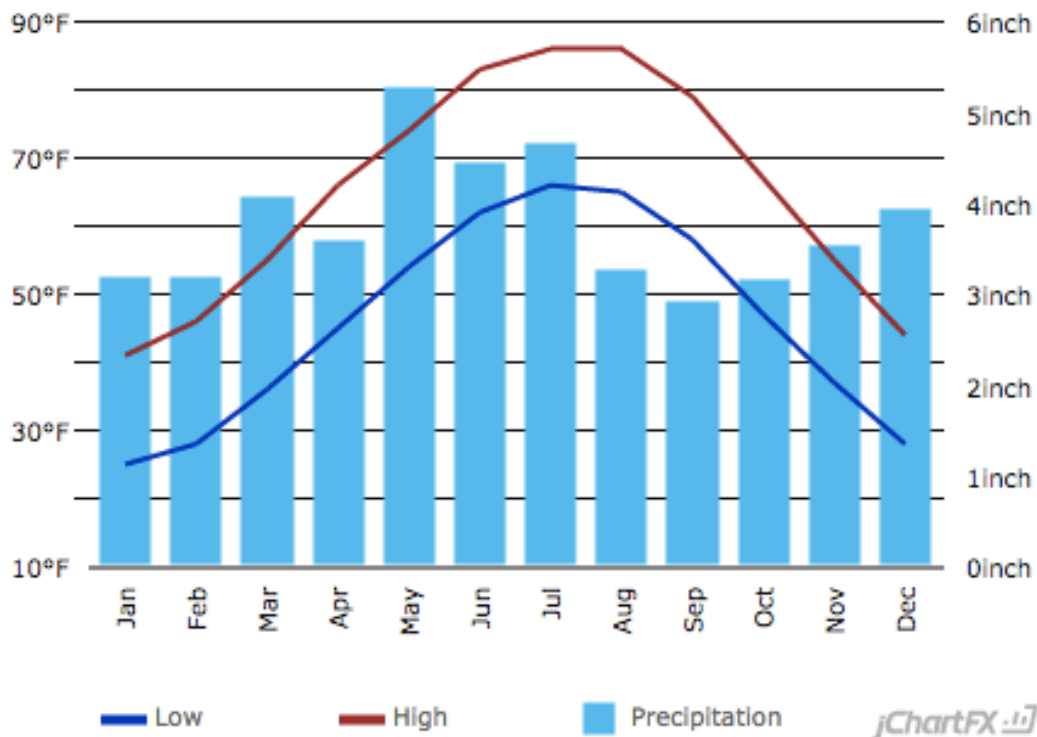
Lexington made the 2013 list of the [Top 10](#) College Towns in which to Live!



J Wombles, "Downtown Lexington, Kentucky" April 05, 2007 via Flickr,
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Local Weather

Lexington is known for having hot, humid summers and cool winters. According to Wikipedia, "Lexington has four distinct seasons that include cool plateau breezes, moderate nights in the summer, and no prolonged periods of heat, cold, rain, wind, or snow." Lexington's average precipitation is well above the national average. Lexington is also recognized as a high allergy area by the Asthma and Allergy Foundation of America. (source: Wikipedia.com; NOAA.gov).



What to Wear

Anyone who has lived in the Bluegrass for all 4 of its seasons will tell you that the weather fluctuates rather frequently (& often quite rapidly!) here. As such, purchasing clothes that can be easily layered is a must! In the summer, be prepared to wear shorts and a t-shirt. In the winter, winter boots, scarves, thick sweaters, and weather-resistant coats will be needed to keep out the elements.

For information on weather-related business and school closings, visit <http://www.wkyt.com/closings>.

Transportation, Parking, & Travel Tips

For Tips on Traveling Without a Car: <http://www.uky.edu/pts/alternative-transportation>

Student Advice & Quick FAQs for Traveling Without a Car:

Traveling without a car around Lexington, especially around the campus area, is very do-able. Many graduate students safely ride bikes to and from campus or take advantage of city and/or campus provided transportation. For evenings and weekends, cabs, trollies, and rideshares are all options that graduate students may also choose to take advantage of.

Bikes:

- For information on [bike routes](#)
- [Additional information for cyclists](#)
- Cyclists must [register](#) their bikes (registration is free) if they park on campus
- Students may “check out” bicycles for free from the [UK's Wildcat Wheels Office](#).

Busses:

- [Busses](#) run every 20 minutes downtime and every 45 minutes on the outskirts.
- There is a **special UK student rate** (must show id), which applies to individual rides (~\$.80) & annual passes (~\$75).
- Busses are regarded by students as being safe, especially during the hours of 6-10.

