

Morehead State University

Parenting Student Guide

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MOREHEAD STATE UNIVERSITY

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Morehead, KY 40351
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www.moreheadstate.edu

Dear MSU Parenting Students,

Welcome to Morehead State University! On behalf of our entire Eagle Nation family, I want to extend a special welcome to you as both a dedicated student and a devoted parent.

Pursuing higher education is a remarkable achievement. Doing so while raising a family is extraordinary. You hold one of the most critical titles on our campus, balancing late-night studying with early-morning breakfasts, assignment deadlines with doctor appointments, and your own aspirations with the everyday needs of your children. Your resilience, drive, and passion enrich our classrooms and inspire our entire community.

At Morehead State, we want you to know one thing clearly: You belong here, and you do not have to navigate this journey alone.

We are deeply committed to building a campus culture that supports you as a whole person, student, scholar, and parent. We know that when student parents succeed, families thrive, and generations are transformed. Whether through academic advising, emergency support resources, student organization connections, or local community partnerships, MSU is dedicated to providing the tools and flexibility you need to achieve your goals.

This guidebook was created with you in mind, to help you seamlessly navigate childcare options, campus accommodations, and supportive networks available to you and your children in the Morehead community.

Thank you for choosing Morehead State University for your educational journey and thank you for showing your children the power of persistence and lifelong learning. We are so proud to have you here, and we look forward to celebrating every milestone with you all the way to graduation.

Sincerely,

Joseph A. (Jay) Morgan
President

MSU is an affirmative action, equal opportunity, educational institution.

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1. Welcome to Parenting at Morehead State

Welcome to Your Guidebook

Encouragement and Support

Earning a college degree is a major accomplishment, and pursuing your education while pregnant or raising a family is a true testament to your strength and dedication. At Morehead State University, we recognize that balancing coursework with family responsibilities comes with unique demands, but you do not have to navigate them alone.

Getting pregnant or raising children does not mean you cannot begin, continue, and finish your education. Being both a student and a parent brings incredible strength and perspective to our campus community. MSU is fully committed to supporting your health, your family, and your academic goals, and we want you to feel confident, empowered, and supported every step of the way toward graduation.

How to Use This Guidebook

This handbook is designed as a quick, comprehensive reference tool to help you navigate academic life, family needs, and community support. Feel free to search this document (control/command + F) to quickly locate specific information or use the Table of Contents to see everything contained.

While this guidebook references and explains innumerable resources for parenting students, it is not exhaustive. To keep it manageable, most resources referenced are available to students residing in the MSU Service Region, which includes 22 Kentucky counties: Bath, Boyd, Breathitt, Carter, Elliott, Fleming, Floyd, Greenup, Johnson, Knott, Lawrence, Letcher, Lewis, Magoffin, Martin, Mason, Menifee, Montgomery, Morgan, Pike, Rowan and Wolfe.

Keep this guidebook saved, refer to specific sections whenever new questions come up, and reach out to the contacts listed throughout these pages whenever you need extra support. If you notice any outdated information/links in this guidebook, if you notice any errors in content or formatting, or if you have any additional resources you think parenting students would benefit from, please reach out to Jen Timmermann at j.timmermann@moreheadstate.edu to make these edits.

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Rights for Pregnant & Parenting Students

Morehead State University is committed to creating an inclusive, supportive environment where all students can succeed academically. Under Title IX of the Education Amendments of 1972, federal law protects students from discrimination based on sex, which includes pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery from any of these conditions. Whether you are currently pregnant, recovering from childbirth, or navigating parenting responsibilities related to pregnancy care, you have specific rights that protect your access to education.

Key Student Rights & Protections

- **Equal Access to Programs:** You cannot be excluded from classes, major programs, financial aid, extracurricular activities, honors, or athletic programs because of pregnancy or related conditions.
- **Excused Absences:** Classes and coursework missed due to pregnancy, childbirth, or related medical conditions must be excused for as long as your doctor deems medically necessary.
- **Making Up Missed Work:** Instructors must give you a reasonable opportunity to make up missed assignments, exams, or labs, with full credit restoration options once you return.
- **Reasonable Accommodations:** You may request temporary adjustments to help you complete your classes comfortably, such as a larger desk, elevator access, or permission to take frequent bathroom breaks during class or exams.
- **Protection of Status & Aid:** Your academic status, class standing, and merit or athletic scholarships cannot be taken away or altered due to pregnancy or parenting leave.

Official Policy & Resources

To review official guidance and reach out for support or accommodations:

- Read the **U.S. Department of Education's** comprehensive guide: Know Your Rights: Title IX Protects You From Discrimination At School.
- View **MSU's institutional commitment** in the Morehead State Nondiscrimination Statement.
- Read the MSU Eagle Student Handbook.
- Request accommodations or report a concern directly through the MSU Title IX Office.

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2. University Resources

Applying to Morehead State

At MSU, we understand that pursuing a college degree while raising a family requires dedication, resilience, and support. Our Adult and Transfer Admissions team is committed to helping parenting students navigate the admissions process and connect with the resources they need to succeed.

To get started, simply visit **www.moreheadstate.edu/apply**. In addition to the application, please submit the following to MSU Admissions:

1. All previous college transcripts, if applicable.
2. A high school transcript or GED scores (if you have completed fewer than 24 college credit hours).

Once you have applied, one of our dedicated team members will contact you regarding your next steps, including orientation (SOAR), registration, and financial aid.

Academic Advising and Registration

MSU is committed to student success, and academic advising is a crucial part of helping students achieve their goals. As a student, you will be assigned an academic advisor who can provide guidance related to your major, career planning, and placement opportunities. Additionally, MSU has professional advising staff in each college to help you navigate your degree plan, course scheduling, and any other questions you may have.
After completing orientation, your advisor will connect with you to discuss class selection and help you navigate your degree plan. To locate your advisor and their contact information, follow these steps:

1. Log in to **MyMoreheadState** using your Eagle ID and password.
2. Select the **Self-Service Menu (WebAdvisor)**.
3. Choose **Students**, then **Academic Profile**.
4. Select **My Profile** to view your advisor's name and contact information.

After consulting with your academic advisor, you may register for classes online through the **Student Self-Service** menu in MyMoreheadState. To view step-by-step video instructions, watch this YouTube video courtesy of our IT office.

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Online Programs

Morehead State University offers a variety of fully online and hybrid undergraduate and graduate degree programs, making it easier for parenting students to earn a degree while balancing family, work, and other responsibilities. Online learning provides the flexibility to complete coursework from home (or anywhere with an internet connection) while receiving the same high-quality education and student support available to on-campus students. Online students have the same access to advising, tutoring, library resources, mental health counseling, and technical support that on-campus students do.

To explore available online program options, visit our MSU Online webpage.

Regional Campuses

MSU's regional campuses bring university education closer to home for students throughout Eastern Kentucky. Several of our programs allow students to complete coursework locally, reducing travel time and making higher education more accessible for those balancing family, work, and other commitments. MSU offers regional campuses and extended sites in Ashland, Hazard (at University Center of the Mountains), Mt. Sterling, and Prestonsburg. Our regional campuses allow for personalized support services close to home, but students do have the opportunity to transition to the main campus in Morehead if needed.

Campus	Director/Contact	Phone	Email
Ashland	Dr. Tammy Martin	606 783-2901	ashland@moreheadstate.edu
Hazard	Tracy Counts	606 487-3179	tscounts@moreheadstate.edu
Mt. Sterling	Dr. Chris Miller	606 783-2078	mtsterling@moreheadstate.edu
Prestonsburg	Dr. Deirdra Robinson	606 783-5421	prestonsburg@moreheadstate.edu

MSU Eagle Essentials Food & Toiletry Pantry

The **MSU Eagle Essentials Food & Toiletry Pantry** provides free food, personal hygiene products, school supplies, and other basic necessities to students experiencing food insecurity or financial hardship. The pantry is designed to help meet students' essential needs so they can focus on their academic success without worrying about access to everyday necessities.
Any MSU student with a valid Eagle Card ID may access the MSU Eagle Essentials Food & Toiletry Pantry. All items are provided free of charge, with no questions asked.

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To view the pantry's location and hours of operation, visit our Eagle Essentials webpage.

Parenting Student Lounge

The **Parenting Student Lounge**, located in ADUC 206, is a dedicated space for students who are also caregivers. Designed to support the unique needs of parenting students, the lounge offers a quiet and comfortable environment where students can study, rest, connect with others, and recharge between classes.

Parking Services

Morehead State University offers a variety of parking permit options for students, including permits for both commuter and residential students. Parking permits can be purchased through the university, and students should register their vehicles and review campus parking regulations before the start of each semester.

For questions about permits, parking locations, or citations, students may contact **Parking Services** for assistance at www.moreheadstate.edu/police.

Collegiate Prevention and Recovery Center

The **Collegiate Prevention and Recovery Center (CPRC)** provides a welcoming and supportive environment for students in recovery from substance use disorders or those seeking support in their recovery journey. Through peer support, campus and community referrals, recovery-focused programming, and confidential resources, the center helps students maintain these students' well-being while pursuing their educational goals.

Located in Rader Hall, Room 114, the CPRC serves as a dedicated, supportive space for students seeking recovery resources, education, and community.

Financial Aid/Student Finance

Balancing college and parenting is no small task, and we recognize the unique challenges that come with being both a student and a parent. The Office of Financial Aid & Scholarships is committed to helping you navigate your financial aid options so you can focus on achieving your educational goals while caring for your family. For general information about financial aid, financial literacy, and personal finance, read this guide our Camden-Carroll Library put together.

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Completing the FAFSA

The **Free Application for Federal Student Aid (FAFSA)** is the first step in determining your eligibility for financial assistance. It opens on October 1st of each year. By completing the FAFSA annually, you may qualify for:

- Federal Pell Grant
- Federal Direct Loans
- Federal Work-Study
- Kentucky state financial aid (if eligible)

Completing your FAFSA as early as possible each year helps ensure you receive the maximum aid for which you are eligible. Note, there is no fee to complete the FAFSA. If you are on a website trying to charge you, this is not the official FAFSA website.

