



**December 9, 2022**

**Dear Catamount Families,**

As we approach finals week, your students are close to the end of the fall semester! I hope you are as proud of them as we are. This semester has held various kinds of challenges and, as always, an abundance of learning. There's no question—UVM students deserve a restful break.

Throughout the coming week, our campus is offering opportunities and resources to support a strong finish, as well as fun and invigorating events to keep them going. Be sure to check out the list below.

The time between the fall and spring semesters is a wonderful opportunity for students to recharge, and for families to connect and plan. I encourage you to ask your student open-ended questions to support them in processing the semester, and to show your understanding that they're thinking through a lot during this time of intellectual and developmental expansion. Over the winter break, you can also help them refuel with sleep, food, and above all, love.

This time of year provides moments to find joy, give thanks, and be present with loved ones. On behalf of UVM, I offer my best wishes to you and your families. Please remember that we are here year-round to support your students with successes and challenges. Your partnership makes UVM's educational mission possible, and for that we are deeply grateful.

Warmly,  
Erica

**Erica Caloiero** (she/her)  
*Vice Provost for Student Affairs*

**FINALS GUIDE 2022**



## **Programming for your mind, body, and spirit**

### **Stretch Out, Don't Stress Out**

Week of December 11

Free yoga classes, pickleball, open skate, and more through Campus Rec.

### **Festival of Light & Dark**

Thursday, December 8

**7:30 p.m.**

**Interfaith Center (Redstone)**

### **CEMS Hot Chocolate & Cookies**

Friday, December 9

11:00 a.m.–3:00 p.m.

Discovery Hall, 2nd Floor Lobby

### **Game Time**

Saturday, December 10

2:00–4:00 p.m.

Brennan's (games & pizza)

### **We all Scream for Ice Cream**

Sunday, December 11

2:59 p.m.: Andrew Harris Green  
(Ice cream in the Davis Center Atrium)

### **Drop In Massages at Living Well**

December 12–13



## **Events and resources for studying and productivity**

### **Study Sessions**

Tuesday, December 13

9:00 a.m.–3:00 p.m.

UVM Alumni House, snacks will be included!

### **Best study spots on campus**

Looking for the best spot to study on campus? Check out this [\*\*BORED blog post\*\*](#) for cozy favorites across UVM.

### **PRISM Center Study Space**

Living and Learning, C-180

If you're interested in a safe, comfortable spot to prepare for finals, consider stopping by UVM's PRISM Center lounges for snacks and quiet. Open hours and all are welcome.

**Interested in gaining new study skills?** UVM's Center for Academic Success has you covered with [\*\*a number of presentations that can help you\*\*](#) prepare and succeed before and during finals week!

### **Group & Peer-run Study Sessions**

Stop by Living Well in the Davis Center to sign up for a free 15-minute massage.

**Outdoor Exp Arts & Crafts Night**

Monday, December 12

5:00–7:00 p.m.

Wilks Davis Wing Lobby

**Tea Time Tuesday**

Tuesday, December 13

9:00–10:00 a.m.

UVM Interfaith Center (Redstone)

**MOSAIC Center for Students of Color Study Break**

Wednesday, December 14

5:00–7:00 p.m.

Living and Learning E-166

Stop by for pizza, beverages, snacks, and de-stressing activities.

**Relaxation Station at [Living Well](#)**

Thursday, December 15

10:00 a.m.–3:00 p.m.

Need somewhere to relax and unwind? Drop in any time for some crafting, puzzles, music, snacks, and more to decompress and bring you back to the present moment.

UVM's Tutoring Center is providing final review sessions for a select number of courses during the exam reading days. Click the link above for featured courses, dates, and locations.

**UVM's Writing Center**

December 12–14

12:00–3:00 p.m.

The Undergraduate Writing Center will be holding 30-minute review sessions by appointment. [Sign up online!](#)

**PB&Js at Living Well**

Monday, December 12

10:00 a.m.–2:00 p.m.

Hunger can be a major roadblock to your overall focus. Stop by Living Well for a freshly made sandwich just the way you like it.

**Fueling for Finals**

Monday, December 12

Make-your-own Tea + Snacks

Davis Center Atrium

**PLANTshake Pop Ups & Treats**

December 12–15

Follow [UVM Dining](#) for times and locations.

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**UPCOMING EVENTS**

***Winter Week of Welcome (WOW): January 17–February 3***

Save the date for UVM's annual Winter WOW! New and returning students are invited (and encouraged!) to connect and celebrate the start of the new semester with a week+

of programs, events, and giveaways. For more information and the full schedule, visit [uvmboored.com/welcome](https://uvmboored.com/welcome) or download the [UVM COMPASS app](#).



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## IN CASE YOU MISSED IT

### Vandalism in the Halls Webinar

Thank you to all who joined us for our community presentation on vandalism in the residence halls at the end of October. This webinar was just one of a few ways we're engaging our community. Interested in (re)watching the webinar? [Click here to view the recording](#).

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*Want to read previous editions of the Catamount Family Newsletter?  
Visit our [Communications with Families webpage](#).  
Don't miss an update. Add or adjust your contact information through [UVM Foundation](#).*