Alternative Forms of Transportation Off/On Campus:

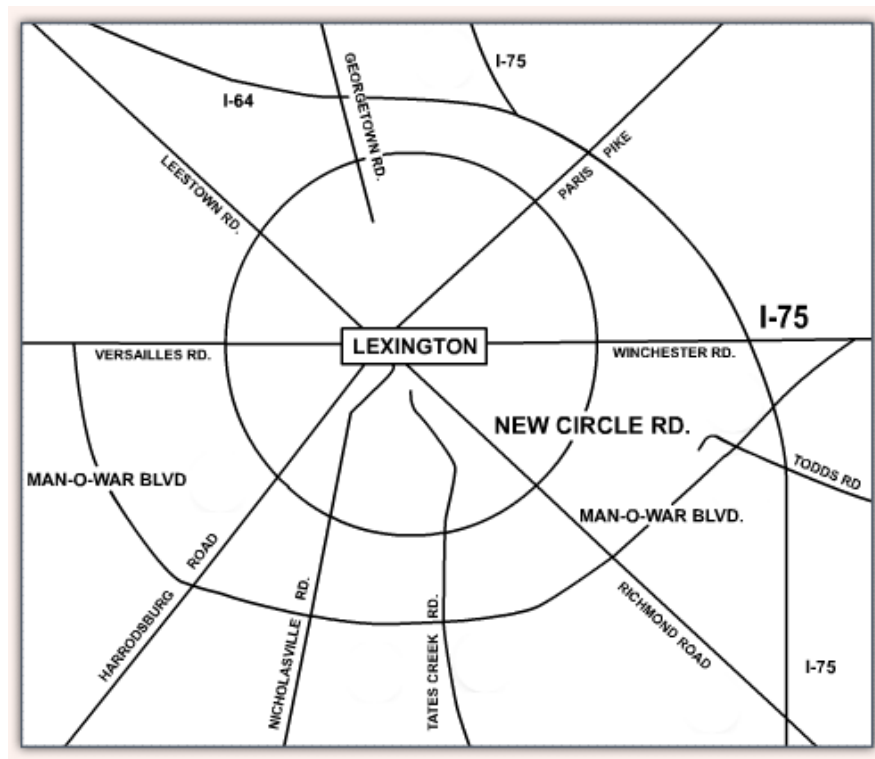
- On weekends, there's a [free downtown trolley](#) bus.
- [CatsCab](#) is free to UK students with your ID on Thurs, Fri, and Sat from 10PM to 3AM. Tipping is encouraged.
- Sprocket Jockeys is a pedicab service in Lexington that provides rides from bars to your home until 4 am. Call (859) 913-PED1 or see their facebook page. Tipping is encouraged.

Alternative Forms of Transportation On Campus Only:

- [SafeCats](#) is a free program you can use to get around campus at night. Available Sunday - Thursday from 8:30pm to 1:30am. Students can arrange a free safety escort by calling (859) 257- SAFE.

Lexington's Roadway:

- Lexington's roads are situated as spokes on a wagon wheel (see map below). New Circle RD (KY-4), which is interstate-like for much of its length, runs in a literal circle around the city. New Circle is a very convenient road to take around town, though it may take a bit of getting used to. Man O War forms a larger half circle around town and runs out to interstate 75.



- Lexington has many roads that change names, sometimes more than once:
 - Some examples not shown above include: Redding to Armstrong Mill, Limestone to Nicholasville, Harrodsburg to Broadway, Richmond to Main, Euclid to Avenue of Champions.
- Most of your time in Lexington will most likely be spent around the southern portion of Lexington (Nicholasville, Tates Creek, Richmond Road, and Harrodsburg) as most apartment complexes, restaurants, gyms, etc. outside of downtown will be located in these areas.

Student Advice & Quick FAQs for Dealing with Traffic:

- Rush hour traffic on Nicholasville RD, Tates Creek RD, Richmond RD, and Harrodsburg RD are pretty bad from 7- 9am, if you are headed in town.
- Nicholasville RD provides an extra inbound lane (into campus) from 7:00 AM to 9:00 AM, and an extra outbound lane (away from campus) 4:00 PM to 6:00 PM. Traffic may be worse going in the opposite direction of traffic during this time, as a result of this lane change.

- When able, get a map and try to learn the “back roads” to and from campus, as these will save you from dealing with the headache of too much traffic. Roads like Landsdowne, Fontaine, Redding Road, and Armstrong Mill are ideal during rush hour.
 - Ask graduate students or faculty in your lab how they get to work and see if you can learn any short cuts from them. Also, while you are learning, experiment! You may find a quick back road that few know about that may be save you tons of time over your 5-6 years here!

Parking Tips:

- [Parking maps & permit options](#)
 - Permits may be paid for up front or students may choose to have the cost of their permit deducted partially from each paycheck (before taxes).
 - Parking rules differ by permit type and parking area.
 - Employee passes or E passes will provide you with the most access on campus and are highly recommended.
- Most lots are enforced from 5:30am- 7:30pm.
- UK officials are very serious about parking infractions. Hazard lights or sweet notes left on windshields will not suffice.
- Meters are only for 45 minutes. Feeding the meters is considered a parking infraction and will result in a ticket.

