

The Pawbook

2019 – 2020



The Graduate Student Senate

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General Information

The Graduate College

The Graduate College is located in the historic Waterman Building and provides services and support all for post-baccalaureate and graduate education programs at the University including:

- Admissions and student retention
- Graduate program development, updates and administration
- Academic policy creation, revision, and implementation
- Graduate assistantship and fellowship management
- Intramural faculty research funding

Contact Information

University of Vermont	For current students:	For prospective students:
330 Waterman Building	(802) 656-3160	(802) 656-2699
85 South Prospect Street	gradcoll@uvm.edu	graduate.admissions@uvm.edu
Burlington, VT 05405		

Graduate College Staff

- Here is a list of the people who make all things graduate happen. If you have any questions or concerns (or just want to say hi), [drop them a line!](#)
- **Cynthia “Cindy” Forehand, Ph.D.** is the Dean of the Graduate College and Professor of Neurological Sciences. She oversees and guides graduate education at the University.
- **Daniel “Dan” Harvey** is the Assistant Dean of the Graduate College and Director of Operations for the Vice President for Research.
- **Kimberly Hess, M.S.** is the Director of Admissions and Enrollment Management and is responsible for admissions activity from processing applications through the initial enrollment of a new student.
- **Bethany Sheldon** is a Student Services Specialist and assists accepted graduate students with all academic affairs from enrollment to graduation.
- **Sean Milanomow** is a Student Services Specialist and assists students on graduate assistantships with tuition and health insurance scholarships.
- **Rebecca “Becky” Prigge, M.Ed.** is a Student Services Specialist and assists international students with enrollment and academic affairs.
- **Matthew “Matt” Spindler** is the Business and Admissions Assistant for the Graduate College.
- **Hannah Helme** is the Executive Assistant to the Dean of the Graduate College.
- **Ralph Swenson, J.D.** is the Graduate Student Ombudsperson and provides independent, confidential, and impartial assistance to students on matters affecting graduate education.

Graduate Student Senate

The purpose of the Graduate Student Senate (GSS) is to cultivate both the academic and nonacademic activities of the graduate student body and enhance all aspects of graduate school life at the University of Vermont. We are a voice for graduate students and act as a liaison between the University of Vermont's administration, faculty, staff, undergraduate and graduate students.

Learn more about us: www.uvm.edu/gss

GSS Recognized Clubs and Organizations

GSS has over 10 recognized clubs and organizations that you can be apart of! From multicultural organizations to program specific to professional development, find your group of people while at UVM! Check out the GSS Clubs and orgs page here: <https://www.uvm.edu/gss/clubs-and-organizations>

How to be a Senator in GSS

All graduate programs qualify for representation in the Graduate Student Senate. Senators are elected in the Spring semester for the following academic year (up to 3 per program). Vacancies that occur throughout the year can be approved by the Senate as needed. The current list of Senators can be found on our website. If your program has an opening or is not represented, come to any Senate meeting or contact the Student Engagement Committee at gss@uvm.edu to learn more about being a representative for your program!

Come spend time with us!

In GSS, we want to foster a sense of community among graduate students. We know you're working hard each day and fulfilling your responsibilities, which means you're also in need of a break! We frequently hold social events throughout the year, ranging from hiking through Ausable Chasm, cookouts, movie nights, coffee breaks, and more! Keep an eye out for the weekly GSS newsletter in your email inbox, as this tells you when these are taking place. You can also follow us on social media using the keywords below to stay informed on GSS events. We hope to see you there!

Facebook: UVM Graduate Student Senate

Instagram, Twitter, and Snapchat: `uvm_gss`

We want to get to know you!

Even though we're all here at UVM to focus on our studies, we realize that there is more to all of us outside of our academic endeavors. The Student Engagement Committee is launching a new podcast (in collaboration with WRUV) for us to connect with graduate students at UVM and get to know you better. We're sitting down with our fellow Catamounts to understand the human element of being a graduate student. If you'd like an opportunity to share your story, your work, and your inspiration, contact us at gss@uvm.edu and we'll work you into the schedule. We look forward to hearing from you!

We're here for you.

If you have any issues, questions, or concerns, we want to hear from you. GSS is committed to helping graduate students solve problems that they encounter throughout their time at UVM. Whether you have any problems arise in your program, between you and your advisor, or anything else, GSS can help find a solution and get things back on track. If you think we can be of service, please don't hesitate to reach out. Our contact information is listed below.

Address: 590 Main Street, Davis Center, 311T, Burlington, VT 05405

Email: gss@uvm.edu

Housing Information and Resources

International Students

New international graduate students may be asked for credit check or guarantee for the initial rental application. The Office of International Education (OIE) has suggested that the offer letter from the graduate college should be sufficient to show that the incoming international graduate student can afford the housing. However, contact the OIE if any complications arise during the rental application.