Complete the FAFSA each academic year at their official website: www.studentaid.gov**.**

Federal Work-Study

If you are eligible, the **Federal Work-Study Program** provides an opportunity to earn money while attending school through part-time employment, often with flexible schedules that accommodate your classes. Your eligibility for a federal work-study is determined by your FAFSA. To see which on-campus positions are Federal Work-Study positions, go to Morehead State University Applicant Portal | Search Jobs and look for jobs with the “(FWS)” label. To see

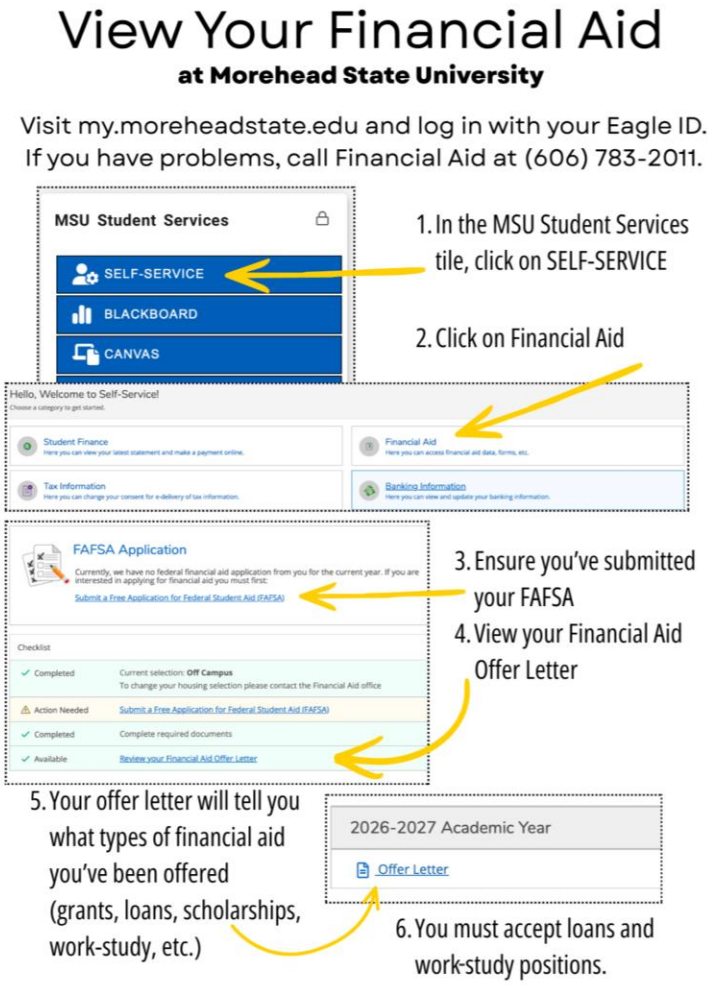
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if you've been awarded a federal work-study, look at your award letter from Financial Aid in your Self-Service. Follow the instructions in the graphic below to view your award letter.

Professional Judgement: Cost of Attendance Adjustment

If you incur childcare expenses so you can attend classes, study, or participate in required educational activities, you may be eligible for **Cost of Attendance (COA) adjustment**, which may increase your financial aid eligibility, depending on your individual circumstances and remaining aid eligibility.

COA Adjustment is part of **Professional Judgement**, which is when a financial aid counselor/aid administrator uses a student's circumstances to adjust their financial status. Child care expenses would fall under **Special Circumstances**, which refer to the financial situations (child care expenses, loss of a job, divorce changing income, someone passing away who had provided income, etc.) that justify an adjustment in a student's **Student Aid Index (SAI)** or to their COA. On occasion, a student's dependency status can change and result in a dependency



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override, thus changing their financial status in a different manner, if there are **Unusual Circumstances** like human trafficking, refugee/asylee status, parental abuse/abandonment, or incarceration.

If childcare expenses, or any other financial circumstances not reflected in your FAFSA, are a concern, we encourage you to contact your financial aid counselor to discuss your options and any required documentation.

NEST Emergency Fund

The **Needs for Eagle Support in Trying Times (NEST) Fund** is available to MSU students to help them navigate unexpected emergent needs. From assistance with emergent expenses and food insecurity to scholarship support and financial aid, we work to help students stay on track for success!

An application process is in place for students to submit a request that outlines their need. Needs may include, but are not limited to:

- Living expenses
- Transportation assistance
- Disaster relief
- Medical bills
- School supplies
- Tuition support and scholarships
- Required testing fees

To qualify for consideration, students must be in good academic standing with a minimum 2.0 GPA, have a positive conduct record and demonstrate significant hardship and an exhaustion of other available resources that has a negative impact on academic success. For more info, go to the MSU Alumni Foundation's Student Emergency Funds webpage.

Foundation Scholarships

The **Morehead State University Foundation** offers nearly 400 scholarship opportunities. These are funded by generous alumni and donors who care deeply about MSU and its students. Many MSU Foundation scholarships are based on academic credentials such as major, GPA, academic classification, or other criteria such as high school, county, or state.

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The application for Foundation scholarships opens on **January 1st** each year for the upcoming academic school year beginning in August. Students are encouraged to apply by the priority deadline of **March 15th**. However, application deadlines vary by scholarship. The final date to apply is **June 15th**.

By submitting this general scholarship application, you will automatically be considered for privately funded scholarships for which you qualify based on the information and responses you provide. Please complete the following steps to apply for our privately funded scholarships at Morehead State University:

1. Visit www.moreheadstate.edu/admissions/scholarships/
2. Scroll to the middle of the page and select “MSU Foundation Scholarships.”
3. Once that page loads, click “Apply Now” this will direct you to the home page of the online scholarship application. Click “Sign In” at the top right corner of the screen.
4. Log in using your official MSU credentials that you use to access your MyMoreheadState account.
5. After logging in, please answer all questions accurately to ensure you are applying for the most appropriate scholarships.
6. Click “Finish and Submit” when complete.
7. A screen will appear once the application has been submitted, verifying that your General Application is complete.
8. At the bottom of your screen, you can view the scholarships you have matched to.
9. There are some scholarships that require additional steps. To view these, click the “Opportunities” tab at the top of the screen and a list of additional scholarships may appear.
10. Click each scholarship to look at the details and submit the necessary requirements to be considered.
11. Application review will begin after the scholarship application deadline passes for each scholarship. Students will be notified by email when awarded a scholarship.

Remember to complete a new application **EVERY YEAR** while at MSU. New scholarships are offered annually based on many unique factors.

If you have a qualifying relative (parent, grandparent, stepparent, legal guardian, child, or spouse) who completed their degree at Morehead State University, you should also apply for the **Alumni Family Scholarship** using this same application. Please note: after you submit your

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general scholarship application, additional information will be requested to complete your Alumni Family Scholarship application.

Financial Responsibility Agreement

When a student registers for classes, they create a financial obligation to Morehead State University. Your total semester charges (tuition, housing, meal plans, books, and fees) minus any financial aid, scholarships, waivers, and third-party payments received for each semester will result in the amount due to the University.

All students must accept a Financial Responsibility Agreement and pay their balance in full or enroll in a payment plan to activate their meal plan and BeakerBucks, to allow textbook charges at the University Store, and to prevent cancellation of their class schedule. Instructions on how to do this are as follows:

1. Accept your Financial Responsibility Agreement.
    a. Login to MyMoreheadState at my.moreheadstate.edu.
    b. Select “Self-Service”.
    c. Select “Student Finance,” then “Financial Agreement.”
    d. Read the agreement, then select "Accept" and click “Submit”.
2. Pay your account in full or enroll in a payment plan (1/5 down payment required) if you have a balance due. Review the academic calendar for due dates. It is available at Calendars | Morehead State University | Kentucky.

Student Billing and Payment Information

Pay Your Bill

You may view and pay your account online by doing the following:

1. Login to MyMoreheadState at my.moreheadstate.edu.
2. Select the "Self-Service" link.
3. Select “Student Finance,” then "Make a Payment - Payment Plan" to pay your tuition and fees in full or to enroll in a payment plan.

Morehead State University offers a payment plan for students who need to set up installment payments for their balance due. One-fifth of your balance plus a $50 installment payment fee is

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due at the time of enrollment. (Review the academic calendar for due dates. It is available at Calendars | Morehead State University | Kentucky.) For questions or to contact the billing office, visit their webpage.

There is a service fee of 2.85% of the transaction total if paying by debit/credit card. There is no service fee to pay with an electronic check. In-person payments of cash/check/credit cards can be made at the cashier's window in Howell-McDowell.

Billing Statements

Morehead State University does not send out paper bills. Students will receive an email via their MSU email account once billing is available online via Self-Service in Student Finance. It is the student's responsibility to check their MSU email account on a regular basis.

The **Tuition and Fee Schedule** is available here. Tuition and fees are subject to change without notice by the Council on Postsecondary Education and the University's Board of Regents.

Refund Checks

A refund will be provided to you when payments (including financial aid, scholarships, and other outside sources of assistance) exceed your total charges. Students may choose to have their refunds sent to the bank account of their choice via direct deposit. Direct deposit is strongly encouraged for student convenience.

Academic Success

Camden-Carroll Library

The **Camden-Carroll Library** provides academic support, research assistance, technology access, study spaces, and library materials to help MSU students succeed. Parenting and pregnant students are welcome to use the library as a flexible, supportive space for coursework, research, online classes, printing, studying, and connecting with library staff for assistance. Library services and resources include:

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- **Research help:** Students may ask for help finding books, articles, databases, scholarly sources, citations, and other research materials. Assistance is available in person at the library and online through the library website.
- **Access to materials:** Students can borrow books and other circulating materials from the Camden-Carroll Library. The library also provides access to online databases, journals, eBooks, streaming media, and other digital resources that can be accessed while on or off campus using MSU credentials.
- **Technology access:** Computers, printing, scanning, and other technology resources are available in the library. These services may be especially helpful for students who need reliable technology access between classes, before or after work, or while managing family responsibilities.
- **Study space:** The library offers a variety of spaces for individual study, research, reading, and coursework. Students may use the library as a quiet and reliable place to complete assignments, attend online classes, or prepare for exams.
- **Instruction and course support:** Librarians provide information, literacy instruction, research support, and course-integrated assistance. Faculty may work with library staff to connect students with relevant library resources and services.
- **Online support:** Many library resources are available online, which can be especially useful for parenting students who may need to complete coursework from home or outside traditional hours.

Students can access Camden-Carroll Library resources and learn more about available services by visiting the library website. For direct assistance, contact Camden-Carroll Library or visit the library service desk during operating hours. Library staff are happy to help students identify resources and support.

Tutoring and Learning Center

The **Tutoring and Learning Center** **(TLC)** is your one-stop shop for academic support at MSU. We offer several ways to get the help you need, all completely FREE for current students:

- **Personalized one-to-one appointments:** Meet with a qualified tutor face-to-face for focused support on a specific subject or assignment. Schedule your appointment in advance to ensure you get the help you need, with flexible scheduling options to fit your busy life. Visit TutorTrac and schedule your appointment. (Instructions)
- **Drop-in sessions:** No appointment is needed! Simply swing by the TLC during designated drop-in hours to receive immediate assistance from our friendly and knowledgeable tutors. Perfect for a quick question or a last-minute study session.

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- **Tutor-led study groups:** Join forces with your peers in a supportive study group environment. Share insights, tackle challenging problems together, and stay motivated as you prepare for exams or work on group projects.
- **Faculty-led study groups**: Faculty-led study groups are a unique opportunity for students to work directly with an instructor on challenging course material.