Traveling Outside of the City:

- [MegaBus](#) now offers cheap travel options to surrounding areas.
- Lexington’s [Bluegrass Airport](#) is a convenient, easy way to travel.
- [Greyhound](#) Bus is also offered locally.



Dr. Pavloff, "Bicycle Parking" December 1, 2012 via Flickr,
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Housing

Finding Roommates

- Apply for graduate student [roommates](#) and for UK provided on & off-campus housing options
 - Apply as soon as possible, as housing is limited.
- Connect with other UK graduate students on [Facebook](#) to network regarding housing and roommate opportunities.

Finding Affordable Housing

- UK offers [graduate and family housing](#) for students on campus
- If you are willing to commute from nearby towns (e.g., Versailles or Nicholasville), rents and home prices are appreciably lower than in the city proper.
- Housing options off of Man O War and New Circle bypasses also tend to be more affordable than housing options within the center of town. These locations also provide easy access to multiple areas of town fairly conveniently.
- Many graduate students also reside in Lexington's south side (Richmond, Tates Creek, Redding, Armstrong Mill, Nicholasville, & Harrodsburg roads), due to the area's central location.
- Housing closer to campus, such as the following apartment complexes, traditionally cater mostly to undergraduates and may not be preferred by graduate students:
 - Royal Lex
 - The Lex
 - Newtown Crossing
 - Red Mile Village
 - Campus Court
- Be aware that local apartment complexes often increase their rent upon contract renewal from year to year. As such, students often find that renting homes or duplexes directly from homeowners is a more cost-effective alternative to renting from housing companies.
- Some [recommended housing options](#) (by price)

Housing Websites

- [ADOBO](#)
- [TRULIA](#)
- [ZILLOW](#)
- [Apartment Guide](#)

Housing Companies & Complexes to Avoid

- *Wassamer Properties* offers a number of options close to campus, which may seem ideal due to their proximity and price. However, students have traditionally had bad experiences dealing with this company.
- *Modern Property*
- *Pegasus Place*
- *The Lofts @ 995*
- Map of crime rates by area:

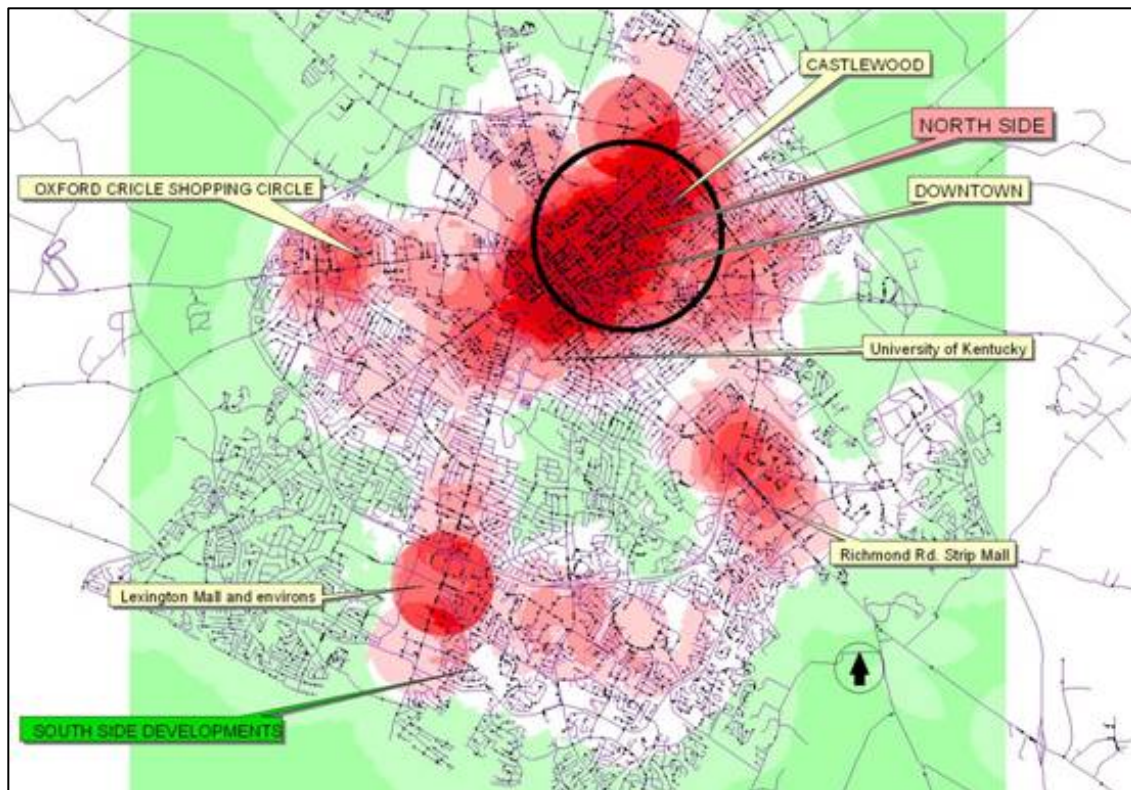


Figure 1. Crime density in Lexington. Red = crime density above the city mean. Green = crime density below the city mean. The darker the red, the denser the crimes. Black dots indicate specific crime locations. Values for areas between locations interpolated through statistical procedures.

