



January 20, 2023

Dear Catamount Families,

With the return of students, campus is bustling again and we couldn't be happier to have our community back in motion. I hope you had time over winter break to talk with your student about their successes and challenges during the fall semester, and to ask questions that support their continued exploration and growth.

Last week, we also welcomed hundreds of new Catamounts and their families to our community during Winter Orientation. We're so excited you're here.

The spring semester will present new opportunities for connection and engagement for UVM students, as well as challenges. Some challenges can be planned for—and I speak to this a bit in a welcome video, linked below, that I shared with students earlier this week. Prioritizing healthy relationships, making the time for rest, and staying hydrated support success in college and are good habits for life. I'll be sharing more evidence-based practices and reminding students about the importance of taking care of their mental health throughout the spring semester.

Each month I'll be in touch to share some of what interests and inspires us, as well as information that I think you'll find useful—keep scrolling! If you have requests or suggestions for topics, I'd love to hear from you and will address as much as I can via the Catamount Family Newsletter. And as always, if you have questions or concerns, please be in touch. For both, please write to me at StudentAffairs@uvm.edu.

With all best wishes for 2023,
Erica

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



Intramural Sports

Registration closes 1/24

Time to sign up for one of [Campus Recreation's intramural sports leagues or tournaments](#)! Students can select from a wide variety of options—ever heard of broomball?—and make new friends, get active, and enjoy some winter fun. League sports registration closes January 24.

Outdoor Programs

Is your student eager to get outside? UVM's [Outdoor Programs](#) team is excited to announce their [winter events schedule for 2023](#). From cross-country skiing and snowshoeing to sipping some hot chocolate by a fire, there's something for every Catamount to enjoy.



Study Abroad Fair

Wednesday, January 25

11:00 a.m.–2:00 p.m.

DC Grand Maple Ballroom

Is your Catamount interested in studying abroad? Encourage them to attend the [Study Abroad resource fair](#) to talk with advisors, travel study faculty, and visiting program providers.

Summer University

It's never too soon to start thinking about summer! Did you know that UVM offers over [500 courses](#) throughout May, June, and July for a fraction of the standard cost of tuition? Consider talking with your student about their academic goals and summer plans. Registration opens March 1.

UPCOMING EVENTS

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

[Winter ActivitiesFest](#), January 24–26 in the Davis Center, is an excellent starting point for getting familiar with the landscape of student clubs. Each day will highlight a different subset of our 200+ recognized clubs and organizations. These student groups provide leadership experience, create space for lifelong friendships, and allow students to delve into interests outside of the classroom.

We are also transparent about clubs and organizations that are not recognized on campus. A list of these organizations can be found on the [Student Life website](#) and has been shared with your student as well.

Encourage your Catamount to attend Winter ActivitiesFest and seek out opportunities for engagement both in and out of the classroom. As always, the [Department of Student Life](#) is here as a resource to support your student in their involvement journey.



IN CASE YOU MISSED IT

President Garimella on "Vermont This Week"

UVM President Suresh Garimella sat down with Stewart Ledbetter on the PBS program "Vermont This Week" to discuss the state of UVM, its place in the state's economy and the promise of the tuition freeze, the acquisition of "Deep Green" computer, and the president's trip to Antarctica. [Watch now>>>](#)

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