Visit the Tutoring and Learning Center on the First Floor of Camden Carroll Library. For more information, call the TLC at 606-783-2034, email tutoring@moreheadstate.edu, or go to www.moreheadstate.edu/tutoring.

Accessibility Services

The **Office of Accessibility Services (OAS)** at Morehead State University is committed to ensuring equal access to educational opportunities for students with documented disabilities. OAS works collaboratively with students, faculty, and staff to provide reasonable accommodations that support academic success and full participation in university programs, services, and activities. Accommodations may include:

- Testing accommodations
- Note-taking assistance
- Accessible course materials
- Assistive technology
- Housing accommodations
- Other individualized supports based on a student's documented needs

Students should register with the Office of Accessibility Services by submitting an application and appropriate disability documentation. Once documentation is reviewed, students meet with an OAS staff member to discuss their needs and determine appropriate accommodations. Students are encouraged to begin the registration process as early as possible to ensure accommodations are in place when classes begin. More information about eligibility, documentation requirements, and the registration process is available through the Office of Accessibility Services website at Student Accessibility Services | Morehead State University | Kentucky. More information is available by emailing Misty Litton, Director Of Student Accessibility Services, at m.litton@moreheadstate.edu.

Testing Center

MSU's **Testing Center** provides secure test administration and quality customer service to all students, including adult learners. We facilitate both University-specific and national testing

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services. We believe students come first and should be encouraged to achieve their full potential while pursuing higher education. Tests our Testing Center offers are as follows:

- Accuplacer (Accuplacer practice tests)
- On-Campus ACT
- Advanced Placement (AP), International Baccalaureate (IB), & Cambridge International
- CLEP
- Departmental Proficiency
- DSST
- GED
- GRE General and TOEFL
- KYOTE (KYOTE math practice tests)
- Major Field Tests (MFT)
- Meazure Learning
- PRAXIS
- Proctoring Services
- TEAS

For more information like testing fee prices, testing credits, or to register for a test, go to www.moreheadstate.edu/academics/testing.

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Health & Wellness

Recreation and Wellness Center

Stay active and fit at our nationally recognized and award-winning **Recreation & Wellness Center**. The center houses three basketball courts, two racquetball courts, a swimming pool with a whirlpool, and multiple fitness areas with every type of weight and exercise equipment to fit your needs. The facility offers group fitness classes to students and members and is the home to MSU's numerous intramural sports leagues. The center also provides swim lessons for children each summer. To view the intramural schedule, Recreation & Wellness Center hours of operation, pool hours, or for more information, visit the Recreation & Wellness Center webpage.

Health and Mental Health Resources

Students who are needing health care while on main campus can access the **Counseling and Health Services** office on the first floor of the Allie Young Building. Health clinic services are conducted by a nurse practitioner and include preventative care, allergy treatments, immunizations, treatment of illness, physicals, and many other medical needs. An appointment is not required, but it is encouraged to decrease your wait time, as appointments and emergency needs will be given priority. Medical clinic appointments are billed through your primary insurance or Medicaid. Within the same office, MSU's counseling center provides mental health and substance abuse counseling and emergency and crisis options to our students. All counseling center visits are conducted at no charge to the student. We do not bill insurance nor do we collect any form of payment for counseling. The Counseling and Health Services clinic is only available to Morehead State University staff and students.

Students with children should visit their county health department for immunizations, well-child visits, family planning, etc. The federal program **WIC (Women, Infants and Children)** is housed in the county health departments. WIC provides extra support to help keep families healthy. WIC provides healthy foods, personalized nutrition education, breastfeeding support, and referrals to other services to support families. This program assists families with supplemental nutrition until the child reaches five years of age. The local health department can also refer families to pediatricians or health care providers who take children as patients.

Dean of Students & Wellbeing

The **Dean of Students & Student Wellbeing** is the primary administrative contact for the non-academic needs of the students. The office and departments of the Dean of Students serve to:

- Provide services and resources to support the health and welfare of students.

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- Offer amenities and opportunities for fitness, recreation, and wellness.
- Improve the quality of student life.
- Ensure that the University's programs, activities, services, and campus are accessible to all of our students.
- Uphold the behavioral expectations of our community.

To contact the Dean, access the Eagle Handbook, and more, go to the office's webpage.

TRIO Programs

Student Support Services (SSS)

Student Support Services (SSS) is a federally funded TRIO program open to eligible students. Eligibility is based on income, first-generation college student status, or qualifying disability. The program serves 361 students annually. MSU's SSS program has dedicated small computer lab spaces in Allie Young, Ginger, and Baird with free printing for SSS students. They offer tutoring, financial literacy, advising, mentoring, and much more. Visit the TRIO Student Support Services website for more information.

Commonwealth Educational Opportunity Center (CEOC)

The **Commonwealth Educational Opportunity Center (CEOC)** provides support to students attending or entering post-secondary education. They can help with admissions tests, FAFSA completion, transcript costs, and the college admissions process in general. They can also assist with GED and other obstacles one may face prior to being admitted to college. Visit the TRIO Commonwealth Educational Opportunity Center website for more information.

Military & Veteran Student Support

Morehead State University is proud to support military-affiliated students, including veterans, active-duty service members, members of the National Guard and Reserve, military spouses, and dependents. Dedicated staff are available to assist students with using their education benefits, navigating the admissions and enrollment process, and connecting them with campus and community resources that promote academic and personal success. Available resources include:

- VA education benefits certification (GI Bill® and other VA education benefits)
- Priority registration
- Transfer credit evaluations, including military training and experience when applicable
- Career Services and employment resources

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- Veteran-friendly campus events and programming
- Connections to local, state, and federal veteran resources

For more information and to connect with Military & Veteran Student Resources, go to Veterans, Active Duty & Military-Connected Students | Morehead State University | Kentucky.

Getting Involved: Student Organizations

The student organizations at Morehead State University offer numerous ways for you to become fully immersed in campus life. MSU offers more than 100 student clubs and organizations to serve a variety of student interests. Find a way to interact and get involved with student organizations and be rewarded with an even more fulfilling college experience.
Some of greatest benefits of student involvement for Parenting Students are:

- Building a support network
- Professional Networking
- Leadership Development
- Academic Success
- Access to Campus Resources

If you're interested in getting involved at MSU, go to www.moreheadstate.edu/student-life/activities/organizations/.

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3. Child Care Resources

Campus Child Care

MSU does not have a child care center on campus, but there are a number of child care centers in the Morehead area and MSU's service area. Please see child care resources listed below.

Search for Child Care

Kentucky has a searchable database for child care providers. Use this link to search by ZIP code: KY Child Care Search

Types of child care in the MSU service region include:

- **Traditional child care centers**: day care centers
- **Family child care homes**: care provided in a certified individual's home, typically offering a smaller, more intimate setting with a lower staff-to-child ratio)
- **Head Start**: federally funded program offering comprehensive early childhood education, health, nutrition, and social service support to low-income families with children ages 3-5
    - Head Start is offered through Community Action member agencies. Go to Community Action Kentucky in this document to find your local Community Action.
- **Early Head Start**: designed specifically for pregnant mothers, infants, and toddlers up to age 3, focusing on early development, health services, and support for families
    - Early Head Start is offered through Community Action member agencies. Go to Community Action Kentucky in this document to find your local Community Action.
- **Preschool Programs**: state- or community-funded early education programs designed to build early literacy, math, and social skills before kindergarten for qualifying 3- and 4-year-olds
- **Before- and After-school Care**: programs designed for school-aged children (ages 5–12) that provide care, supervision, homework help, and snacks before the school day starts or after it ends
    - Check your local public elementary schools and community centers to see if they offer before- and/or after-school care. Some child care centers offer extended-hour care for school-age children.
        - In Rowan County, you can check directly with individual Rowan County elementary schools (such as Rodburn, McBrayer, Clearfield, or Tilden

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Hogge) regarding on-site Family Resource & Youth Services Centers (FRYSC) for after-school care options.

- **Summer Camps**: seasonal, full-day or part-day coverage for school-aged children during summer breaks, often centered around outdoor recreation, sports, learning, or arts
    - The City of Morehead Parks and Recreation Department frequently hosts youth summer sports and day camps. Check the City of Morehead Parks & Recreation page for details.
    - MSU departments (such as Athletics, Youth Enrichment, and Space Science) host local day camps throughout the summer months. See MSU Youth Programs & Camps for options.

Understanding Kentucky All STARS

Kentucky uses a statewide quality rating and improvement system called **Kentucky All STARS** for licensed child care centers, certified family child care homes, Head Start, and public preschools.

Instead of just checking if a provider meets basic safety laws, the All STARS system evaluates providers on a 1- to 5-star scale across four core areas:

- **Classroom & Instructional Quality** (learning environments, daily routines, age-appropriate curriculum)
- **Staff Qualifications & Professional Development** (teacher training, early childhood degrees, ongoing education)
- **Family & Community Engagement** (communication with parents, supporting family needs)
- **Administrative & Leadership Practices** (program management and organizational standards)

What the Star Ratings Mean:
ALL STARS Level 1: The provider is licensed or certified in good standing and meets all mandatory state health, safety, and operational regulations.
ALL STARS Level 2: The program goes beyond basic licensing by requiring staff and directors to complete additional professional development and self-assess their classroom environments.
ALL STARS Levels 3 to 5: These levels represent higher tiers of quality verification. Providers must undergo formal third-party classroom observations and meet higher standards for staff credentials, family support, and learning quality. Additional points from the Standards of Quality and Domains are required to reach these levels.

For more details about the All STARS rating system, visit their website.

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4. Kentucky Assistance Programs

There are many **Department for Community Based Services (DCBS)** Family Support programs that may help eligible Kentucky college students. College enrollment does not automatically qualify or disqualify a student. Eligibility depends on each program's income, household, work, family, and student-status rules. Each program certifies a household for a different length of time. Certification periods, renewal requirements, reporting rules, and eligibility standards also vary by program.

What to Bring and How to Apply

The items below are commonly requested, but this is not an all-inclusive list. The exact verification needed depends on the program, household, and individual circumstances.

Commonly requested forms of verification include:

- Proof of where you live
- Photo identification or another acceptable form of ID
- Proof of income, or proof that you currently have no income
- Social Security numbers for each household member
- A heating or cooling bill, when applicable
- Proof of telephone expense, when applicable
- Rent or mortgage verification

Important: Each program may require additional verification. Provide any documents requested by your DCBS worker as soon as possible. Note: financial-aid eligibility and DCBS eligibility are NOT the same. Pell Grants, scholarships, student loans, FAFSA dependency status, and college enrollment do NOT automatically determine eligibility for these programs.

Although the programs are administered differently, an application may take up to 30 days to be approved or denied. When verification is requested, providing it promptly may help the application move more quickly.

Apply or prescreen (check several programs in one place before submitting a formal application) through Kynect, contact a local DCBS Family Support office, or call 855-306-8959.