Source: analysis of Lexington Police Department crime reports.

<http://www.matei.org/research/lex/lexreport.htm>

School Districts for Families with Children

- In order to determine a good school district for your children, utilize both the crime map (fig. 1) and the school zone map (fig. 2), and the following sites for current ratings:

www.fcps.net

www.greatschool.org/kentucky/lexington

www.neighborhoodscout.com

www.schooldigger.com

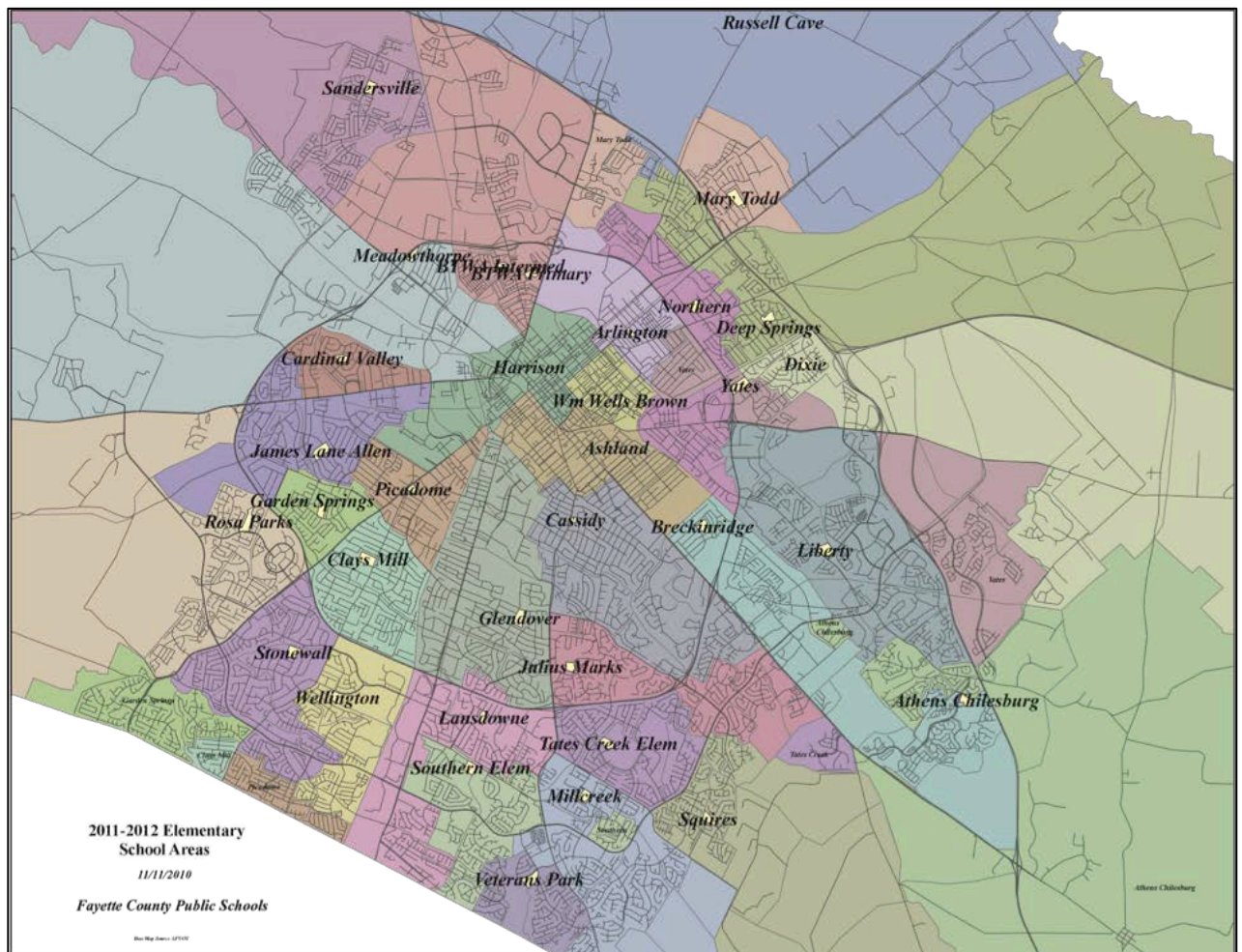


Fig. 2 School zones of elementary schools (fcps.net)

Local Utility Providers

Water: [Kentucky American Water](#)

Electricity: [Kentucky Utilities](#)

Sewer & Trash Collection: [LEXserve](#)

Telephone, Internet, & Television: [Time Warner Cable](#) & [Windstream](#)

Health Care

Insurance

Funded PhD students at the University of Kentucky are provided free health insurance through the University. The plans may differ from year to year, depending upon market prices. These plans may serve as primary health care plans OR as supplemental healthcare plans for students who already have a primary insurance plan through their families. These plans have different reimbursement and referral policies depending upon where care was received. As a blanket rule: reimbursement will be greatest for in-network providers, such as those in the University of Kentucky Healthcare System.

