



UNIVERSITY OF KENTUCKY

Graduate Center for Gerontology

New Student Guidebook & Tips

GRADUATE CENTER FOR GERONTOLOGY
New Student Guidebook & Tips

Graduate Center for Gerontology
University of Kentucky
306 Wethington Health Sciences Building
Lexington, KY 40536-0200
Phone: (859) 257-1450
Fax: (859) 323-5747

(Revised April 2006)

Table of Contents

Establishing Oneself as a Gerontology Student at UK.....	2
Acronyms.....	2
LIFE AT THE UNIVERSITY OF KENTUCKY	
Student Identification.....	3
UK Email Account.....	3
Classes & Books.....	3
Libraries.....	4
Computer Services.....	5
Parking & Transportation.....	5
LIFE IN THE GRADUATE CENTER	
Gerontology Website & Listserv.....	5
Graduate Center for Gerontology Resources.....	6
Student Activities & Organizations.....	6
Academic & Professional Development.....	7
Student Representatives on Committees.....	8
LIFE IN LEXINGTON	
Apartments/Houses.....	9
Neighborhoods.....	9
Utilities.....	10

Establishing Oneself as a Gerontology Student at UK

Welcome to the Graduate Center for Gerontology Ph.D. program and the University of Kentucky. This short guide is designed to help you navigate through some of the mundane (and not so mundane) details of establishing yourself as a new student. The information will help you learn about some of the opportunities, resources, and services available to you, and aid in getting you started in the graduate student life in general.

This booklet probably will not answer all your questions or meet all your needs. But hopefully, it will help you gain your footing and get you going in the right direction.

Acronyms

Throughout this guidebook, you'll see many different acronyms. So, before we continue, listed below are some the most frequently used acronyms in our program and some that you'll see in this guidebook.

ABD – all but dissertation

AGHE – Association for Gerontology in Higher Education

CPH – College of Public Health

CV – Curriculum vitae

DGS – Director of Graduate Studies

FAC – Field Analysis Colloquium/Friday Afternoon Club

GRN – Gerontology courses

GSA – Gerontological Society of America

SGS – Southern Gerontological Society

SPO – Sigma Phi Omega

UK – University of Kentucky

LIFE AT THE UNIVERSITY OF KENTUCKY

Student Identification

The WildCard ID is an absolute necessity, as it is your official UK ID card. You check out books, get discounts and, well, prove just exactly who you are with it. For example, you can add money on the card and use it for photocopying at several of the campus libraries and purchase meals on campus with it. The Student ID people can give you more information about all the features of a UK ID. Putting money on the card involves opening a PLUS account, which can be done at the Student Billing Services Office in Funkhouser Building. You will also need to eventually get a Medical Center ID badge, but that will be explained to you in a later class.

WildCards can be acquired at the UKID Office in the Student Center, Room 107. The phone number is (859) 257-1378. They are open Monday thru Friday, from 9 a.m. – 5 p.m. Your first ID is \$15 and replacement ID's cost \$20.00. For more information, their website is: <http://www.uky.edu/UKID/>

UK Email Account

To set up a campus e-mail account, you'll need to create a U-Connect@UK account. The University of Kentucky homepage (www.uky.edu) has a blue box at the bottom of the screen that says U-Connect. This is a way to check your email from any computer that has internet access. Go to <http://iweb.uky.edu/uams/default.htm> and follow the setup instructions. Once you have received your ID and password you are ready to login. You will need to activate this account as soon as possible as the College of Public Health and the Graduate Center for Gerontology will use your UK email address for all email correspondence. You can forward this account to a preferred personal account if you want.

Classes & Books

During your first semester at UK, you will register for GRN 600: A Study of the Older Person, GRN 650 and GRN 650 lab: Research Design and Gerontology, and GRN 612: Biology of Aging. For the following semesters, check out the Schedule of Classes booklet and the schedule is also on-line at <http://www.uky.edu/Registrar/schedule.htm>. Thoroughly look over the offerings in any discipline in which you might be interested. Some students would advise that you take Statistics (STA 570: Basic Statistics or STA 580: Biostatistics) as early in the program as possible, especially if you need a refresher or it's a weak area for you. It can help a lot in understanding some of the research you will encounter. It can never hurt to take statistics or research methods classes. And be sure to talk things over with your advisor, who is the DGS, until you pick someone else (who of course, agrees to the arrangement).

