



NEW STUDENT WEEKLY

A weekly message with important to-dos, updates, and more to support your onboarding to UVM



Dear {{Person-Preferred}},

Next week, November 24 - 28, is Thanksgiving Recess for UVM! This means that some offices and departments across campus may have limited operating hours. As you're working on your onboarding tasks and [New Student Checklist](#), just be aware that some things may take longer because of that break.

As you are making your plans for arriving at UVM and joining us for New Student Orientation, get ready for 4 full days of learning about UVM, making connections with students, faculty, and staff, and having fun! **Orientation begins at 3:00 pm on Thursday, January 8th and ends around 1 pm on Sunday, January 11th.**

To-Do Items

✓ **Get your CATCard set up = Food**

During Orientation!

Your CATCard is your digital UVM credential, stored on your phone. Your CATCard is necessary for accessing buildings, using your meal plan, and using the fitness center and library. It's essential! During Orientation, all of your meals are provided on campus and will not be charged to your meal plan, but you will need your CATCard working on your phone in order to access the dining halls. Learn how to [set up your CATCard](#) using this step by step guide. **All Winter Cats (that's you) who have their CATCard on their phone by December 19th will be entered to win a \$25 Gift Card to the UVM Bookstore!**

✓ **Check your UVM email for Billing Information!**

Bills for spring semester will be sent to your UVM email in early December with a due date of January 9th. If you have designated a financial proxy, they will also have access to your bill. Through Student Financial Services, you can [estimate your bill](#), [learn more](#) about billing and due dates, and how to respond to your bill to avoid late payment fees. If you have any questions or concerns, you can reach out to Student Financial Services at sfs@uvm.edu or call the office at 802-656-5700.

✓ **Check out transportation and parking options!**

There are lots of ways to get around campus and around Burlington. As a UVM student, you have access to the [CATS Bus \(a campus shuttle\)](#) and Green Mountain Transit (public bus for Burlington area buses) for free. CATS shuttles also run to and from the train station and airport before and after break times to help students get home!

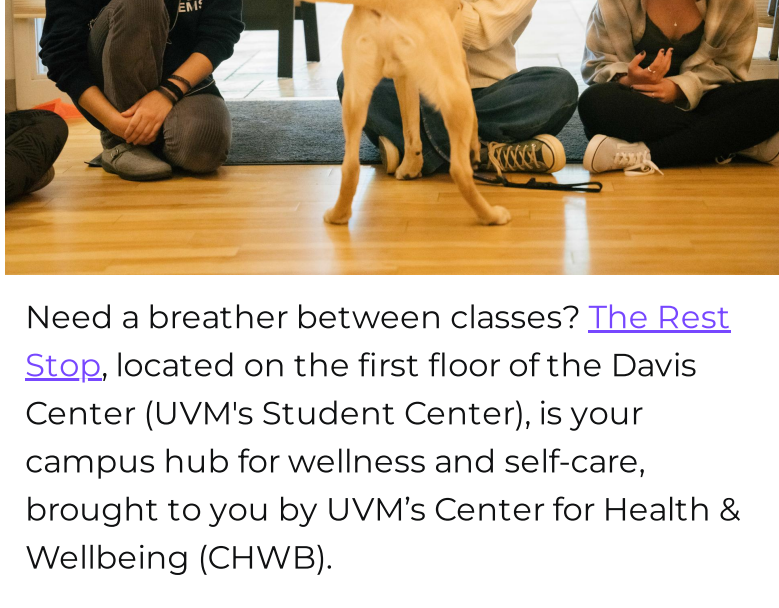
To access the GMT public bus system, download the [Ride Ready App](#) and off you go. GMT busses are safe and reliable and can take you places like shopping areas, the grocery store, the Burlington Waterfront and more.

Many UVM students use a bike to get around town, but you may not know that UVM offers an affordable [bike rental service](#), and a free student-led bicycle education co-op where you can learn how to keep your wheels rolling.

Finally, if you are living off campus or you are not a first year student, you may also be eligible for a campus [parking permit](#).

Catamount Curiosity!

Rest Stop: Home Base for Health and Wellbeing



Need a breather between classes? [The Rest Stop](#), located on the first floor of the Davis Center (UVM's Student Center), is your campus hub for wellness and self-care, brought to you by UVM's Center for Health & Wellbeing (CHWB).

Here's some of what you'll find:

- ✓ **Massage Chair** – Sign-up for a quick session to melt away stress.
- ✓ **Happy Lights** – Boost your mood and energy during Vermont's darker months with light therapy to get some extra Vitamin D.
- ✓ **Service Dogs in Training** – Stop by for some puppy love during events with the Service Dog Training Club!
- ✓ **Free Yoga and Pilates Classes** – Relax, stretch, and breathe deeply in yoga class or work on your strength and balance with a pilates class.
- ✓ **Wellness Coaching** – Drop in for a non-clinical chat about managing student life.
- ✓ **Snacks & Chill Space** – Because sometimes you just need a cozy corner.

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.

University of Vermont

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