- For more information on eligibility and coverage for the 2014-2015 year, see the [United Healthcare brochure](#).
- To contact a United Healthcare representative directly to discuss questions or concerns about policies and/or coverage, please call 1-877-295-0720.
- To contact the Graduate Student Insurance Coordinator at the University of Kentucky, contact Melynda Burke by email (melynda.burke@uky.edu) or phone (859- 257- 6608).
- Additional information on Health Care coverage will be provided during Graduate Student orientation at the beginning of the academic year.

Health Appointments and Services

- For yearly check ups, vaccinations, or illness, visiting the [University Health Center](#) will be the cheapest and most efficient option for graduate students.
 - Students who require diagnostic tests that can be conducted in the student clinic frequently incur little to no cost to themselves.
 - Mental health visits to licensed psychiatrists may also be free through the University Health Service.
- Counseling is free to full time students through the [University Counseling Center](#).
- Graduate student appointments to University specialists (e.g. allergists, sports medicine, physical therapy, etc.) frequently (though not always) require students to obtain a referral through student health.
 - You may call the specialist's office directly to inquire about whether or not a referral is needed.

Student Campus Resources

For a comprehensive list of graduate student resources, please visit:

<http://www.research.uky.edu/gs/CurrentStudents/resources.html>

Computer Software

Many computer programs or macros that you may use for classes and research are offered at free or discounted rates to full time university students at:

<https://download.uky.edu> or <http://uky.onthehub.com/>

The Writing Center

Students may find online tutorials, face-to-face instruction, and electronic editing services to improve empirical and professional writing projects [here](#).

Financial Aid

Students who wish to inquire about or apply for financial aid may contact the university aid [office](#).

Help with Grant Writing

The [Proposal Development Office](#) helps students and faculty write grants and effectively meet grant-writing requirements. Kim Reeder (kimberly.reeder@uky.edu) will also be an invaluable resource for Psychology students as she is housed in-department and is very knowledgeable regarding the business, financial, and compliance sides of attaining a funded grant.

Instructional and Technical Services

Students in need of instructional or technical services for work or school related technology or resources may contact Arts and Science's [HIVE](#) department.

Student Course Registration

Students may log in to [MYUK](#) with their linkblue ID and password to view & register for courses, change grading statuses, view current schedules, & apply for graduation

Teaching and Research Assistantships & Funding

Information on eligibility, training, and policies may be found [here](#).

International Student Center

International students may find helpful resources and support and may connect with other international students at the [International Student Office](#).

Help with Money Management

Resources for budgeting, saving, paying taxes, and handling debt may be found [here](#).

Free Legal Services

Students at the university may take advantage of UK's Free Legal Clinic provided through [UK's College of Law](#).

Student Fees & Funding

Different Forms of Student Funding

Funding sources may differ year-by-year depending upon available grants, teaching positions, fellowships, etc. The most common forms of funding are: teaching assistantships, research assistantships, and fellowships.

- Teaching assistantships require students to serve as secondary instructors to courses taught by faculty members. Students are required to work a minimum of 20 hours a week on tasks specific to teaching to fulfill their TA duties. Jobs may include the following responsibilities: creating lesson plans, carrying out lesson plans through activities, lecture, etc., creating, distributing and grading assignments, overseeing group projects, etc. The primary instructor will outline your responsibilities in full before the beginning of each semester. Students will be required to list their preferences and availability for teaching the semester prior and assignments will be given based upon time availability and experience.
- Research assistantships are most frequently offered if your advisor has received grant funding. Grant funding may cover each of the graduate students in your lab or may be assigned each semester to one graduate student in particular. Research assistantships are also provided on the assumption that graduate students work a minimum of 20 hours a week on lab specific work. To inquire about whether or not you qualify for a RA position, talk to your advisor or older graduate students in your lab.
- Fellowships are given to a select group of students in the department based upon grades, research quality, and/or university funding. These allow for students to devote more time to their own research interests. A number of fellowship opportunities will be emailed out throughout your time in graduate school by the department. Pay close attention to their criteria and apply to as many as you may qualify for in order to increase the odds of receiving one.

Additional Student Fees

Students are required to pay approximately **\$250** per semester to the University for access to the student health clinic, to cover student activity fees, etc. These fees will allow you attend the health clinic for checkups for free and will provide you with discounted student tickets to sporting events, theatre productions, etc. These fees are obligatory until the student passes his or her qualifying exams. At that time, the student may opt out of paying for the majority of these fees, with the understanding that access to the above conveniences will no longer be available.