There are three main area stores for buying your textbooks: 1) the University of Kentucky Bookstore at the Student Center, 2) Kennedy's, at the SW corner of N. Limestone and Avenue of Champions, and 3) Wildcat Textbooks, N. Limestone, just a couple blocks south of Kennedy's. You might want to comparison shop, or see if one of them offers cheaper, used books. Sometimes you have no choice, because the books

for your class were ordered only at one store. There is always Amazon, Barnes & Noble, and other online booksellers.

Libraries

There are several libraries around campus. Probably the one you will use the most is the Medical Center Library. They have tours and although the library is rather small and easy enough to learn the location of books (for example, the journals, located in the basement, are in alphabetical order), it would still be beneficial to take a tour or class to familiarize yourself with the online resources. Their phone number is (859) 323-5300, and the website is <http://www.uky.edu/Libraries/MCL>.

There are also excellent classes you can take at the Medical Center Library such as Endnote, which is a software tool for creating and managing bibliographies. It can also be used to accumulate and manage the articles and books that are pertinent to your field of study. If you start using Endnote from the beginning of your doctoral work, you will be better prepared when qualifying exams and the dissertation come around. To learn more about Endnote classes, go to http://www.uky.edu/Libraries/libpage.php?lweb_id=33&llib_id=12 and find the button entitled Library Services, select Classes in the window, and find the Endnote class. Then use the e-mail at the bottom of the schedule to register for the class.

Additionally, the Medical Center Library will generally purchase (for the library) any books you request. Purchase requests can be made online at: http://www.uky.edu/Libraries/libpage.php?lweb_id=202&llib_id=12

The main library is the W.T. Young Library, made possible by a local businessman and philanthropist of the same name. The Young Library offers tours and instructional sessions at the beginning of each semester. It's a good idea to take a tour and sign up for a session (they're not long); it really helps you to learn where things are in the library and how to use the online databases. The phone number is (859) 257-0500 and web address is <http://www.uky.edu/Libraries/>.

The Writing Center is located in the Thomas D. Clark Study, located on the fifth floor of the Young Library, and is there to help anyone with papers and writing. You can get more information about the Center and its services by calling (859) 257-1356 or going to <http://www.uky.edu/ArtsSciences/English/wc/>. If you have a small paper, this service is very helpful and you can get your paper back in a reasonable time. For larger papers, go far in advance and expect several sessions. This is a great resource for practicing a presentation and the employees provide valuable feedback.

There are other libraries around campus that you may need to utilize, such as the Education library, the Architecture library, or Law library. Any book from any campus library can be returned to any of the campus libraries. You can also renew books online, as well as make interlibrary loan and book purchase requests.

Computer Services

You can go to the Customer Service Center to get more information about computing services on campus, at <http://www.uky.edu/IS/CustomerService/students.html>. You can also call the Customer Service Center at (859) 257-1300 for information and questions about e-mail and other computer services. Gerontology's computer person is Donna Warford, whom you can contact about your computing needs through her e-mail: Donna.Warford@uky.edu

Parking & Transportation

Parking at UK often provides opportunities for practicing patience and perseverance. If you live close enough to campus, you might want to consider walking or biking. Or you could swallow hard and shell out the money for a parking permit. With a permit, you might still have parking headaches, but you would not have the hassle of hunting for a street spot or meter. You may be eligible for an Employee (E) permit, which although expensive, enables you to park in any E lot. Check <http://www.uky.edu/Parking/> for current places to park with each type of permit. Also, there is a Medical Center shuttle that runs to and from the stadium parking lot, just make sure you have your Medical Center ID with you.

The Parking and Transportation Services Main Office is located at 305 Euclid Ave., at the NE corner of Euclid and Rose St. The phone number is (859) 257-5757. They are open Monday thru Friday, from 7:30 a.m. – 4:00 p.m. Their website is: <http://www.uky.edu/Parking/>.

Another way to get around town and to and from campus is Lextran, which is Lexington's public transportation system. For more information, bus routes, and schedules, visit: www.lextran.com.

LIFE IN THE GRADUATE CENTER

Gerontology Website & Listserv

The Graduate Center for Gerontology has a website (<http://www.mc.uky.edu/gerontology/>) that is very important for all students. This website contains information about people in the doctoral program (students, faculty, and staff), calendars (gerontology events, academic calendar, university events, and professional calendar), and the students' corner, among other links.