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Suggested Kentucky DCBS Programs for College Students	
1. Kentucky Medicaid	
PROGRAM OVERVIEW ● Provides health coverage to eligible Kentucky residents based on income, household composition, age, pregnancy, disability, and other factors ● College enrollment does not by itself prevent eligibility, but eligibility can differ depending on whether the student is claimed as a tax dependent. ● KY pregnant women and children with household income at or below 218% of the Federal Poverty Level are eligible for Medicaid.	**BENEFITS TO COLLEGE STUDENTS** ● May cover doctor visits, hospital care, prescriptions, behavioral health services, preventive care, and other treatment ● Can provide an affordable option for students who lack coverage through a parent, employer, or college health plan
2. Qualified Health Plans (QHP) and Premium Assistance	
PROGRAM OVERVIEW ● Private health insurance coverage available through Kynect for individuals who do not qualify for Medicaid or need another coverage option ● If your household income is above 138% of the Federal Poverty Level, you could also qualify for a premium tax credit (or premium payment assistance) that lowers your monthly premium.	**BENEFITS TO COLLEGE STUDENTS** ● Can lower monthly insurance premiums, deductibles, and other out-of-pocket costs ● Useful for students who are no longer covered by a parent, do not have employer insurance, or earn too much for Medicaid
3. Kentucky Children's Health Insurance Program (KCHIP)	
PROGRAM OVERVIEW ● Provides free health insurance for families without health insurance with an annual household gross income at or less than 218% of the Federal Poverty Level for	**BENEFITS TO COLLEGE STUDENTS** ● May cover a younger college student who remains within applicable age and eligibility limits ● Benefits parenting students by providing

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children under the age of 19, currently pregnant women, or women within 1 year postpartum	health coverage for their eligible children
4. Kentucky Transitional Assistance Program (KTAP)	
PROGRAM OVERVIEW ● KTAP provides financial and medical assistance to low-income families with dependent children up to age 18. KTAP also helps families find jobs or get training that leads to a job. ● A family can receive KTAP benefits for 60 months (five years) in a lifetime. ● Relocation assistance, educational bonus, and work incentive bonus also are available to qualified KTAP recipients.	**BENEFITS TO COLLEGE STUDENTS** ● Can help eligible student parents meet basic household expenses while pursuing approved education, employment, or training activities ● May work alongside child care, transportation, and employment-related support services
5. Kentucky Works Program (KWP)	
PROGRAM OVERVIEW ● Designed to assist eligible low-income families with a child living in the home to achieve self-sufficiency by assisting program participants in obtaining education, training, experience, and employment ● KTAP recipients are required to participate each month to receive benefits.	**BENEFITS TO COLLEGE STUDENTS** ● Can allow a qualifying student parent's education or training to form part of a structured self-sufficiency plan ● May help coordinate college attendance with employment requirements and supportive services
6. Family Assistance Short-Term (FAST)	
PROGRAM OVERVIEW ● Provides short-term assistance for certain immediate family needs rather than continuing monthly cash assistance ● Families must meet the technical requirements for KTAP while not receiving ongoing benefits. They must also have a	**BENEFITS TO COLLEGE STUDENTS** ● May help an eligible student parent address an urgent temporary problem that threatens household stability or continued participation in school or work

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verified, non-recurring, short-term need like car repair, transportation assistance, unsubsidized child care, utilities payment assistance, housing payment assistance, or items required for employment.	
7. Child Care Assistance Program (CCAP)	
PROGRAM OVERVIEW ● Helps eligible families pay for child care while a parent or caretaker works, attends school as a full-time student, completes vocational training, or participates in an approved activity ● Parent must be a resident of KY with a child under 13 years of age	**BENEFITS TO COLLEGE STUDENTS** ● Makes it easier for student parents to attend classes, study, complete clinical or training requirements, and maintain employment by reducing one of the largest practical barriers faced by parents pursuing a degree or credential
8. Transitional Child Care (TCC) Assistance	
PROGRAM OVERVIEW ● CCAP families that are discontinued because their combined household incomes exceed 85% of the State Median Income (SMI) at case change and recertification are potentially eligible for an additional 6 months of TCC assistance. ● You can receive this Transitional Child Care assistance only once every 12 months.	**BENEFITS TO COLLEGE STUDENTS** ● Can help student parents maintain stable child care while transitioning into employment or continuing education ● Reduces the risk that a sudden loss of assistance will interrupt college attendance or employment
9. Employee Child Care Assistance Partnership (ECCAP)	
PROGRAM OVERVIEW ● Combines contributions from a participating employer with state assistance to help eligible employees pay child care expenses ● A family generally cannot receive ECCAP and CCAP at the same time. ● There's not a list of participating employers	**BENEFITS TO COLLEGE STUDENTS** ● Can lower child care costs for working college students whose employer participates in the program ● May make it more practical to balance employment, parenting, and college attendance

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available, but you can ask your employer if they participate in ECCAP or if they're willing to apply to participate in the partnership.	
10. Supplemental Nutrition Assistance Program (SNAP)	
PROGRAM OVERVIEW ● Provides monthly food-purchasing benefits through an EBT card ● College students enrolled at least half-time generally must satisfy a special student exemption in addition to ordinary household and income rules. You can check to see if you meet one of these exemptions at Students | Food and Nutrition Administration.	**BENEFITS TO COLLEGE STUDENTS** ● Reduces grocery expenses for students with limited income ● May be especially useful for students who work enough hours, participate in work-study, receive KTAP, care for a child, have a qualifying disability, or meet another student exemption ● Can help students living off campus maintain a more stable food budget
11. SNAP Employment and Training (SNAP E&T)	
PROGRAM OVERVIEW ● Provides approved education, occupational training, employment preparation, and supportive services for qualifying SNAP recipients ● The education or training normally must be connected to an approved employment plan, as this is an employment and training program, not a general college scholarship.	**BENEFITS TO COLLEGE STUDENTS** ● May support career-focused college courses, technical education, occupational credentials, job search preparation, and workforce training ● Can connect eligible students with supportive services needed to participate in approved training
12. Kentucky Nutrition Education Programs (KYNEP)	
PROGRAM OVERVIEW ● Administered by the University of Kentucky's Cooperative Extension Service, these programs educate low-income families and individuals on planning nutritious meals on a limited budget,	**BENEFITS TO COLLEGE STUDENTS** ● Can teach students how to prepare lower-cost meals, shop strategically, reduce food waste, and maintain better nutrition on a limited budget

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acquiring safe food handling practices, improving food preparation skills, and changing behavior necessary to have a healthy lifestyle.	

5. Parenting, Pregnancy, & Family Resources

Parenting or pregnancy doesn't have to mean putting your education on hold. While balancing college, work, and family responsibilities can bring new challenges, you don't have to navigate them alone. Morehead State University is committed to helping you find the resources, support, and flexibility you need to continue working toward your educational goals. Whether you're looking for parenting education, breastfeeding support, or other family-friendly services, the resources below can help you stay connected, supported, and on track toward graduation.

Parenting & Family Support

When it comes to parenting, you'll often hear the phrase "it takes a village." However, no matter the size or strength of your village, it can always benefit from additional resources. Here are a few to consider:

- **Parenting Classes**: Some churches, Community Action agencies, or other local institutions offer parenting classes for parents interested in learning problem-solving skills, learning age-appropriate forms of discipline, strengthening familial relationships, and receiving general support. **Prevent Child Abuse Kentucky (PCAK)** offers the largest list of KY locations of parent education providers, and those can be found at Parent Education - Prevent Child Abuse Kentucky. In addition to your local community and PCAK, you can reach out to DCBS about options for parenting classes at Kentucky Nurturing Parenting Program Information.
- **Family Resource Centers**: More than 850 Family Resource and Youth Services Centers (FRYSCs) provide services to Kentucky children, youth and families in approximately 1,200 schools. Programs and services may address kindergarten readiness, successful transitions to school and adult life, parent engagement, student achievement and well-being. FRYSCs collaborate in the community to promote physical and mental health for families and students as well as opportunities for families to learn together in safe environments. Each center offers a unique blend of programs and services determined by the needs of the population being served, available resources, location and other local characteristics. To find your local FRYSC or reach out to your region's program manager for more information, go to FRYSC Regions - Cabinet for Health and Family Services.

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    - If you're in MSU's 22-county service region, your FRYSC region is likely Region 7 or 8.
- **Kentucky Health Access Nurturing Development Services (HANDS)**: HANDS is a free, voluntary home-visiting support program for Kentucky expectant and new parents. Families must be enrolled during pregnancy or before a baby is 90 days old. You can be referred by your doctor's office, local health department, church, friends, or family. HANDS can provide support through your pregnancy and the early years of your baby's life, ways to make your home safer for your baby, information on how to care for your baby and be aware of developmental milestones, activities that you and your baby can enjoy together to stimulate brain development, and referrals and access to other community services you want. Call (502) 564-3756 for more information.
- **Public Health Prenatal Program**: This program is a community-based initiative designed to improve perinatal outcomes. Local health departments identify concerns or needs and refer pregnant women for prenatal care, wrap-around services such as nutrition support through the Women, Infant, and Children (WIC) program, the home visitation program of Health Access Nurturing Development Services (HANDS), substance use treatment and screening, and/or tobacco cessation.
    - While 72 counties in Kentucky lack an OB/GYN, you can receive care locally in Morehead at UK Morehead Women's Healthcare. You can also schedule telehealth appointments with Planned Parenthood for pregnancy care.
- **Birthing Classes**: Several hospital systems in Kentucky, including UK Healthcare, Baptist Health, and St. Elizabeth Healthcare, offer childbirth classes in both virtual and in-person formats to best suit your needs. Contact your OB/GYN to see if their hospital system offers birthing classes.
- **Postpartum Support International (PSI)**: PSI is the world's leading non-profit organization dedicated to helping those suffering from perinatal mood disorders, the most common complication of childbirth. Their website offers an online directory to find qualified perinatal mental health professionals in your area, a helpline, online support groups, a peer mentor program, and more.
    - For further help whether prenatal, perinatal, or postpartum, contact the National Maternal Health Hotline at 1-833-852-6262.
- For additional resources, visit the KY Cabinet for Health and Family Services page. The right-hand sidebar lists hotlines and helpful resources like WIC, the American College of Obstetricians and Gynecologists, HANDS, breastfeeding resources, and more.
- **Baby Budget Worksheet**: Budgeting for a baby can be an overwhelming challenge for any parent, so having a place to start can make a huge difference. Included at the end of this Parenting, Pregnancy, and Family Resources section is a baby budget worksheet parenting students can use as a reference.