Summer Funding

Though in the recent years summer funding has been secured for each and every graduate student for 1 summer session, summer funding is not always guaranteed. Below are a few tips to increase your odds of attaining summer funding:

- 1) If you are on a grant/fellowship, you should ask your advisor if it includes summer funding.
- 2) Be on the lookout for summer fellowship and grant opportunities. The department often provides a few of these each summer, to those who have a proven work ethic and secure research plan.
- 3) Be sure to fill out the teaching assistantship request form and get this in early. This may increase your chances of obtaining a TA position.
- 4) Be on the lookout for summer funding from other departments and/or labs. Many graduate students have found placement in other labs or departments helping with their research, which has provided both collaboration opportunities and summer funding opportunities.
- 5) If you are still concerned about summer funding, financial aid is available through the university. Keep in mind, that you must be taking classes to receive [financial aid](#), so you may request financial aid the semester before and save the money to use over the summer. Don't forget that financial aid is a loan, meaning that you will be required to pay this back after you graduate.



Megan Robertson, February 22, 2012 via Flickr,
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Conferences

Students are encouraged to present at 1-2 national (sometimes international) conferences a year, as costs allow. Conferences are an excellent opportunity that graduate students have to present their own research findings, to attend other presentations and posters, and to network with researchers in their field. They also frequently prove to be a lot of fun for students, as students get to visit new cities, eat at nice restaurants, and hang out with other graduate students in and out of their own lab. Student attendance at conferences, however, is contingent upon acquiring funding *through the department and/or through the Graduate School*, unless students choose to pay out of pocket. To attain funding, students should be aware of some deadlines, requirements, and policies regarding conference attendance:

- First year graduate students may attend conferences and receive funding from the department without presenting at the conference. Years 2-6, however, students must have a 1st author paper or poster accepted in order to receive departmental funding to attend conferences.
- The Graduate School will send students a flat fee of up to \$400 for national (\$800) for international conferences, based on students estimate of travel costs and per diem expenses. Students **MUST** apply for this **by the 15th of the month prior to the month of travel** in order to eligible for funding. Students may view eligibility criteria and application materials [here](#). Students should receive a check in the mail before their travel date.
- For departmental funding, students will need to send proof of their presentation's acceptance, with requests for money, to Dr. Rich Milich a month or two **prior to travel**. Upon receiving his initial approval, students will then need to fill out the following [form for reimbursement](#).
- Departmental funds are distributed in terms of reimbursement, so students will need to carefully **save ITEMIZED receipts** and record their expenses over the course of the trip. Itemized receipts are a requirement; otherwise no reimbursements can be made. Be mindful of this! Expenses that are eligible for reimbursement are: travel tickets, food expenses, lodging, etc. Alcohol, shows, or entertainment are not eligible for reimbursement. Receipts may then be taken to Pam and Pam of the business office (<https://www.as.uky.edu/integrated-business-units-ibus>).

Entertainment

Lexington offers a broad range of entertainment options for individuals of all interests. Over the last few years, Lexington has undergone a number of substantial changes to its downtown with many more exciting changes planned to take place! So look for developments in the coming years! For those seeking amenities that can't be found here, the city of Lexington is also ideally located within an hour's drive to the 'big cities' of Cincinnati and Louisville, making its location convenient for daytrips.

For local calendars of events, see:

-www.tadoo.com

-www.downtownlex.com

-www.visitlex.com

Venues:

Theaters

- There are numerous multiplexes around Lexington, mostly in the south and east parts of town.
- [Kentucky Theater](#) is a historic theater in downtown that is known for its showings of independent films and its Summer Classic Movie series.
- [Lyric Theatre](#) is a historically black theater that has been recently renovated and redeveloped into a theater and cultural arts center. They are known for their free summer movie series as well as concerts, art exhibits, and kids programs.
- [The Lexington Opera House](#) is a historic theater primarily used for plays and concerts.
- [The Farish Theater](#) is located in the downtown branch of the Lexington Public Library and is known for free movies, shows, and concerts.
- Cinemark Movies 10 is a Discount, first-run (new) movie theater
 - \$4.75 for students
- [Movie Tavern](#) offers dining and a full bar

Music Venues

- [Buster's](#)
- [Natasha's](#)
- [Al's Bar](#)
- [Willie's Locally Known](#) -
- [Lyric Theater](#)
 - Troubadour Concert Series is often here - <http://www.troubashow.com/>
 - Woodsong's Old-Time Radio Hour - <http://www.woodsongs.com/index.php>

- Tee Dee's Blues Club
- [Parlay Social](#)
- [Cosmic Charlies](#)
- [Lynagh's Irish Pub](#)
- [Lexington Center](#)
 - Includes Rupp Arena, the Convention Center, and other spaces
 - Includes shows, concerts, conventions, sporting events, etc.