Additionally, the Graduate Center for Gerontology has a listserv for all gerontology students. It is a way for students to communicate with each other and to announce special events and happenings that might affect you. Also, professors, as well as many others, use this listserv as a way to advertise and invite students to participate in and attend various events. As soon as you have your email account set up, email Alicia.Webb@uky.edu to be added to the listserv.

Graduate Center for Gerontology Resources

One of the great things about the program is the abundance of resources available to us as students – much more than many graduate programs. For example, there is a copier available to us – in the copy room right next to 306 (You do need a code, which can be acquired from the DGS or staff).

You will be assigned a desk and a computer (the location will vary depending on who you work for). We do have excellent laser printers that are available to us; however, there are some important suggestions for their utilization. Even though you can print in color, we ask that whenever possible, please print in black and white because color toner is expensive. Also, when using the laser printers for printing transparencies, there are a few words of advice and important precautions that must be heeded to avoid BIG problems like messy jams and possible damage to the printer! Always do the following: 1) use only transparencies designed for use with a color laser printer and 2) before printing, in the print window, be sure to click on properties, and under paper source, select transparencies!

Donna Warford is also our resources contact. You can contact her for any information or questions about resources, or even about accessing or checking items out. IMPORTANT - if something does go wrong with a printer, DO NOT try to fix it on your own because you could break parts! Instead, contact Donna and she will come as quickly as she can to fix it.

Our resources include: notebook computers; scanner; microrecorders; transcription machine; slide projector; LCD projector; digital camera; Belltone portable audiometer; VCR/TV combo and overhead projector. Available software: Endnote, QSR Nud*ist, Ethnograph, SPSS, and SAS.

Note: If you are interested in checking out or using any of the Center's resources, contact Donna Warford Donna.Warford@uky.edu to reserve and pick up the items.

Student Activities & Organizations

Sigma Phi Omega (SPO) – is the national gerontology honor and professional society. We have a local chapter, Gamma Mu, which coordinates many different activities throughout the year including the Alzheimer's Memory Walk, an SPO/Gamma Mu symposia at GSA, and Careers in Aging Week. Those with the appropriate grade point average receive an invitation to join, and there is a nice initiation ceremony. You can find out more through the AGHE website <http://www.aghe.org/site/aghewebsite/section.php?id=7972> . You can also contact any of our local Gamma Mu, SPO officers listed below:

President: Heather Wallace hmall3@email.uky

Vice-President: Hollie Sands Hollie.Sands@uky.edu

Secretary/Treasurer: Diana Mathis Diana.Mathis@uky.edu

University of Kentucky Student Public Health Association (UKSPHA) – is the student affiliate of the Kentucky Public Health Association. It's an organization for CPH students and others interested in public health. <http://www.kpha-ky.org>

Field Analysis Colloquium (FAC) – also known as "Friday Afternoon Club" is a unique opportunity to promote the development of observational and analytical field skills as they pertain to participatory research in various settings. FAC convenes every Friday afternoon at various local establishments, decided previously by Andrew S. Horne, aka El Conquistador, and transmitted via E-mail earlier in the week. FAC is very informal and provides a relaxed atmosphere to recover from the rigors of the Gerontology week. The rules of FAC are non-existent. Usually FAC is somewhere that features food and adult beverages. Previous locales for FAC include Keeneland, Joe's Crab Shack, and Marrika's.

Academic & Professional Development

In the very beginning, an important part of being a doctoral student is to work not only on your academic development, but also your professional development, especially if you think you might be in an academic career. Academic development involves not only your own program of study, but also research, which might be your own or involve someone else's project. Gaining teaching experience and doing service activities at the program, school, community and/or professional level are other important components of your development and education. Along with this booklet, you will also receive the following article: Everard, K., Teaster, P., & Dugan, E. (2000). Surviving your graduate gerontology education and entering the job market. *Educational Gerontology*, 26(3), 285-299. You may think it's too early to think about entering the job market, but it's not too early to think about how you are going to survive your graduate education. Look it over – it's an easy read and has some good points.