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Breastfeeding, Lactation, and Formula

- The KY Cabinet for Health and Family Services Breastfeeding page has information about breastfeeding, including a recommended list of books you can request from your local library on the subject. It's suggested that you reach out to your local health department to be connected with specialized individuals like a Designated Breastfeeding Expert, international board-certified lactation consultant, or breastfeeding peer counselor.
- For lactation support, the Kentucky Breastfeeding Center in Lexington offers paid in-person and virtual options. For free support, La Leche League is a mothers-helping-mothers group committed to helping families reach their nursing goals through individual, group, in-person, and/or virtual support.
- For parents of babies taking formula, you may be able to reach out to your local Community Action agency or call 211 for assistance. Additional KY Cabinet for Health and Family Services guidance can be found at https://www.chfs.ky.gov/agencies/dph/Documents/FormulaOnePager.pdf.

Baby Supplies & Safety

- **Safe Sleep**: Kentucky's official guidance on safe sleep for infants is to follow the ABCDs of safe sleep to reduce SIDS (Sudden Infant Death Syndrome), suffocation, and other sleep-related injuries.
    - **A**lone: Stay close in the same room, but sleep apart on different surfaces (at least for the first 6 months, but ideally for baby's first year).
    - **B**ack: Always place baby on his or her back to sleep, for naps and at night.
    - **C**rib: Use a firm and flat sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet with no other bedding, toys, soft items, or crib bumpers in the sleep area.
        - Cribs for Kids supports families in need around the nation to obtain a separate safe sleeping space for their baby. To serve communities nationwide, we partner with local agencies to distribute Cribs for Kids Cribette Portable Cribs to their communities. To request a crib, go to Find a Crib - Cribs for Kids. Kentucky Cribs for Kids Partners include the Fleming County, Greenup County, and Montgomery County Health Departments, but you can search your zip code on the map provided to find the nearest location to you.
    - **D**anger: Be aware, not impaired.
- **Diaper Assistance**: Saint Bernadette Catholic Church's Diaper Bank Ministry collects diapers to help agencies that assist low-income and homeless families. They only donate

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directly to community agencies rather than individuals, but you can visit their website for a list of agencies they donate to, their phone numbers, and the zip codes they serve. You can also contact 211 as a general resource locator for diaper banks and other emergency/basic needs assistance.

- **Car Seat Safety**: The Kentucky State Police (KSP) website offers information on what type of car seat your child needs based on their height, weight, and age. You can also call your local KSP post (search by county here) to schedule a safety seat inspection for peace of mind that your child's car seat is safely installed.

Child Development

- **Developmental Screenings**: Help Me Grow Kentucky offers free, confidential developmental screenings for children from birth through age five and a half via 2 online screening tools. These evidence-based, universally accepted, reliable screening tools can be used to quickly check your child's development and identify your child's strengths as well as areas in which your child may need support.
    - If questionnaires aren't for you, you can look at Kentucky Child Development Resources for typical growth and development milestones. Growth and development milestones are included for children from birth to six years old, but this site also has important information for safety, care and interactions, and nutrition for ages birth to 21 years, with added info like mental health and sexuality becoming available as developmentally appropriate and relevant.
- **Early Intervention**: **Kentucky's Early Intervention System (KEIS)** provides services for children from birth to age 3 and their families if the child has a developmental delay in communication, cognition, physical, social and emotional, or self-help, if the child has been diagnosed with an established risk condition likely to result in a developmental delay, or if the clinical evaluation and expertise of a multidisciplinary team of professionals determines the child is in need of services. Anyone can refer a child to KEIS, and referrals can be made to your regional point of entry (POE) office. Most families receive services at no cost to them, but families will be assessed for their ability to pay for early intervention services and for their health insurance coverage, including private insurance and Medicaid.

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Baby Budget Worksheet

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Student Parent Baby Budget Worksheet

Estimate baby-related costs and compare them to your available resources.

Basic Information

Name: _____

Due Date/Child Age: _____

Monthly Baby Expenses

■ Childcare $_____

■ Diapers & Wipes $_____

■ Formula/Food $_____

■ Clothing $_____

■ Healthcare $_____

■ Other $_____

■ Total Monthly Costs $_____

One-Time Baby Costs

Car Seat $_____ Crib/Bassinet $_____ Stroller $_____ Other Essentials $_____

Total Start-Up Costs $_____

Monthly Resources

■ Employment $_____

■ Financial Aid/Scholarships $_____

■ Family Support $_____

■ WIC/SNAP Benefits $_____

■ Other $_____

■ Total Resources $_____

Budget Snapshot

Resources $_____ - Monthly Costs $_____ = Balance $_____

■ My budget is manageable ■ I need additional support/resources

Action Steps

■ Apply for WIC/SNAP

■ Explore childcare assistance

■ Use campus resources

■ Create an emergency savings plan

Notes: _____

_____

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6. Food Resources

Students at Morehead State can access the Eagle Essentials food pantry in ADUC on the 2nd floor in Room 212. There is another pantry located in Room 203 in Ginger Hall.

Kentucky Assistance Programs, Community Action Agencies, and Area Development Districts can provide commodity food boxes for low-income people who are 60+ years of age. Students caring for or living with parents or grandparents could utilize this resource to supplement their household food budget and needs.

Many churches offer food pantry pickups either through a mobile drive-through setup or pickup at certain locations either weekly or monthly. God's Pantry collaborates with many of these pantries to serve 50 KY counties, and their website allows you to find your local pantry by zip code.

Resources by County: MSU Service Region

For a listing of Food Resources in the MSU service region, visit the **Food Resources link**.

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7. Housing Resources

University Housing Policies for Families

Morehead State does not have space to accommodate married students or students with families on campus at this time.

Local Apartments

There is not currently one main place to find available apartments in the area, but many landlords advertise on Facebook Marketplace, apartments.com, zillow.com, or similar sites. MSU students and staff often have some experience renting in the area, so using your community as a resource is recommended. Some local owners only rent apartments to MSU students, while others rent to anyone. Additionally, members of tenant unions like KY Tenants (kytenants.org; note: the organization also has a chapter on MSU's campus you can join) are familiar with a lot of the opportunities in the area and can give some advice.

Income-based and Emergency Housing

Housing Authorities

A public housing authority is a local or state government agency that receives federal funds from The U.S. Department of Housing and Urban Development (HUD) to provide affordable housing and housing assistance for low-income residents in its jurisdiction.

The **Housing Authority of Morehead** is a Public Housing agency that provides safe, clean, affordable/income-based rentals to eligible low-income families, seniors, and other individuals in Rowan, Fleming, and Bath counties. For more information or to apply for housing, visit their website.

For Boyd County residents, **Ashland Assisted Housing Authority**'s mission is to leverage the power of affordable, decent, safe, and stable housing to help communities thrive and low-income families increase their potential for long-term economic success and sustained high quality of life. For more information or to apply for housing, go to their website.

Appalachian Foothills Housing Agency Inc. provides housing assistance to low-income families in Greenup, Carter and Elliott counties by administering programs designed to help them find safe, decent, and sanitary housing and to assist in paying their rent. For more information or to apply for housing, go to their website.

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The **Floyd County Housing Authority (FCHA)** provides adequate and affordable housing opportunities to serve low-income individuals, families, the elderly, and persons with disabilities in Floyd County in Kentucky. The housing programs at FCHA are income-based, and the eligibility guidelines are set by the U.S. Department of Housing and Urban Development (HUD). For more information or to apply for housing, go to their website.

The mission of **The Housing Authority of Paintsville** is to be Paintsville's affordable housing choice by providing adequate and affordable housing, economic development, and a suitable living environment for the families they serve. For more information or to apply for housing, go to their website.

For Lewis County residents, **The Housing Authority of Vanceburg (HAOV)** is a non-profit organization that provides affordable housing to low-income families and individuals in Vanceburg, Kentucky. For more information or to apply for housing, go to their website.

For Magoffin County residents, the **Salyersville Housing Authority** provides safe, sanitary, and affordable housing for anyone who qualifies, offering low-income apartments. For more information or to apply for housing, go to their website.

For Mason County residents, **The Housing Authority of Maysville** seeks to improve the quality of life of local residents by serving as a community resource and partner while providing economical, safe, and sanitary public housing for eligible families as well as elderly and handicapped/disabled persons. For more information or to apply for housing, go to their website.

The **Pike County Housing Authority** provides decent, safe, and sanitary rental housing for eligible families, as well as opportunities and promotion of self-sufficiency and economic independence for Housing Choice Voucher Participants. For more information or to apply for housing, go to their website.

For students outside of the aforementioned counties, several counties in the service region don't have websites listed or easily accessible. However, you can find your local housing authority (low-income housing provider) at websites like https://www.ushousingdata.com/housing-authorities/kentucky, https://www.affordablehousing.com/housing-authority-ky/, or https://hudhousingnetwork.com/housing-authorities/ky.

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Emergency Housing

The **Gateway Homeless Coalition, Inc. (GHC)** is a private, non-profit organization which provides shelter and supportive services for individuals and families who are experiencing homelessness in the Kentucky counties of Bath, Menifee, Montgomery, Morgan, and Rowan. Their listed address is 695 Flemingsburg Rd., P.O. Box 326, Morehead, KY 40351, but you can call their office at 606-784-2668 for more information on what they offer and how to apply. To find shelters in other cities across Kentucky, you can search by city here.

Financial Assistance Programs

Utility Assistance

Community Action Kentucky is a state-wide organization collectively working to empower individuals and families to attain greater economic stability and long-term success. With 23 member agencies and outreach offices in all 120 Kentucky counties, Community Action agencies provide life-changing resources to support a wide array of service areas, including utility assistance. In section 13 of this document, there is a chart detailing where you can find the nearest member agency that serves your county if you're located in the MSU service region. To find your county's individual outreach office, you can go to https://www.capky.org/network/ and search by "County Outreach Offices." If you're outside of MSU's service region and want to find your member agency, search by "Meet Our Members."

Rental Assistance

The **Kentucky Housing Corporation** offers several specialized voucher programs to Kentuckians in need of rental assistance. To see all available rental assistance resources, you can go to their website or browse for the one that most applies to you below:

- Stability Vouchers provide rental assistance for individuals and families who are experiencing or at risk of homelessness, or are fleeing domestic violence, dating violence, or human trafficking.
- The Family Self-Sufficiency Program is a voluntary program for HUD-assisted families that helps increase earnings and builds a financial savings (escrow) account.
- The Family Unification Program provides housing assistance to families where the lack of adequate housing is a primary factor in the separation of children, or for youth aging out of foster care.
- Mainstream Vouchers assist households that include a non-elderly person with disabilities.

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- Veterans Affairs Supportive Housing is a partnership with the VA to provide permanent housing and supportive case management services to homeless veterans.

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8. Health Care

Students in need of health care while on main campus can access the **Counseling and Health Services Center** on the first floor of Allie Young Hall. A Nurse Practitioner will examine you for primary and acute health concerns. This is by appointment only and only for Morehead State University staff and students.