OIE Contact Info:

Email: internationalstudents@uvm.edu

Website: <https://www.uvm.edu/oie>

Phone: +1-802-656-4296

Facebook: <https://www.facebook.com/UVMInternationalCommunity/>

Important Tips and Reminders

- Be sure to register for the Graduate Student Mailing List (GRADNET@list.uvm.edu) . You can send and receive emails from your fellow graduate students who may be looking for roommates and sublease opportunities. There are plenty of opportunities waiting for you. Why wait? Sign up here: <https://www.uvm.edu/graduate/gradnet>
- The City of Burlington prohibits more than four unrelated individuals living in a single residence. See the "Four-Unrelated" Ordinance for additional details.

Common Questions

Q: What can I expect to pay for rent and utilities?

Graduate students pay anywhere between ~\$500 with roommate(s) and ~\$1500 for rental fees, and 70% of graduate students who responded to a recent survey said they paid ~\$750 for rent. For utilities, 40% of graduate students who responded also reported paying ~\$50-100, 23% paid ~\$100-150, and 37% paid more than ~\$150.

The general recommendation according to The United States Department of Housing is to spend no more than 30% of your gross monthly income (before taxes) on rent. For more information, visit https://www.hud.gov/program_offices/comm_planning/affordablehousing/.

Q: Where can I find off-campus housing besides Burlington?

The following nearby municipalities are ideal if you do not mind being more than a mile or more from campus. Popular nearby municipalities include: **Essex, Essex Junction, South Burlington, and Winooski**. The following municipalities are also no more than a thirty-minute drive: **Charlotte, Colchester, Hinesburg, Huntington, Jericho, Milton, Shelburne, and Williston**.

Q: What are some listings for off-campus housing?

The following sites feature listings for off-campus housing. Please note that we do not endorse any of these listings. If you feel that any information is incorrect, please email the graduate student senate: gss@uvm.edu.

- <https://offcampushousing.uvm.edu/>
 - *This page is regularly updated and has a clean layout, complete with a search bar at the top of the page where a quick search based on price and number of beds/baths can be performed. Create an account with your UVM netid to access the site. The site also features roommate searches and message boards.*
- <https://www.americancampus.com/student-apartments/vt/burlington/spinner-place>
 - *For international students, credit history requirement is waived. Six-month leases are available. Parking is not included in the rental fee.*
- **The Champlain Housing Trust**
 - **If you have any questions or concerns about requirements for application, please contact the office and skim through their FAQ. They are very helpful!*
 - <http://www.getahome.org/apartments/apply-to-rent> (How to apply)
 - <http://www.getahome.org/apartments/rental-housing-frequently-asked-questions> (FAQs)
- **Other Repositories**
 - <https://www.burlingtonrent.com/>
 - <https://vermont.craigslist.org/>

Q: Are there any on-campus housing options?

Technically, there are no housing options available on campus. However, the apartments at Redstone are open to housing graduate students if you apply. This is the closest option to living on-campus because UVM Campus Area Transportation System (CATS) provides a bus route to and from the Redstone Lofts and Apartments.

<http://www.redstonecampusapartments.com/>

Q: What should I do if I feel a Landlord unfairly discriminates against me?

Landlords cannot refuse to show, sell, rent, sublease, or otherwise make housing unavailable based on a renter's race, color, national origin, sex, disability, religion, familial status, marital status, gender identity, sexual orientation, or receipt of public assistance. Landlords also cannot charge some individuals higher rent or falsely state that housing is not available for discriminatory reasons. If you believe you have been a victim of discrimination, contact one of these agencies:

- Vermont Human Rights Commission (<https://hrc.vermont.gov/>)
- City of Burlington City Attorney's Office (<https://www.burlingtonvt.gov/attorney>)
- CVOEO Fair Housing Department (<https://www.cvoeo.org/>)
- Vermont Legal Aid (<https://www.vtlegalaid.org/>)

Q: I am completely new to Vermont. How can I learn more about what it is like to live there?

Try looking at some local news sites like <https://www.sevendaysvt.com/>, and the annual copy of "Field Guide to Burlington".

Q: Are there any local support programs for housing?

We encourage you to visit the appropriate housing authority. If you are attempting to apply to any low-income programs, please note that your income as a graduate student teaching or research assistant may disqualify you from qualifying.

Some Housing Authority Websites include:

- **Burlington Housing Authority (BHA)**
 - **BHA promotes access to affordable housing for low- income members of the community, it prioritizes rental subsidies, affordable housing, and enables members of the community to obtain and retain safe, affordable, permanent housing.**
 - Contact information:
 - *65 Main Street Burlington, Vermont, 05401*
 - *Phone : 802-864-0538 Fax : 802-658-1286*
 - <https://burlingtonhousing.org/>
 - (Service area includes Burlington, and portions of South Burlington, Winooski, Colchester, Essex, Essex Junction, Shelburne, St. George, and Williston.)
- **Winooski Housing**
 - **Contact information:**
 - **Authority 83 Barlow Street Winooski, VT 05404**
 - **Phone: 802-655-2360 Fax: 802-655-5540**
 - <http://www.winooskihousing.org/>

Q: Any important numbers or contacts I should keep handy?