It is incredibly easy to get involved in activities and get on committees, both of which are good for your service experience and vitae (but be careful not to overdo it). Service not only helps you gain experience in governance and organizational issues, but it also helps you to meet people in the field. There are several community groups and programs to work with. There are also committees specific to the gerontology program. Sometimes, there is the opportunity to serve on a UK committee. There are many organizations at the state, regional and national levels – all have reduced student membership dues. These groups need students for various committee assignments, for positions in their student government sections of their organization, and to work at conferences (volunteering to spend some time working at a conference usually gets you a reduced, if not waived, registration fee). The organizations all have acronyms also, of course, that you will soon get to know if you don't already. If you are not familiar with gerontology organizations, here are the larger ones, and their abbreviations:

Gerontological Society of America (GSA) – a mainly academic society, it has plenty of opportunities for student involvement. The annual conference is in November. You can also visit their website: <http://www.geron.org>.

Emerging Scholar and Professional Organization (ESPO) – is affiliated with GSA, helps promote the study of aging among students, represents the interests of students

in GSA and provides students opportunities to participate in various activities in the field of gerontology. <http://www.geron.org/StudentOrg/student.htm>

Association for Gerontology in Higher Education (AGHE) – the abbreviation is pronounced “awghe.” This association is a special unit of GSA. The organization’s focus is on gerontological education. It is a smaller group that attracts some great folks who are dedicated to the improvement of gerontological education, and believe in its importance. Their annual conference is held at the end of February. The website: <http://www.aghe.org>.

The American Geriatrics Society (AGS) – a national society for professionals interested in geriatrics and those more inclined towards the biomedical issues of aging. Historically, members have been predominantly physicians, but other health professionals are also members, and it is open to anyone interested in geriatric health care, including students. The website: <http://www.americangeriatrics.org/>

American Society on Aging (ASA) – a professional organization that works to enhance the knowledge and skills of those who work with older adults and their families. The annual conference is now a joint conference with NCOA (see below), and is usually held in March. The website: <http://www.asaging.org/>.

National Council on the Aging (NCOA) – this is a non-profit organization involved in leadership, service, education and advocacy in aging issues. The website: <http://www.maturityworks.org>.

Southern Gerontological Society (SGS) – this is a regional association for the southeastern United States, and is a good organization to get involved in. The website: <http://www.wfu.edu/academics/gerontology/sgs/>.

Student Mentorship Conference – offers students experiences related to academic and applied gerontology and promotes professional development. It is a place where students can network with professionals in aging. For more information: <http://www.geron.uga.edu/studentprograms/studentmentoringconference.php>

There are Kentucky organizations as well, such as the **Kentucky Geriatrics Society** <http://www.americangeriatrics.org/affiliates/kentucky.shtml> and the **Kentucky Association for Gerontology (KAG)** <http://www.kagky.org/>.

Student Representatives on Committees

One nice thing about our program is that students are represented on every committee. If you have any concerns or questions, regarding committees, how students can be involved, etc., just ask any gerontology student or professor and they should be able to answer your questions.

Gerontology Standing Committees

Administrative Council; Curriculum Committee; Fiscal Affairs & Resources Committee; Mentorship Committee; and Recruitment Committee

College of Public Health Committees

Academic Affairs Committee; Research Committee; Admissions and Student Affairs; and Practice and Service

In addition, students are encouraged to serve on other college and university committees as well as national gerontological organizations.

Another avenue for development available at the University of Kentucky is the Preparing Future Faculty (PFF) program, administered through the Teaching and Learning Center (5th floor, Young Library). The program offers a few one-credit courses, as well as practicum opportunities. One of the courses that is really good is called Preparing Future Faculty. The course exposes students to some of the basics (and a little more) of being a faculty member, and how the roles and responsibilities may vary depending on the type of institution. Students are introduced to the Carnegie classification system for institutions of higher education that is a typology of American colleges and universities. For more information visit http://www.uky.edu/TLC/grad_students/pff.html.

LIFE IN LEXINGTON

Apartments/Houses

When looking for apartments, a very useful tool is the local newspaper's classified ads "Lexington Herald Leader Online." You can search the classifieds for rentals at <http://www.kentucky.com/mld/kentucky>

And you can do the same with UK's student newspaper, "The Kernel Online" at <http://www.kykernel.com/>

Other helpful Kentucky information sites:

<http://www.kentuckytourism.com/>
<http://www.50states.com/kentucky.htm>
<http://lexington.whiteyellowpages.com/>
<http://www.commercelexington.com/>
www.topsinlex.com

On campus housing and other good info about the campus:

<http://www.uky.edu/Housing/>

More general sources for finding apartments in Lexington:

<http://www.rent.com>
<http://www.apartmentfinder.com>
<http://www.apartments.com>
[http://www.rentnet.com/apartments/fyp/search/fyp_home.jhtml;\\$sessionid\\$EJCAGLPZWE52ICQAQUASFFI](http://www.rentnet.com/apartments/fyp/search/fyp_home.jhtml;$sessionid$EJCAGLPZWE52ICQAQUASFFI)

Neighborhoods

Generally students try to live close to campus. Many of the neighborhoods are fairly expensive for buying a home – especially if you want to live near UK; however, there are apartments and duplexes scattered throughout the city. Those driving need not worry because commuting via car from nearly anywhere in this city (inside or outside New Circle Road) to UK is not too time-consuming. However, if you plan on driving, consider purchasing a UK parking pass.

If you want to look at a map to see where your potential new apartment is located, the websites www.mapquest.com or <http://maps.google.com/> are very helpful. You can pinpoint a specific address and zoom in or out to see how close it is to the campus and other facilities.

Utilities

There are various utility companies that serve Lexington and the surrounding area; which ones you utilize, will depend upon the location of your residence. Each apartment main office should give you a list of utility contact information when you sign a lease. Sometimes, rentals include certain amenities in their leases, so be sure to ask what utilities, if any, are included. Listed below are some of the main carriers for utilities in Lexington:

Cable Television

Insight Communications
2544 Palumbo Drive
Lexington, KY 40509
Phone: (859) 514-1400
www.insight-com.com

Electricity & Gas

Blue Grass Energy Cooperative Corp.
1201 Lexington Road – Nicholasville
Phone: (859) 885-4191
24-hour Emergency Service: (888) 655-4243
Serves portions of southeastern Fayette Co.
<http://www.bgenergy.com/>

Columbia Gas of Kentucky
2001 Mercer Road
Lexington, KY 40511
Phone: (859) 288-0200
24-hour Emergency Service: (859) 288-0205
<http://www.columbiagasky.com/>

East Kentucky Power Cooperative

4775 Lexington Road
Winchester, KY 40391
Phone: (859) 744-4812
Kentucky Utilities Co. (LG&E)
One Quality Street
Lexington, KY 40507
Residential customers: (800) 981-0600
Business customers: (800) 383-5582
24-hour Emergency Service: (800) 981-0600
www.ekpc.com

Telephone

Alltel

151 Martin Luther King Blvd.
Lexington, KY 40507
Residential customers: (800) 347-1991
Business customers: (800) 843-9214
Repairs: (800) 782-6206
Internet service: (888) 925-5835
www.alltel.com

Insight Communications

2544 Palumbo Drive
Lexington, KY 40509
Phone: (859) 514-1400
www.insight-com.com

Internet Service

Alltel

151 Martin Luther King Blvd.
Lexington, KY 40507
Residential customers: (800) 347-1991
Business customers: (800) 843-9214
Repairs: (800) 782-6206
Internet service: (888) 925-5835
www.alltel.com

QX Networking & Design, Inc.

333 West Vine Street
Suite 1210
Lexington, KY 40507

Telephone: 859.255.1928
Toll Free: 877.835.1928
Fax: 859.255.1798
E-mail:info@qx.net
Web:www.qx.net

Insight Communications
2544 Palumbo Drive
Lexington, KY 40509
Phone: (859) 514-1400
www.insight-com.com

Water

Kentucky-American Water Company
2300 Richmond Road
Lexington, KY 40502
Customer service/billing: (859) 268-6300
Emergencies: (859) 269-2395
www.kawc.com

Recycling & Trash Pick-Up

LFUCG Recycling Center
360 Thompson Road
To inquire about recycling, call (859) 425-2255

Garbage Collection

675 Byrd Thurman Drive
To inquire about garbage collection, call (859) 425-2255

If you have other questions, and/or need further assistance, please contact any of the Graduate Center for Gerontology faculty or students as they have gained a good bit of experience by now too, and are always happy to help out a newcomer and colleague. Just ask us! For contact information, please see our website
<http://www.mc.uky.edu/gerontology>

We hope this Guidebook has been helpful to you. Again, welcome to the program. Being a doctoral student takes some adjustment and a lot of work, but you are starting on an interesting and unique journey, one unlike any you have previously experienced. So, enjoy the ride and look forward to wherever it takes you.