Comedy

- [Comedy Off Broadway](#)

Events

- Festivals (cultural, beer, food, wine, music etc.) take place frequently downtown, often at the Courthouse or the Pavilion at Cheapside Park.
- There is a [Farmer's Market](#) downtown on Saturdays during the summer.
- [Lexington Art Gallery Hop](#)
- Weekly Trivia Nights throughout town (multiple locations for each night)
 - [Shamrocks](#) (Patchen Location) on Thursdays is a popular one.
- Free Summer Music
 - [Thursday Night Live](#)
 - [Jazz in the Park](#) (Tuesdays)
 - [Bluegrass](#) (Tuesdays)
- Equine
 - [Keeneland](#) Racetrack
 - Live racing every April and October (simulcast all year)
 - Tailgating before and during races
 - [Kentucky Horse Park](#)
 - Many horse events and non-horse events (e.g., bluegrass music festival)
 - [Harness Racing Track](#)

Historic Attractions

- [Shaker Village of Pleasant Hill](#)
 - Be sure to check out the Dixie Belle riverboat!
- [The Henry Clay Estate](#)
 - The Jazz on the Lawn is a great, free event held in late August/early September.
- [The Lexington Cemetery](#) -
 - This is a great place for historians, genealogists, and photographers alike.
 - The cherry trees in full bloom in early spring is a must see!
- [Mary Todd Lincoln House](#)
 - Admission = \$10 for adults, \$6 for kids
- The Kentucky Horse Park
 - Contains the International Horse Museum
 - Hosts several educational & equine events throughout the year

- Hosts the Southern Festival of Lights in December, complete with petting zoo!
- [Waveland](#)
 - Antebellum house with ice house, smoke house, and slave quarters
 - Admission: \$7 for adults, \$4 for students
- [Clays Ferry](#)
 - Free to ride the ferry! Be sure to visit the ghost town on the other side.
- Daniel Boone Fort (in Boonesboro)
 - An interactive fort that recreates the time period of Daniel Boone.
 - The area also has hiking, camping and swimming facilities in the adjoining national forest.

Parking around Downtown

- [LexPark](#) is the parking authority for Lexington
 - Some rules of thumb:
 - Parking at street meters is free nights and weekends
 - Parking at the Lexington Public Library is free whenever the library is closed (basically nights and weekends, just a little later)
 - The Phoenix Garage (behind the Kentucky Theater and the Library Garage) - is free after 3pm on weekdays and all weekend

Outdoor Recreation

- [Red River Gorge](#)
 - Offers plenty of opportunities for camping, climbing, & hiking
 - Afterwards be sure to fuel up at Miguel's Pizza before heading back to Lexington!
- [Big South Fork](#) -
 - Located on the KY/TN border - its a bit further away than the red river gorge
 - Great camping, hiking, horseback riding, hunting, and fishing
- [Jenny Wiley State Park](#)
 - Has a nice, reasonably priced lodge. Good hiking
 - Elk tour is amazing
- [Calendar of events](#)
- [Mammoth Cave National Park](#)
 - The largest cave system in the world
 - Also has camping, hiking, horseback riding, & biking
- [Lake Cumberland](#)
 - Fishing, boating, swimming, & hiking
- [Cumberland Gap](#)
 - Historic park that extends through KY, TN, and VA

- Hiking, backpacking, site seeing, back country camping, crafts, museum
- [Cave Run](#)
 - fishing, boating, camping, hiking, horseback riding, biking all good options for entertainment



Jimmie Newsome, "Avenged Sevenfold" March 27, 2009 via Flickr,
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Local & UK Athletics

University of Kentucky Athletics

Being in the Southeastern Conference, UK fields teams in nearly every sport imaginable, including: football, softball, baseball, volleyball, ice hockey, men's and women's soccer, track and field, basketball (of course), and many others. For students who have not yet taken their qualifying exams and are full time (9 credit hours for graduate students), tickets to sporting events are free of charge with a student id (remember, you paid student fees up front to make this possible). There are 2 exceptions: football and men's basketball tickets cost \$5 per game. Students may pay \$35 for season tickets for football or may purchase individual tickets beforehand at the student ticket office or at the game. Basketball tickets, however, are harder to come by. Eligible students (pay your fees!) sign up to be in a lottery for a given set of games. For a full breakdown of student ticket procedures, see: <http://www.ukathletics.com/tickets/student-tickets.html>. For entry into the sporting events you will be required to present your ticket and UK student id.

Other Sports-related Opportunities

- The [Lexington Legends](#) are a minor league baseball team in town. They play at the Whitaker Bank ballpark. Thursdays are \$1 beer nights.
- The UK (intermural) Hockey team plays midnight games at a local rink. These games draw a pretty good crowd and are usually a fun experience.
- Adult rec sports leagues are available through [Lexington Parks and Recreation](#)
- UK also hosts a number of intramural sports leagues for students. The times are generally late in the evening, but the games are lots of fun. See: www.lexingtonky.gov/parks.