Additional contact numbers include:

- Landlord/Tenant Information
 - UVM Office of Student & Community Relations: 802-656-9405
 - Vermont Tenants: 802-864-0099

Compensation and Benefits Information and Resources

Positions available

- Graduate Assistant (GA)- External funding sources.
- Graduate Teaching Assistant (GTA) or Graduate Research Assistant (GRA)- allocated by the department/PI and are expected to perform teaching or research related assignments.

Stipend ranges

- Minimum 9-month stipend: \$16,675 for Masters students and \$20,525 for doctoral students.
- Minimum 12-month stipend: \$22,233 for Masters students and \$27,377 for doctoral students.
- The amount will be the same for every student in their respective program, regardless of the source.

Enrollment

- Minimum 9 credits/ semester- Full- time GA/GTA/GRA
- Minimum 5 credits/ semester- Half- time GA/GTA/GRA

Tuition Scholarship

- Full time GA/GTA/GRA: Eligible to be paid for up to 9 credits/semester
 - Also, eligible to be paid for up to 5 credits/ summer semester
- Half time GA/GTA/GRA: Eligible to be paid for up to 6 credits/semester

Hours/week

- Full time GA/GTA/GRA: 20 hours/week
- Half time GA/GTA/GRA: 10 hours/week

Paid vacation/leave

- 12-month assistantships- two weeks of paid leave
- 9-month assistantships- one week of paid leave

Paid Parental leave (Under review)

- Parental leave for both parents who were full-time students in the prior semester at UVM and are in academic good standing with the college
- One-week paid childbirth/adoption accommodations
- Six weeks paid leave from assistantship and academic responsibilities
- Additionally, 12-month assistantships may use their two weeks paid leave, and 9-month assistantships may use their one-week paid leave at that time.

**If you have any issues coordinating parental leave with your academic advisor, Dean Forehand (Dean of the Graduate College; cynthia.forehand@med.uvm.edu) can help facilitate a plan between you and your advisor.

Resources for external funding

- [Scholarships a-z](#)
 - A database of scholarship and award opportunities available for students regardless of citizenship status.
- Sponsored Projects Administration
 - Sponsored Project Administration is a full-service research administration and compliance office committed to assisting faculty, staff, and sponsors navigate the lifecycle of a sponsored project. SPA provides institutional approval for all proposal submissions, accepts awards on behalf of UVM, and facilitates award administration. Please visit us at <https://www.uvm.edu/spa> to learn about our services.
- For more options, please visit https://www.uvm.edu/graduate/funding_your_graduate_degree

Student Health Insurance

- Health insurance is mandatory for graduate students enrolled in 9 or more credit hours, Graduate students enrolled in "Grad 903" credits, all International Students with F-1 or J-1 visas, and all Medical Students.
- Each year students get the option to either elect to purchase the UVM Student Health Insurance Plan (UVM SHIP) or waive UVM SHIP by providing information about their current non-UVM insurance policy.
- Every student needs to submit the insurance decision/waiver form to confirm/waive enrollment in the UVM SHIP.

****The deadlines for completing the insurance Decision/Waiver Form are **July 1** for new students starting school in the Fall, **December 1** for new students starting school in the Spring, and annually **July 1** for returning students.**

- **UVM SHIP Premium:**
 - The UVM SHIP premium for one full academic year with coverage dates August 1 to July 31 is \$2694. The premium for students who intent to graduate in Fall can take the fall only plan with coverage dates August 1 to December 31 is \$1122.
 - (These numbers have been constant for both 2018-19 and 2019-20 academic years)
 - Again, **students must also pay the UVM Health Fee to be eligible for UVM SHIP.** (Details about the health fee are discussed below)

****Note:** Students who are enrolled in UVM SHIP who later withdraw from school or fall below 5 credits may keep the insurance policy for the remainder of that semester, but they become ineligible for CHWB services (even though they have paid the Health Fee). **These students will have to seek care elsewhere.**

- **Benefits of UVM SHIP:**
 - Summary of Benefits: https://www.universityhealthplans.com/pdf/UVM_BenefitsSummary-1920.pdf
 - More information: https://www.universityhealthplans.com/letters/letter.cgi?group_id=227

For any questions related to health insurance, please contact:

Margaret Johnson

Contact number: 802-656-0602

Email: StudentInsurance@uvm.edu

Website: www.uvm.edu/health/insurance

UVM Health Fee

- The UVM Health Fee is mandatory for students enrolled in 9 or more credits, the UVM Health Fee is incorporated as part of the comprehensive fee.
- The UVM Health Fee covers routine/preventative CHWB health care and counseling services.
- Types of services covered/ not covered: (Need to be added later)