Students with children should visit their county health department for immunizations, well-child visits, family planning, etc. The federal program **WIC (Women, Infants and Children)** is housed in the county health departments. WIC provides extra support to help keep families healthy. WIC provides healthy foods, personalized nutrition education, breastfeeding support, and referrals to other services to support families. This program assists families with supplemental nutrition until the child reaches five years of age. The local health department can also refer families to pediatricians or health care providers who take children as patients.

Resources by County: MSU Service Region

For a listing of health resources in the MSU service region, please visit our **Health Resources list**.

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9. Legal Services

There are times when students need legal assistance. Civil cases are usually covered by Legal Aid offices in the Commonwealth of Kentucky. Criminal defense cases, whether misdemeanors or felony charges, are covered by the **KY Department of Public Advocacy** via public defenders. These programs are provided for low-income individuals who cannot afford legal representation. The KY Department of Public Advocacy has regional offices that serve multiple counties. You can find your local office here.

Legal Aid programs that serve the 22-county MSU service region include: **Legal Aid of the Bluegrass** and **Appalachia Research and Defense Fund (AppalReD)**. They assist clients with housing, family protection, income and benefits issues, and consumer rights situations. They do not cover criminal defense, personal injury claims, or fee-generating cases. Students needing **Emergency Protective Orders** will need to contact their local circuit court clerk office.

The **County Attorney's Office** has a child support division that can help parents with enforcing child support mandates. You can find a list of all county attorneys here.

Resources by County: MSU Service Region

For a listing of legal resources in the MSU service region, please visit our **Legal Services list**.

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10. Substance Use/Recovery

MSU students can access free mental health services by contacting our **Counseling and Health Services Center** located on the first floor of Allie Young Hall. Students can email using their MSU email to counselingandhealthservices@moreheadstate.edu or call the office at 606-783-2055. Counseling Services are free to all MSU students on or off campus, while health services are provided on a sliding scale income range or can bill the medical insurance provider for the student.

In Kentucky, the leading providers of substance abuse treatment and recovery are the **Community Mental Health Centers (CMHC)**. In the MSU service region, the leading CMHCs are Pathways, Mountain Comprehensive Care, Comprehend, and Kentucky River Community Care. This is a great first step in getting information regarding treatment options for substance abuse. The KY Cabinet for Health and Family Services offers a search tool to find your local CMHC.

Kentucky Community Health Care centers offer services on a sliding scale fee and take most private insurance as well as Medicaid and Medicare. Their 27 member organizations are home to over 600 clinic sites across the state. To find yours, go to their website.

Students who find themselves in crisis can call the **988 Suicide and Crisis Lifeline**. Kentuckians can text, chat, or call 988 to connect with suicide prevention, mental health, and substance use counselors. Calls are answered locally as often as possible through one of KY's 14 call centers. 988 uses georouting provided by your cell carrier's ability to route your cell phone call to near your general location and transfers your call to the 988 call center closest to you based on where you're calling from. If all local lines are busy, the call goes to a local, then national backup line, where the call is still answered by a trained counselor. Connections to additional crisis services will be provided if necessary. KY also has 2 dedicated text/chat centers. For more information, go to KY's 988 website.

To find treatment and recovery openings (including places to access naloxone) across the state, go to https://findhelpnow.org/ky.

Resources by County: MSU Service Region

For a listing of recovery resources in the MSU Service Region, visit our **Recovery Resources link**.

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11. Transportation

Students on MSU's main campus can use **MSU Shuttle Services** from 7am-3:15pm Monday through Friday during the semester, with a one-hour break scheduled from 10:45-11:45am each day. The shuttle stops at the US Highway 60 Overflow Lot, Baird Hall, the Little Bell Tower in front of Camden Carroll Library, ADUC (2nd street by Starbucks), and the Center for Health Education and Research (CHER) building.

Students who need to use transportation while off campus can use **Mor'Trans** for $1 per mile. Mor'Trans is public transportation serving the city of Morehead and surrounding areas in Rowan County. Mor'Trans can take students to Kroger, Wal-Mart, and other shopping areas in the city of Morehead, but students will need to call and arrange pick up and drop off times. For routes and other info, go to their website.

Kentucky local community action organizations provide general transportation needs to residents of each county. Some are restricted to disabled residents or residents over 60 years of age. Most community action organizations do offer low-cost local transportation, usually based on mileage rates. Many offer non-emergency medical transportation and public transportation to specific cities such as Lexington, Ashland, Louisville, and Cincinnati.

Some localities do offer taxis or private, non-emergency medical transportation, but fees will vary.

Resources by County: MSU Service Region

For a listing of Transportation Resources in the MSU service region, visit the **Transportation Resources link.**

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12. Employment

Employment assistance and preparation for employment can be provided by the **MSU Career Center** on campus or virtually and by the **Kentucky Career Center (KCC)**. KCC can be accessed in Morehead, Ashland, and Maysville.

Student Employment at MSU

MSU provides a number of paid work experience programs that provide employment to students as they learn. These include federal and institutional work study programs, Undergraduate Research Fellowships, Graduate Assistantships, Eagle RISE internships, and the Today's Youth program.

Work-study Positions

MSU posts both **institutional work-study (IWS)** and **federal work-study (FWS)** positions on the Human Resources website. You must have a FWS award in your financial aid package to be eligible for a FWS position. All students are eligible for an IWS. Work-study positions are guaranteed to work with your class schedule, and most positions are on MSU's main campus or one of the extended campus centers, with location noted on the job posting.

Undergraduate Research Fellowship

At MSU, **Undergraduate Research Fellowships (URF)** are paid, experiential learning programs that pair full-time degree-seeking students with faculty mentors.

- **Eligibility**: Requires full-time enrollment, a minimum 3.0 GPA or 24+ ACT score, and an approved research project
- **Compensation**: Fellows are paid an hourly rate (typically scaling by experience, ranging from $9.00 to $10.50/hour).
- **Requirements**: Fellows are expected to work up to 20 hours a week and often showcase their findings at events like the annual Celebration of Student Scholarship. Applications for URF each academic year are due by September 15th.

The URF process requires you to first speak with a faculty member in your field to agree upon a research project. Your faculty mentor must then submit a request for the fellowship on your behalf. For more information, visit the URF webpage.

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Graduate Assistantships

The **Graduate Assistantship (GA)** program provides hands-on experience in research, teaching, or administrative service while assisting with degree costs. MSU offers over 35 graduate assistantships annually, providing a yearly stipend of up to $11,500 (around $5,750 per semester). To be eligible, students must be unconditionally admitted to a graduate degree program (conditionally admitted students may be eligible for only one semester), complete 9-13 graduate credit hours per semester, work on departmental or research duties an average of 20 hours a week, and maintain a 3.0 GPA. Additionally, teaching GAs must have at least 18 graduate semester credit hours in their specific teaching discipline. For more information, visit the GA webpage.

Eagle Rural Internships in STEM Experience

Eagle Rural Internships in STEM Experience (Eagle RISE) provides paid internship opportunities for MSU undergraduate students to earn wages and experience while they study at MSU. Students must be from a rural county in MSU's service region (Bath, Boyd, Carter, Elliott, Fleming, Johnson, Lewis, Magoffin, Mason, Menifee, Montgomery, Morgan, Powell, Rowan, or Wolfe county) and be pursuing a major in a field listed as a high-skill, high-wage, high-demand field. Students must meet income eligibility requirements or be a potential first-generation college student.

Students in Eagle RISE will receive support by participating in internship opportunities, as well as on-campus mentorship and guidance as they complete Level-UP coursework to gain distinctions in oral communication, written communication, professionalism, critical thinking, and teamwork. For more information, visit the Eagle RISE webpage.

Today's Youth Program

The **Today's Youth (TY)** program is for out-of-school youth (ages 17-24) funded through the Workforce Innovation and Opportunity Act (Department of Labor funds administered by TENCO Workforce Development Board) to provide tuition and career assistance. If you enroll in the program prior to beginning classes at MSU, they can provide tuition support. They can also provide funding for part-time employment (180-270 hours total), job skills training, funds to begin work (for required work supplies), and incentives for beginning training, work placement, and other milestones. For more information, visit the TY webpage.

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Career Centers

Center for Career Development & Experiential Education

MSU provides a comprehensive Center for Career Development & Experiential Education (CCDEE) for students and graduates. This is a great resource to get support for resumes, cover letters, practice interviews, education abroad, undergraduate research experience, major exploration, career skill-building, and more. Visit the CCDEE webpage for more information. One of their resources is **Eagle CareerNet**, which connects you with jobs, internships, and volunteer opportunities posted exclusively for Eagle students and alumni. The CCDEE also has a webpage for career and major exploration, which includes information about career counseling info, informational interviews, job shadowing, career assessments, and more.

Regional Career Centers

The **Kentucky Career Center** in MSU's service region is coordinated by **TENCO** (serving Bath, Boyd, Bracken, Fleming, Greenup, Lewis, Mason, Montgomery, Robertson, and Rowan counties) & **EKCEP** (serving Bell, Breathitt, Carter, Clay, Elliott, Floyd, Harlan, Jackson, Johnson, Knott, Knox, Lawrence, Lee, Leslie, Letcher, Magoffin, Martin, Menifee, Morgan, Owsley, Perry, Pike, and Wolfe counties). These state-run workforce networks help job seekers find employment and connect employers with qualified workers. They can also help with skill development & training or specialized support (like Vocational Rehabilitation services for individuals with disabilities, earning the Kentucky National Career Readiness Certificate, apprenticeship support, and more).

Childcare-Friendly Employers

There are not many employers that classify their business as childcare-friendly. As you look for employment, ask employers if they are childcare-friendly and participate in the **Employee Child Care Assistance Partnership Program (ECCAP)**. Through this program, a childcare-friendly employer may provide on-site child care facilities or subsidize child care through ECCAP, with the state providing a dollar-for-dollar match if employers pay a portion of an employee's child care expenses.

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13. Community Organizations

MSU is a very large part of the Morehead community, and we encourage students to immerse themselves within the community as well. There are dozens of state, regional, and local community-based organizations that work to serve folks needing any number of a wide variety of resources. This is not an exhaustive list, but it is a place to start.

Community Action Kentucky

Community Action Kentucky is a state-wide organization collectively working to empower individuals and families to attain greater economic stability and long-term success. With 23 member agencies and outreach offices in all 120 Kentucky counties, Community Action agencies provide life-changing resources to support a wide array of service areas, including food security, transportation, home energy, early childhood education, senior support, emergency services, housing, workforce development, family advocacy, and more. Below is a chart detailing where you can find the nearest member agency that serves your county if you're located in MSU's service region. If you're outside of MSU's service region and want to find your county's individual outreach office, you can go to https://www.capky.org/network/ and search by "County Outreach Offices." To find your member agency, go to the same website and search by "Meet Our Members."