Lexington is also located near other cities with professional sports teams. For baseball, Louisville houses the Louisville Sluggers and Cincinnati houses the Reds. For professional football, Cincinnati houses the Bengals and Nashville offers the Titans. Nashville also hosts the Predators for hockey fans.



Anthony Roderman, "Rupp Arena" February 23, 2013 via Flickr, Creative Commons Attribution

Childcare

A. University of Kentucky Child Care Resources

For information regarding childcare near campus, finding a great child care facility, and financial assistance programs visit:

- <http://www.uky.edu/hr/work-life/resources-for-parents/childcare-options>
- <http://childcarecouncilofky.com/>
- <http://www.fcps.net>

B. Personal Recommendations for Daycare & Preschools

Additionally, graduate students personally recommend [Almost Home](#)

C. Mother's/Parent's Day Out Programs

Mom's Day Out programs can be an affordable way to obtain care for your child!

Most churches offer this type of childcare making it easy to find one near your home or UK. Programs vary. See links for more details:

- <http://www.1stumcchildrensministry.org/kids-day-out.html>
- <http://www.stlukeumc.org/get-involved/children>
- <http://calvarybaptistchurch.com/mdo-rates-and-information>
- <http://www.ibcece.org/programs.php>

D. Nannies/Babysitters

Care.com is a website that facilitates the connection of babysitters/ nannies with parents. There is no agency, so the fee is worked out directly between you and the child caregiver. The website however requires a background check on all caregivers.

E. Parents Night Out

The [Explorium](#) offers a parent night out, every other Friday, where children are "locked in" at the children's science museum downtown from 6-10pm. The cost is \$18 for the night and includes snacks.



University of Kentucky, "Fun Day 2012" May 17, 2012 via Flickr, Creative Commons Attribution

Pets

Pets are very common among graduate students at UK. Whether you prefer dogs, cats, birds, reptiles, or anything else with fur or feathers, here are some points to help you and your pet adjust to life in Lexington.

1. **Keep pets in mind when making housing decisions.** Not all apartments/rental agencies allow pets and some only allow certain types of pets (including weight and breed restrictions for dogs). If you have pets or are considering getting pets when you move, consider this when looking for a place to live.
2. **“I don’t have a pet, but I’m looking to get one.”** There are plenty of pets here who need good homes. Visit the Humane Society to get started with this process (<http://lexingtonhumanesociety.org/>). Or check out PetSmart on Sunday afternoons for cat/dog adoptions! Lexington also houses nearby rescues, such as [Kentucky Lab Rescue](#), [Kentucky Golden Retriever Rescue](#), [Homeward Bound Rescue and Rehabilitation](#), etc. These locations require background checks and sometimes even home checks for the adoption of their animals. However, many animals from these locations will be up to date on their shots, will be spayed/neutered, will be trained, and will have a thorough description of their temperament, social needs, etc listed for potential buyers. If adopting isn’t your thing, there are also plenty of pet stores and breeders in the area. The internet will be your best friend for this one!
3. **What if my pet needs entertainment during the day?**
 - o Good news! The psychology department actually has a dog lab where you can take your dog every morning and pick him/her up in the afternoon (for free!). He/she will even get to take part in research! However, the lab often has a waiting list, and they expect that the dogs actually show up as they need research participants.
 - o If you don’t want to take your dog to the lab every day, there are also dog and cat daycare options in town. Here are a few to get you started:
 - i. <http://www.dogtownlexington.com/contact>
 - ii. <http://petsuitesofamerica.com/locationrates/lexington>
 - 2/
 - iii. <http://www.uptownhounds.com/>
4. **Are there any good dog parks in town?** There are quite a [few](#)!
5. **Leaving town?** There are plenty of petsitting options in Lexington. Some are the same as the daycare options above, but there are also many local groups that will do in-home pet visits while you’re out of town. Here is a sampling of petsitting options as well:
 - a. <https://www.crittersittersoflexington.com/> (In-home)
 - b. <http://www.snagglefoot-lexington.com/> (In-home)
 - c. <http://www.keshlynkennel.com/> (Boarding)
 - d. If you have specific petsitting needs and don’t want to call/e-mail everyone in town, here is a [helpful website](#).

- e. To find an in-home petsitter, <http://www.keshlynkennel.com/>
6. **I need a vet.** There are many vet options in town, ranging from national vets like Banfield (through PetSmart) to locally-owned and run vets. Because vets and prices change, the best way to find a good one is to ask other students where they take their pets.
7. **What if there is an emergency with my pet after hours?** Lexington is fortunate to have a small pet emergency room in town that is super helpful (though VERY expensive) if the need arises. Past graduate students have had great success taking animals there for emergency situations. The are called AA Small Animal Emergency Service and they may be found at this website: <http://www.smallanimalemergency.com/>.
8. **I want to bring/board a horse.** You are perhaps moving to the best place in the country for this! There are numerous [horse boarding facilities](#) located near UK's campus.



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