Comprehensive Fee

- It is a mandatory fee which is collected to support the facilities and services provided to the students such as gym access, mental health support, health services, and others.
- The comprehensive student fee is billed to all students prior to the start of each semester.
- The student may choose to pay it in one single payment or fill out the payroll deduction authorization form

Academic year 2020-21

Source	Full-Time Annual Fee	Full-Time %
Center for Health & Wellbeing (CHWB)	\$743	32%
Davis Center	\$622	27%
Athletic Operations	\$326	14%
Athletic Facility	\$76	3%
Technology	\$77	3%
Transportation	\$120	5%
Library	\$50	2%
Career Services	\$47	2%
Clean Energy Fund	\$20	1%
Identity Center	\$5	0%
Multipurpose Center	\$260	11%
Total	\$2,346	100%

More information about Payroll deduction authorization form:

- Students who are on assistantships can choose to pay their student fees by having equal payments withdrawn from their first 7 paychecks of the semester. When a student enrolls in payroll deduction, a credit is added to their account that pays for the charges they requested to have covered. Equal payments are then withdrawn from their first 7 paychecks to reimburse this credit.
- The Payroll Deduction Form can be found at: <http://www.uvm.edu/graduate/resources>
- Once it is completed and has your signature and initials on it, it can be submitted to Sean Milnamow and he will add the credit to your account. Forms can be scanned and emailed (Sean.Milnamow@uvm.edu) to him directly, or dropped off at their office located in room 330 of the Waterman Building.

Assistantship Support Information and Resources

A limited number of assistantships are offered to qualified students each year. Details about these assistantships are listed below.

***Information on positions available, hours/week, enrollment, tuition scholarship, and paid vacation/leave can be found in the previous section (Compensation and Benefits Information and Resources)*

Requirement

- Maintaining **GTA** funding requires that a student maintain good academic standing as evidenced by an overall GPA of 3.0 or higher.

Responsibilities

- **GTA (including but not limited to):**
 - Post announcements on Blackboard.
 - Grade quizzes, assignments, and exams.
 - Teach certain parts of the course.
 - Proctor exams.
 - For courses with labs: Conduct the entire labs, other responsibilities depend on the department and the professor.
 - On noticing any misconduct or misbehavior from the student, GTAs are required to report directly to the lab instructor or the faculty you are TAing for and they will investigate the matter.
 - You are also required to report to the faculty if a student is missing out on classes.
- **GRA (including but not limited to):**
 - Research Assistants are expected to assist an individual faculty member in research.
 - Responsibilities for RAs are not outlined by the Graduate College, so please consult your department handbook, Director of Graduate Studies, or Department Chair for program specific responsibilities.

Other information for GTA

- Attending lectures of the respective course (*Optional*- Depends on the professor)
 - It is **recommended** to attend the lectures to have a better understanding of the course content in order to better help your students.
- There is a Graduate TA orientation program organized by the Graduate College along with Center of Teaching and Learning (CTL), where you will be guided and provided information about the basics of teaching in a classroom or a lab setup.
- A training on how to use the blackboard for making announcements, posting course material, assignments, projects, and grades is available.

Resource for Teaching Support

- ***Center for Teaching and Learning (CTL)***
 - CTL provides a number of trainings, workshops and teaching support for GTAs, some of the events include:
 - Teaching Support and Observations
 - Teaching and Learning in Diverse Classroom
 - Graduate Teach Program- for students interested in pursuing a career in teaching.
 - Monthly Graduate TA Peer Supervision group
 - Oral communication workshop for international students
 - Blackboard training
 - All their events can be found at: <https://www.uvm.edu/ctl/events/>.
 - For more information for trainings/workshops and teaching support, please visit: <https://www.uvm.edu/ctl/>
 - Contact information and open hours: <https://www.uvm.edu/ctl/open-hours/>

Resources for Research Support

- ***UVM Graduate Writing Center***
 - The center supports the graduate students writing and communication in all fields, at all stages, and in all forms including articles, proposals, posters, and more.
 - Some of their resources include:
 - One-on-One Individual & Group Consultations
 - Faculty Support
 - Sunday Writing Retreats
 - WriteSpace Appointments
 - Dissertation & Thesis Boot Camps
 - For more information, please visit: <https://www.uvm.edu/gradwriting>
- ***Sponsored Projects Administration*** <https://www.uvm.edu/spa>
 - Provide help in finding external funding options.
 - Help in grant submissions.
 - *More information can be found in the previous section (Compensation and Benefits Information and Resources)*

General Problem-Solving Tool

- ***Graduate Student Ombudsperson*** <http://www.uvm.edu/~ombdsman/>
 - Responsible for providing confidential, informal and impartial guidance to graduate students on matters affecting their education.
 - It can be a good first step in considering a situation if you are not sure how to proceed or where to turn to for advice.
 - Contact Graduate Student Ombudsperson- Ralph Swenson
 - Office Location: 113R Waterman
 - Phone: (802)338-1794
 - Office Hours: Wednesdays 10 am to 12 pm

