



Dear {{Person-Preferred}},

We just added new items to your New Student Checklist! You can see what items have been added by going to your [UVM App Status](#) page and clicking on the green "View Your New Student Checklist" button at the top center of the page.

Keeping up with your onboarding tasks is critical as you prepare to join us on campus in January! If you have any issues or questions don't hesitate to email the orientation team at orientation@uvm.edu or call us at 802-656-4136 (Monday - Friday, 8:30 a.m. - 4:30 p.m.).

To-Do Items

✔ Save the Date for New Student Insight Sessions in December

In December, we will have three [New Student Insight Sessions](#) for incoming "Winter Cats" (that's you!) and families, hosted virtually. Please save the dates below (all sessions will start at 7 p.m. EST)! You will receive a link for the events a week before they occur.

December 9th - Student Financial Services (SFS) will provide key information about student accounts, billing, financial aid, and more.

December 10th - The Department of Student Affairs (DOSA) will host a session on transitioning to UVM and important student resources on campus (including dining options!) to help you be successful.

December 11th - The Center for Health and Wellbeing (CHWB) will review the full range of medical and mental health services available on campus and covered by your student health fee, how to make appointments, and when to seek care off campus.

✔ Check your UVM email for info regarding Advising Appointment

In the next week or so you should hear from your college advising team about setting up an appointment with your advisor to review and finalize your course registration. Be sure to keep checking your UVM email for this and other important communication.

If you need to take a Math, Music, or Foreign Language Placement Exam you must do this before your course registration advising appointment! More information about these placement exams will be your [New Student Checklist](#) if this applies to you.

✔ Set up Proxy Access

Due to the Family Educational Rights and Privacy Act (FERPA), student financial and academic records cannot be shared with a third party (including parents or guardians) without written consent from the student (if over 18). If you have family members or supporters who are helping you with financial matters, it is important to designate them as a proxy on your financial aid and billing account. This means they can access your billing information, make payments to UVM, view financial aid information, and access tax forms. A financial proxy does not apply to academic records or information. For more information on how to set up proxy access, [visit this webpage](#).

Catamount Curiosity!



Campus Recreation: Staying Active at UVM

Campus Recreation offers lots of options to stay active all year long. As a student at UVM, you have free access to the fitness center, bouldering wall, indoor track, tennis/basketball/volleyball/pickleball courts, pool, and studios during Open Rec hours.

If you're interested in group fitness classes like yoga, spinning, kickboxing, BodyPump, and more, you can buy an unlimited group fitness pass for the semester for \$45!

Finally, if friendly competition is more your thing, you can join an [intramural sports league](#)! These teams and tournaments are all about fun and socializing, while staying active. Traditional sports like soccer, basketball, and hockey are available, but there are also less conventional options like Broomball, Trenchball, and Inner Tube Water Polo. The photo above is from the recent "Capture the Pumpkin Tournament" at the end of October!

Campus Recreation has something for everyone!

[Learn More about Campus Recreation](#)

HAVE QUESTIONS?

Phone: (802) 656-4136

Email: orientation@uvm.edu

Monday - Friday
8:30am - 4:30pm EDT

OUR COMMON GROUND VALUES

Respect | Integrity | Innovation | Openness | Justice | Responsibility

Visit the [Our Common Ground webpage](#) to learn more.