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County	Member Agency	Address	Phone Number	Website	Services/Programs (some of many)
Bath, Menifee, Montgomery, Morgan, Rowan	Gateway Community Action Agency	151 University Drive, West Liberty, KY 41472	606-743-3133	https://gatewaycaa.org/	Goodwill Vouchers, Ready 4 Life Youth Program, Kynect health coverage, Weatherization Assistance Program, Early Head Start, Head Start, education assistance, Workforce Innovation and Opportunity Act, Kentucky Power THAW and HEART programs
Boyd, Carter, Elliott, Greenup, Lawrence	Northeast Kentucky Community Action Agency	21039 W. US Hwy 60, Olive Hill, KY 41164	606-286-4443	https://nkcaa.net/	Community Collaboration for Children, Columbia Gas Energy Assistance Program, Home Energy Assistance Program, Head Start, Kentucky Health Benefit Exchange/kynectors, Low Income Housing Energy Assistance Program, Northeast Catering, rural transportation, Weatherization Assistance Program, Workforce Innovation and Opportunity Act, Wintercare
Breathitt, Wolfe	Middle Kentucky Community Action Partnership	171 Howell Heights, Jackson, KY 41339	606-666-2452	https://www.mkcap.org/index.html	Head Start, Low-Income Home Energy Assistance Program, Workforce Innovation and Opportunity Act
Fleming, Lewis, Mason	Licking Valley Community Action Program	203 High Street, Flemingsburg, KY 41041	606-845-0081	https://www.lvcap.com/	Emergency/Crisis Assistance, Nutrition Assistance, Energy Assistance, Employment Services, Weatherization, Kynect, Community

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					Collaboration for Children, Human Services Transportation Delivery
Floyd, Johnson, Magoffin, Martin, Pike	Big Sandy Area Community Action Program	230 Court Street, Paintsville, KY 41240	606-789-3641	https://bsacap.org/	Emergency Food and Shelter Program, Low-Income Home Energy Assistance Program, WinterCare Energy Fund, Head Start, Workforce Innovation and Opportunity Act, Tenant-Based Rental Assistance Program, Weatherization Assistance Program
Knott, Letcher	LKLP Community Action Council	398 Roy Campbell Drive, Hazard, KY 41701	606-436-8853	https://www.lklp.org/	Community Collaboration for Children, Parent Self-Help Education, Early Head Start, Head Start, Low-Income Home Energy Assistance Program, Weatherization Assistance Program, Home Energy Assistance in Reduced Temperatures, Temporary Heating Assistance in Winter, Domestic Violence Program and Safe House, Victims of Crime Assistance, Non-Emergency Medical Transportation, Workforce Innovation and Opportunity Act

United Way

United Way is an international organization with 1100+ locations in more than 30 countries and territories, 21 of those locations being within Kentucky. United Way mobilizes communities to action so all can thrive, helping neighbors strengthen their resilience by advancing health, youth opportunities, and financial security. You can find your local United Way here, but there are 3

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locations within MSU's service region: United Way of Eastern Kentucky, Inc. (Prestonsburg), United Way of Mason County (Maysville), and United Way of Northeast Kentucky (Ashland). These organizations support local charities and communities through grants, fundraising, and community service.

211

If this resource guidebook isn't quite comprehensive enough yet, **211** is the most comprehensive source of information about local resources and services in the country. The 211 network in the United States made more than 19 million connections to help, resources, and services for people in 2025. Most calls, web chats, and text messages are from people looking for help meeting basic needs like housing, food, transportation, and health care. Calls to 211 are confidential and can be anonymous. For more information, visit the Kentucky 211 website.

Clothing Closets

Morehead State University has a **free suit bank** on campus for students and alumni. Located in the **Center for Career Development and Experiential Education** on the ground floor of the Camden-Carroll Library, the suit bank can be accessed during normal business hours, with drop-ins welcome. The suit bank is designed so students and alumni can access and choose appropriate attire for an interview or presentation. Available clothing includes suits (pants and skirts), dress slacks, shirts/blouses, ties and shoes.

Located in Ashland (2516 Carter Ave., Ashland, KY 41101) is a clothing closet called **The Dressing Room**. There are no residency or income requirements, so any parenting student in need can visit. The organization also offers back-to-school supplies, career attire, and blankets, and they host a yearly Prom-N-Aide event for local high school children needing prom dresses and accessories.

The **East Kentucky Dream Center** (463 Hambley Blvd. Pikeville, Kentucky, 41501) is a faith-based charitable organization that finds and fills the needs of struggling people across Eastern Kentucky. Their clothing and hygiene outreach offers free clothes, shoes, and hygiene items to people in need in Eastern Kentucky, specifically from Johnson, Martin, Floyd, Pike, and Letcher counties. For food-insecure folks, The East Kentucky Dream Center also provides hot meals and donates food boxes to individuals in need.

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Period Y'all

Period Y'all, founded in 2022, is a grassroots organization working to end period poverty and advance menstrual equity across Kentucky, especially in the Appalachian region. They provide direct access to period products through initiatives like Stock the Schools and Period Y'all Pantries, while also organizing events like Menstrual Equity Lobby Day to educate and empower Kentuckians to advocate for policy change. By combining community partnerships, education, and advocacy, Period Y'all works to ensure that no one has to miss school, work, or daily life because they cannot afford the products they need. As of Fall 2026, there are currently 8 Period Y'all Pantries across KY, but the only one currently in our service region is located in Letcher County at the Whitesburg McDonald's. To get involved or find your local pantry, go to their website.

Kentucky Tenants

Kentucky Tenants is a 501(c)(3) non-profit organization and a tenant union fighting for a Kentucky where everyone has safe, dignified, permanently affordable housing, governed by their community. Their goal is to build community power and improve quality of life through greater tenant protections across the state, through tenant unions, and through the creation of social housing options. Kentucky Tenants has a Morehead chapter that meets in their office at the Morehead United Methodist Church. You can find information about specific meeting times on their Facebook page. MSU also has a student chapter that focuses on student housing, developing young leaders, and philanthropic efforts like hygiene drives, disaster relief fund-raising, and volunteering. For more info about Kentucky Tenants, go to their website.

MoreLove

MoreLove is a non-profit based out of Morehead that serves marginalized folks in Eastern Kentucky. The organization is led by community-engaged professionals who see challenges as opportunities for meaningful connection and progress. In rural places, barriers are often magnified by distance, limited infrastructure, and a lack of visibility, so MoreLove shows up through direct support, advocacy, and community-centered events that create welcoming, affirming spaces rooted in dignity and respect. MoreLove's contributions to the community include hosting free yard sales, providing gender-affirming clothing, providing essential items like clothing upon request, and handing out free narcan, birth control, and emergency contraceptives at events. For more information or to request items, visit their website.

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14. Emergency Resources

Campus Police

In the event of a safety threat, MSU has a police department staffed with 12 police officers. In addition to this staffing, the overlap of jurisdiction with Kentucky State Police, the Rowan County Sheriff, and the Morehead City Police Department enables swift response times for all emergency alerts. You can contact **MSU PD** by calling 911, using any of the 37 blue emergency call boxes on campus, or by calling or texting MSU PD via the LiveSafe app. Call 911 for off-campus emergencies.

Domestic/Intimate Partner Violence

If you or someone you love is experiencing domestic violence, you can call the **National Domestic Violence Hotline** at 1-800-799-7233. For a broad list of domestic violence resources by county, visit this website.

Locally, **DOVES of Gateway** provides safe shelter for those fleeing from intimate partner violence and helps them transition back into society. DOVES serves victims in Bath, Menifee, Montgomery, Morgan, and Rowan Counties. Their staff is trained to provide guidance, information, and compassionate support in a way that helps vulnerable individuals take control of their lives. DOVES provides a 24/7 emergency safe shelter for victims and their children, and they assist with Emergency and Interpersonal Protective Orders after hours to victims of abuse in our community. DOVES can be contacted through their crisis line (800) 221-4361, office phone (606) 784-6880, or email address info@dovesofgateway.org. For further information, visit their website.

Safe Harbor of Northeast Kentucky is an emergency shelter and advocacy center that provides confidential, caring, and supportive services to all domestic violence victims in Boyd, Greenup, Carter, Lawrence, and Elliott counties. Through the use of resources, education, counseling, and advocacy, Safe Harbor provides a safe place for victims to consider the impact domestic violence is having upon them and their family. Safe Harbor's services are free to all victims of domestic violence, regardless of race, gender, national origin, age, sexual orientation, or handicap. For further information, visit their website.

LKLP's Domestic Violence Program and shelter provides immediate resources and assistance to any victim of physical or mental abuse, or those under the threat of physical abuse by a partner or ex-partner. Dependent children are also welcome. All services are free and

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confidential. Services include a 24-hour crisis line (1-800-928-3131), temporary and safe lodging, housing assistance, individual and family counseling, legal advocacy, educational assistance, peer-led group counseling, child advocacy, and public education and awareness. LKLP's Domestic Violence Program serves Breathitt, Knott, Letcher, and Wolfe counties. For further information, visit their website.

The **Ion Center for Violence Prevention** has spent the past five decades walking alongside thousands of survivors, innovating prevention models now used across the Commonwealth, and building partnerships that ensure safety is a shared responsibility. At their core, they believe in the power of safe: safe homes, safe schools, safe relationships, and safe communities. The Ion Center serves Fleming, Lewis, and Mason counties. For further information, visit their website.

Turning Point Domestic Violence Services, Inc. provides temporary safe shelter to victims of intimate partner violence and their dependents. Their website is currently under construction, but their Facebook page is Turning Point KY. They serve Floyd, Pike, Martin, Magoffin, and Johnson counties.

Sexual Assault Resources

For adult women who have experienced sexual trauma or assault, **Giving Grace** is a free support group led by a licensed clinical social worker every other Tuesday in the CHER Building, room 102, from 6-7pm. For more information, you can call Megan Neace at (606) 595-5929.

The **Kentucky Association of Sexual Assault Programs** (**KASAP**) is the coalition of Kentucky's 13 regional sexual assault centers which offer free, confidential, 24/7 support services and care to survivors of rape and other kinds of sexual violence. Every Kentucky county has a dedicated regional sexual assault center providing crisis services and ongoing support to survivors and their loved ones, and you can find your local center here. See the table below for regional sexual assault centers serving counties in MSU's service region.