Reporting violations to Academic Integrity

- You can find the policy statement here: <https://www.uvm.edu/sites/default/files/UVM-Policies/policies/acadintegrity.pdf>

Graduate Student Mental Health Promotion Information and Resources

Counseling and Psychiatric Services at UVM

<https://www.uvm.edu/health/CAPS>

- Locations:
 - Student Health Center: we offer medical appointments in the One South Prospect campus of UVM Medical Center, where Pearl Street meets Prospect.
 - Counseling and Psychiatry Services: CAPS appointments are offered in Jacobs House and Wright Hall. During the school year, counselors also offer drop-in hours at the Prism Center, the Mosaic Center, and at Living Well.
 - We also have offices in the Athletics complex (serving student athletes), the Davis Center, and the Hills building.

Contact Information

- CAPS Phone: 802-656-3340
- Athletic Medicine: (802) 656-7750 (Patrick Gym) or (802) 656-9951 (Gutterson Fieldhouse)
- Billing: (802) 656-8509
- Counseling and Psychiatry Services (CAPS): (802) 656-3340
- Health Insurance Requirement: (802) 656-0602
- Immunization Requirements and Compliance: (802) 656-0602
- Living Well Office (Health Education and Outreach): (802) 656-0441
- Medical Records: (802) 656-3303
- Student Health Services: (802) 656-3350
- UVM Health Fee Information: (802) 656-0602
- VM Student Health Insurance Plan (UVM SHIP): (802) 656-0602

Fax

- Counseling and Psychiatry Services (CAPS): (802) 656-8022 (Jacob's House) or 802-656-9537 (Redstone Campus)
- Student Health Services (802) 656-8001

Regular Office Hours

- Monday-Friday 8:30 am - 4:30 pm
- Closed Sat/Sun/Holiday

Individual Counseling

- CAPS offers short-term therapy with an emphasis on helping students cope with personal and academic lives.
- Counseling is confidential, supportive, and provides students a place to explore emotions, challenges, or concerns they may have during their time at UVM.
- CAPS can assist students who need long-term counseling.

- If barriers related to marginalized identities, such as race or sexuality, keep you from accessing off-campus therapy resources, CAPS will assess your needs and may be able to extend services. Counseling is available to all UVM students at no additional cost.

Group Therapy

- <https://www.uvm.edu/health/group-counseling>
- Offers a unique opportunity for growth and change
- Provides a safe and trusting environment where students can gain support, share experiences and struggles, receive feedback from others, and try out new skills
- Examples of groups offered in the past: Finding Calm: Coping with Stress and Worry, Navigating Mood Together, Group Therapy for Black Women and Femmes, Grief & Loss, and Family Stress Support Group.

CAPS Outreach

- Let's Talk
 - No appointment is required
 - Drop-in opportunities for student to access a counselor
 - Open to all identities and takes place at Living Well at the Davis Center and at the UVM Women's Center.

Counselors at Identity Centers on Campus

- Counselors are available specifically for students of color and LGBTQAI+ students through the Mosaic Center for Students of Color and the Prism Center

Daily Drop-in Mental Health Workshops

- <https://www.uvm.edu/health/drop-counseling-and-workshops>
- CAPS partners with Living Well to provide flexible, interactive psychoeducational workshops on a daily basis, with counseling staff.

Psychiatry Services: <https://www.uvm.edu/health/psychiatry-services>

- Provides psychiatric evaluations and medication management at both CAPS offices on campus
- Treatment options include medication, individual and group therapy, other support services on campus, and off-campus referrals for more specialized treatment.
- Psychiatry services are not covered by the student health fee. Insurance coverage determines out-of-pocket costs.
- Students who have difficulty accessing psychiatry resources due to barriers related to institutionalized oppressive structures or socially unjust conditions may be eligible for a fee waiver. Students with fee waivers will still be subject to a no-show fee for missed or late cancelled appointments.

Concerned About Someone?

- Submit a Care Form https://www.uvm.edu/deanofstudents/student_advocacy/care_form
- If you are concerned about a UVM community member or are concerned about a specific event, contact the Dean of Students Office (802-656-3380). Or, if you would like to

remain anonymous, you can report your concerns using the Concerning And /or Risky Event (CARE) form.

Body Image and Eating Disorders:

- Resources: <https://www.uvm.edu/health/body-image-and-eating-disorder-support>
- Student Health Services and CAPS offer individual assessment and connection to services on and off campus.
- Offer a collaborative approach between medical, psychiatry, counseling, and nutrition services.