County	Regional Sexual Assault Center	Crisis Line	Office Number	Address	Website
Bath, Boyd, Carter, Elliott, Greenup,	Pathways Victim Services	(800) 562-8909 or (606) 324-1141	(606) 329-8588	P.O. Box 790 Ashland, KY 41101	www.pathways-ky.org

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County	Regional Sexual Assault Center	Crisis Line	Office Number	Address	Website
Lawrence, Menifee, Montgomery, Morgan, Rowan					
Breathitt, Knott, Letcher, Wolfe	The Rising Center	(800) 375-7273	(606) 436-5761 (ext. 7800)	637 Morton Blvd. Hazard, KY 41701	www.therisingcenter.org
Fleming, Lewis, Mason	The Ion Center for Violence Prevention	(606) 564-6708 (call or text)	(606) 564-6708 (call or text)	111 East Third Street Maysville, KY 41011	ioncenter.org
Floyd, Johnson, Magoffin, Martin, Pike	Mountain Comprehensive Care Center's Healing Program for Survivors of Sexual Assault and Domestic Violence	(800) 422-1060	(606) 886-8572	150 South Front St. Prestonsburg, KY 41653	www.mtcomp.org

Suicide and Crisis Lifeline

The **988 Suicide & Crisis Lifeline** provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 across the United States and its territories. The 988 Lifeline consists of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices. If you are experiencing a crisis, you can call or text "988" and be connected with someone for help. You can also chat on their website.

Emergency Financial Assistance

MSU students in good academic standing with a minimum 2.0 GPA, a positive behavioral record, and demonstrating significant financial hardship (as determined by the Office of Financial Aid) reflecting an urgent and critical need for assistance to continue their academic

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journey can apply for Student Emergency Assistance here. These funds can be used for tuition, testing and program aid, living expenses, disaster relief, medical bills, transportation assistance, or school supplies.

Misty Skaggs also raises money through mutual aid in Eastern Kentucky. You can find her on Facebook or Instagram to let her know your situation and see how she can assist.

Emergency Childcare

If you're in need of emergency or drop-in childcare, you can search by location and by age of your children at https://winnie.com/emergency-childcare or https://winnie.com/drop-in-daycare.

Shelters

The **Gateway Homeless Coalition, Inc**. (**GHC**) is a private, non-profit organization which provides shelter and supportive services for individuals and families who are experiencing homelessness in Bath, Menifee, Montgomery, Morgan, and Rowan counties. Their listed address is 695 Flemingsburg Rd., P.O. Box 326, Morehead, KY 40351, but you can call their office at 606-784-2668 or visit their website for more information on what they offer and how to apply. To find shelters in other cities across Kentucky, you can search by city here.

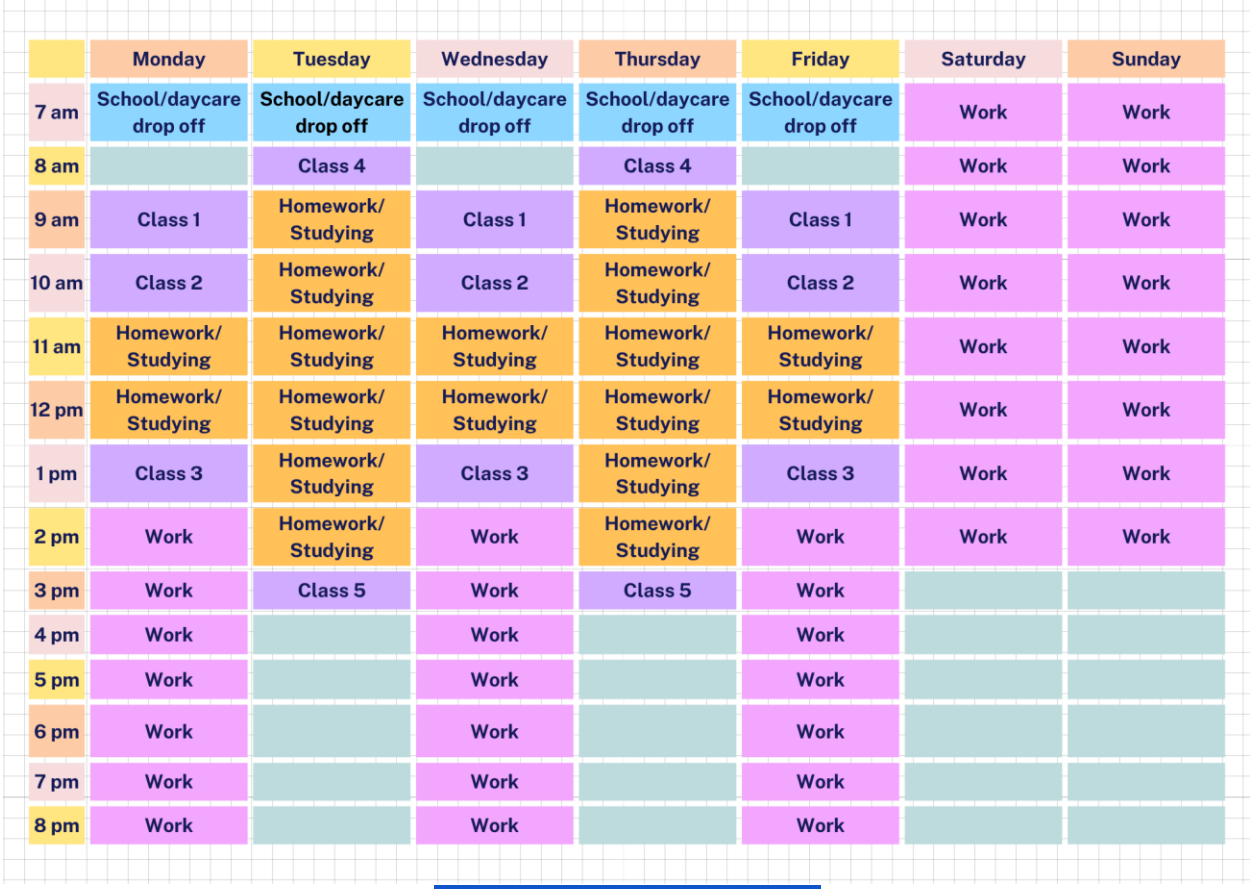
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15. Time Management & Student Success

We know being a parenting student can be overwhelming, and we want to help you find balance between your many obligations. Time management and utilizing your support system are the best ways you can do this, so we've put together a few tips below.

Weekly Planning Templates

There are many ways you can plan out your week to allot for your class schedule, study time, your job, and time with your children. Some students prefer a physical representation of their weekly plan, and they purchase a planner or a white board calendar to map out their time every week. Other students find it easier to use digital representations, like blocking off study times on a shared Google Calendar or by using Canva templates to create a rough weekly plan. To give you an idea of what your schedule could look like, below is a Canva representation of a parenting student with full-time, in-person classes, a full-time job, and a trusted member of their circle who can facilitate daily pickups for the kids. Based on the number of classes you're taking, the delivery of your classes (in-person or online), your work hours, and the age of your children, this schedule may look very different, but mapping out what your week will look like takes 10-20 minutes of your week every week and keeps you on track, making it easier for you to succeed.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 am	School/daycare drop off	School/daycare drop off	School/daycare drop off	School/daycare drop off	School/daycare drop off	Work	Work
8 am		Class 4		Class 4		Work	Work
9 am	Class 1	Homework/ Studying	Class 1	Homework/ Studying	Class 1	Work	Work
10 am	Class 2	Homework/ Studying	Class 2	Homework/ Studying	Class 2	Work	Work
11 am	Homework/ Studying	Homework/ Studying	Homework/ Studying	Homework/ Studying	Homework/ Studying	Work	Work
12 pm	Homework/ Studying	Homework/ Studying	Homework/ Studying	Homework/ Studying	Homework/ Studying	Work	Work
1 pm	Class 3	Homework/ Studying	Class 3	Homework/ Studying	Class 3	Work	Work
2 pm	Work	Homework/ Studying	Work	Homework/ Studying	Work	Work	Work
3 pm	Work	Class 5	Work	Class 5	Work		
4 pm	Work		Work		Work		
5 pm	Work		Work		Work		
6 pm	Work		Work		Work		
7 pm	Work		Work		Work		
8 pm	Work		Work		Work		

Balancing Classes and Parenting

Using a weekly planner to block out study time is a great way to add structure to your routine, but we all know children don't always adhere to structure. Sometimes they get sick, or you have different spring breaks, or maybe they have after-school activities you need to attend. Because of this, it's important to find little ways to balance your student life and your parenting life. Some ways you can save time include meal prepping, alternating carpooling with peers so you have extra time on days you're not responsible for dropoff/pickup, or splitting up your schedule so you can take 1-2 online classes per semester instead of having one semester of online classes followed by one of fully in-person classes. Another way you can balance your time is through micro acts of multitasking like studying while your children nap, reviewing notes while waiting to pick them up from practice, or listening to recorded lectures/audio versions of your textbook while cooking.

Building a Support Network

Having a support network as a parenting student is key to your success, whether it's a significant other, your parents, neighbors, siblings, family friends, or other people in your village. These people in your life can not only assist with childcare, but can be folks who will read flashcards with you, let you practice your presentation in front of them, and celebrate with you when you do well on your final exams. If you don't have a large support network, try connecting with parents of children at your child's daycare or of students at your child's school. Being able to alternate who can pick up/drop off the kids, bring snacks for sports games, or watch the kids while the rest of the group is at work/school can be very helpful.

If you're feeling ambitious, you can even start a club for student parents and create your own community here at MSU! If you can find a total of 8 full-time students (including yourself, if applicable), create a constitution/bylaws for your organization, and find a full-time MSU employee to advise, you can start your own parenting student organization. Benefits of doing so include everything mentioned in the previous paragraph, but you'd also be able to form study groups, have new children around for yours to befriend, and have a space where you can both express your struggles and share solutions/tips with other parenting students.

Self-care Ideas

Being a parenting student can be stressful, so it's important to take time to relax and recuperate every now and then so you can remember why you're pursuing an education. Self-care can look different for everyone, so it's important you find what works best for you. Some ideas include:

- Taking a nap when able

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- Watching your favorite movie/going to the movie theater
- Hiking Lockegee, around Cave Run Lake, around Eagle Lake, or somewhere closer to your hometown
- Going to the spa/salon
- Having a game night with family/friends
- Going to an art studio like Whimziworks and creating something fun
- Spending time at the gym (note: you have free access to MSU's Recreation and Wellness Center with your EagleCard, even if you're an online student)

Asking Professors for Help

So many students, parenting students included, struggle succeeding due to fear surrounding asking for help. Your professors would not be here without you, and they want you to perform well in their classes. Every professor will have a syllabus with information for how to contact them on it, and this will be dispersed in-person in the first week of class or will be on your course's Blackboard/Canvas page. The most popular ways to reach your professor are by email (always make sure you're contacting professors through your MSU email) or by office hours. If their office hours don't overlap with your schedule, you should attend! The professors reserve those hours specifically for helping students, yet not enough students take advantage of this time. You can use this time to ask your professor to elaborate on topics you don't yet understand, ask what successful students in the past have done to do well in their class, or ask for feedback on a homework assignment. By asking your professors for help, you're making a connection that may continue beyond your time at MSU, as former professors are often willing to write recommendation letters to employers or help you network in your field of study.

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