Men's Outreach:

<https://www.uvm.edu/health/supporting-men>

- Fosters healthy masculine identity development and non-violence

VT Crisis Text Line: <https://vtcrisistextline.org>

- Text “VT” to **741741** from anywhere in the USA, anytime, about any type of crisis.
- A live, trained Crisis Counselor receives the text and responds quickly.
- The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

Mental Health Screening

<https://screening.mentalhealthscreening.org/uvm>

- A brief screening is a quick way to determine if you or someone you care about should connect with a behavioral health professional.
- This program is completely anonymous and confidential, and immediately following the brief questionnaire you will see your results, recommendations, and key resources.

National Suicide Prevention Hotline:

- Number: 800-273-TALK (8255)
- This Lifeline provides 24/7, free, and confidential support to people in distress, prevention and crisis resources for you or your loved ones.

Diversity, Equity, and Inclusion Information and Resources

Women's Center

- The Center advocates, educates, and provides direct services and resources in support of gender equity and safety
- Contact Information
 - 34 South Williams St, Burlington, VT 05405
 - Phone: (802) 656-7892
 - Email:
 - Regular Office Hours
 - Monday - Friday: 8:30am - 4:30pm
 - For information please visit their website <https://www.uvm.edu/womenscenter>

Mosaic Center for Students of Color (MCSC)

- The MCSC strives to develop events, programs, education, and services that are accessible to all people
- MCSC hosts several events including:
 - Weekly Friday breakfasts
 - Welcome Back Family Reunion
 - Spring Award Banquet
 - Graduation Brunch
- Contact Information
 - 633 Main St, Burlington, VT 05405
 - Phone: (802) 656-3819
 - Fax: (802) 656-8511
 - Email: mcsc@uvm.edu
- Regular Office Hours
 - Monday - Friday:
 - For information please visit their website <https://www.uvm.edu/mcsc>

UVM Prism Center

- Supports/empowers different identities (e.g., lesbian, gay, bisexual, transgender and queer students) as well as students whose identities fall in between or expand beyond those categories.
- Work to create a campus community where people of all sexual and gender identities can thrive.
- Contact Information
 - 461 Main St (Allen House), Burlington, VT 05405
 - Phone: (802) 656-8637
 - Email: prism@uvm.edu
- Regular Office Hours
 - Monday - Friday: 8:30am - 4:30pm
 - For information please visit their website <https://www.uvm.edu/mcsc>

Office of Affirmative Action and Equal Opportunity

- Students who believe they have been discriminated against on the basis of race, religion, color, creed, ethnicity, sex, sexual orientation, age, marital status, disability, or status as a disabled veteran please contact the Office of Affirmative Action and Equal Opportunity
- Contact Information
 - 85 S Prospect St., Burlington, VT 05405
 - Phone: (802) 656-3368
 - Fax: (802) 656-8223
 - For information please visit their website [Affirmative Action and Equal Opportunity | Affirmative Action and Equal Opportunity](#)

Student Accessibility Services

- Student Accessibility Services (SAS) provides accommodations and services at no cost to all University of Vermont students who have current documentation of a disability that substantially limits one or more major life activities, including but not limited to walking, talking, learning, hearing, or seeing.
- SAS has an online, integrated myACCESS Portal that allows each student to send customized accommodation letters to faculty in each of their courses every semester.
- Contact Information:
 - A-170 Living Learning Center, University of Vermont
 - Email: access@uvm.edu
 - Phone: (802)656-7753
 - Fax: (802)656-0739
 - For information please visit their website https://www.uvm.edu/academicsuccess/student_accessibility_services

Center for Cultural Pluralism

- The Center for Cultural Pluralism (CCP) organizes events and workshops aimed at encouraging connection and growth within the UVM community.
- CCP offers professional development and educational programs for both students and staff.
- CCP also provides departmental workshops as well as consultations for groups of 1-3 people.
- Contact Information:
 - Allen House (second floor)
 - Phone: (802)656-8833
 - Email: ccp@uvm.edu
 - Website: <https://www.uvm.edu/ccp>

The Office of Student and Community Relations

- The Office of Student and Community Relations provides resources for students to find community off campus, host projects to benefit their neighborhoods, and pursue health, wellness, and social justice within their communities.
 - 12 Colchester Avenue
 - Phone: (802)656-9405
 - Website: <https://www.uvm.edu/oscr>

UVM's diversity-related resources and policies

https://www.uvm.edu/about_uvm/diversity

Graduate Student Life Information and Resources

Winter sports

Downhill skiing

- Below are some of the ski areas that are close to UVM. Check their websites for conditions and up-to-date lift ticket prices and deals. Many mountains offer student discounts or other discount packages. You can print out a verification of enrollment from your myUVM account.

[Bolton Valley Resort](#)

4302 Bolton Valley Access Rd
Bolton Valley, VT 05477
877-926-5866
info@boltonvalley.com

[Jay Peak Resort](#)

830 Jay Peak Rd
Jay, VT 05859
802-988-2611
info@jaypeakresort.com

[Sugarbush Resort](#)

102 Forest Dr
Warren, VT 05674
802-583-6300

[Mad River Glen](#)

57 Schuss Pass
Waitsfield, VT 05673
802-496-3551
ski@madriverglen.com

[Smuggler's Notch Resort](#)

4323 Vermont Rte 108 South
Smugglers Notch, VT 05464
802-332-6841
smuggs@smuggs.com

[Stowe Mountain Resort](#)

7416 Mountain Rd
Stowe, VT 05672
802-253-3000

Nordic, cross-country, and backcountry skiing

- There are many, many places to go cross-country skiing in Vermont, so we're not even going to try to list them all in any amount of detail. A great resource for Nordic enthusiasts is [XCCountry Ski Vermont](#). Here you will find conditions and contact information for many cross-country ski locations, divided up by regions in Vermont. And there is the Intervale and many golf courses that you can ski at for free! Several of these venues also have good backcountry skiing.

Snowshoeing

- If you aren't a fan of sliding down a mountain and enjoy hiking when it's warm, then snowshoeing might be your thing. Try snowshoeing! Like skis and snowboards, snowshoes need to be properly fitted. Check out this [guide for first timer's](#) for more information. Try the trails at the Intervale, Indian Brook Reservoir in Essex, or any of the many trail-heavy parks around the Burlington area.

Ice Skating

- Check out the [Gordon H. Paquette Ice Arena](#) (also known as Leddy Arena). You can rent skates for a nominal fee. If you have your own skates, you can try out the many ponds in the area and - of course - Lake Champlain. Just be sure that the ice is thick enough to skate!

Equipment

- When looking for equipment, the first place to start is the [UVM Outing Club](#) – they loan out a variety of outdoor equipment, so it’s a great resource to try something out! Then, try a few of the local outdoor shops.

[Alpine Shop Vermont](#)
 1184 Williston Rd
 South Burlington, VT 05403
 802-862-2714

[Outdoor Gear Exchange \(OGX\)](#)
 37 Church St
 Burlington, VT 05401
 802-860-0190

[Skirack](#)
 85 Main St
 Burlington, VT 05401
 800-882-4530

[Burton Burlington Store](#)
 162 College Street
 Burlington, VT 05401
 802-333-0400

On-Campus Dining

Food Trucks

- Along the street adjacent to the UVM Green, local food vendors park their trucks during lunchtime. Options cater to all tastes from sandwiches to Chinese and falafels to salads you are bound to find something to satisfy the tastes buds. Vendor hours vary but they are usually around until about 5pm during the school year.

UVM Dining Services

- UVM Dining Services has a number of on-campus dining facilities. In addition to cafeteria-style dining options, the Davis Center facilities offer many choices that include sandwiches, salads and - most importantly - coffee! Below is a list of graduate student favorites.
 - [Henderson’s Cafe](#): This coffee house is named after George Washington Henderson (UVM class of 1877), the first African-American man to be admitted into the Phi Beta Kappa honor society. Located on the 3rd floor of the Davis Center and attached to the Bookstore, this full-service coffee shop is a great place to relax or chat with friends.
 - [Brennan’s Pub and Bistro](#): Brennan's is recognized for its locally-sourced and sustainable foods and student-driven events. Vermont products are featured in salads, burgers, sandwiches, and even a traditional Vermont breakfast. For those of age, Brennan's offers local microbrews on tap as well as wine selections. Popular evening programs like pub quiz, comedy night, and live music keep things busy late night.
 - [The Marketplace](#): The marketplace has ample seating as well as access to the outdoor terrace and green roof. This space hosts a Sushi Station staffed by the locally-owned Sakura restaurant, authentic Indian food, fresh breads baked on-site, and an organic corner portion of the marketplace offers Mediterranean cuisine.
 - [New World Tortilla](#): Craving a burrito or quesadilla? New World Tortilla has you cover. This Burlington favorite offers tacos, burritos, and wraps of all sorts to satisfy your cravings. This is a very popular spot for lunch, so you may have to wait - but it’s worth it!

- [UVM Dairy Bar](#): The UVM Dairy Bar serves up delicious helpings of ice cream, shakes, and smoothies throughout the school year. Fabulous ice cream flavors range from from Proctor Maple Cream (made with maple syrup from UVM’s own [Proctor Maple Research Center](#)) to Sweet CREAM to Catamount Tracks (think Moose Tracks...but with a UVM twist) all made with milk from [UVM's CREAM program](#).

UVM Medical Center

- The University of Vermont Medical Center provides more than just great healthcare, with several options that aren’t typical “hospital” food. For details about hours of operation and menus for the week, check out their [website](#).
 - [Harvest Café](#): Located on the ground floor of the hospital (McClure Lobby), Harvest Cafe is your go-to option for fresh salads, burgers, soups, stews, breakfast options, and various lunch and dinner entrees. Open from 5:00 am to 3:00 am everyday, their menu changes everyday of the week.
 - [Main Street Cafe](#): Focusing on breakfast and lunch, Main Street Cafe provides soups, pizza, paninis, and even quesadillas throughout the week. Like Harvest Cafe, their menu options vary every day.
 - [Cafe Express](#): Offering a variety of coffee and espresso options, as well as grab and go sandwiches and snacks, Cafe Express is a great place to go if (when) you’re feeling that 2:30 pm slump.
 - [The Garden Atrium](#): The Garden Atrium serves breakfast and lunch options that feature in-season produce and meats and also has excellent desserts and snacks. Organized as a “sit down” style restaurant, this is a great spot for a working lunch or meeting.

Basic Needs

While this is not an exhaustive list, it will definitely get you started. We’ve mainly focused on Burlington and South Burlington, but there are lots of other resources in nearby Colchester, Essex Junction, and Williston.

Grocery stores

General

<u>Price Chopper</u> 41 Hinesburg Rd South Burlington, VT 05403	<u>Hannaford</u> 1127 North Ave #11 Burlington, VT 05408	<u>Shaw’s</u> 570 Shelburne Rd Burlington, VT 05401	<u>Trader Joe’s</u> 200 Dorset St South Burlington, VT 05403
595 Shelburne Rd Burlington, VT 05401	217 Dorset St South Burlington, VT 05401	66 Mountain View Colchester, VT 05446	<u>Costco</u> 218 Lower Mountain View Dr, Colchester, VT 05446 *MEMBERSHIP REQUIRED*

High-end/organic-focused

[City Market](#)

[Healthy Living](#)

[Sweet Clover Market](#)

82 S Winooski Ave 222 Dorset St 21 Essex Way #418
 Burlington, VT 05401 South Burlington, VT 05403 Essex Junction, VT 05452

Farmer’s Markets

- The following farmer’s markets are all based in Burlington.

<u>Market</u>	<u>When</u>	<u>Where</u>
Old North End	Tuesdays from 3:00 pm - 6:30 pm	Dewey Park
UVM Medical Center Burlington	Thursdays from 2:30 pm - 5:00 pm Saturdays from 8:30 am - 2:00 pm	Davis Concourse, UVMCC <u>Summer</u> : City Hall Park (Temporary: 345 Pine St.) <u>Winter</u> : UVM Davis Center

There are also farmer’s markets in South Burlington, Winooski, Essex Junction (Five Corner’s), Jericho, and Shelburne. Vermonters are quite fond of local, fresh produce and goods - so check these out when you can!

Restaurants

There are many, many amazing places to eat in the Burlington area, and we’re not even going to attempt to list them all. Here is a short list of our favorites.

Bring the parents

- Let’s begin with the most important places - those for when parents, family, or close friends visit. These can be a little on the pricey side of things or are a bit of a drive, but they are absolutely worth it!

<u>Farmhouse Tap and Grill</u>	<u>Prohibition Pig</u>	<u>Leunig’s Bistro</u>
160 Bank St Burlington, VT 05401	23 S Main St Waterbury, VT 05676	115 Church St Burlington, VT 05455

Can’t go wrong

- Are you so hungry you aren’t even sure what you’re in the mood for? These places have you covered.

<u>Skinny Pancake</u>	<u>Our House Bistro</u>	<u>Bluebird Barbecue</u>	<u>Folino’s</u>
60 Lake St Burlington, VT 05401	36 Main St #1 Winooski, VT 05404	317 Riverside Ave Burlington, VT 05401	71 South Union Unit #1 Burlington, VT 05401
			6305 Shelburne Rd. Shelburne, Vermont 05482

Late night cravings

- The sun went down hours ago, but you’re still going strong. Now you’ve got stomach rumbles. Hit up these late at night.

<u>Kountry Kart Deli (KKD)</u>	<u>American Flatbread</u>	<u>Sweetwaters American Bistro</u>
155 Main St Burlington, VT 05401	115 St Paul St Burlington, VT 05401	120 Church St Burlington, VT 05401

Laundromats

<u>Wash Spot</u> 207 Riverside Ave Burlington, VT 05401	<u>Winooski Laundry</u> 321 N Winooski Ave Burlington, VT 05401	<u>Pearl Street Laundromat</u> 76 Pearl St Burlington, VT 05401
<u>King Street Laundry</u> 72 King St Burlington, VT 05401	<u>Clothes Quarters Laundromat</u> 32 Normand St Winooski, VT 05404	<u>Laundromat 99</u> 99 Malletts Bay Ave Winooski, VT 05404

Household supplies

<u>Walmart</u> 863 Harvest Ln Williston, VT 05495	<u>Home Depot</u> 759 Harvest Ln Williston, VT 05495	<u>Bed Bath and Beyond</u> 115 Trader Ln Williston, VT 05495
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Pet supplies

<u>Petsmart</u> 21 Trader Ln Williston, VT 05495	<u>Pet Food Warehouse</u> 2500 Williston Rd South Burlington, VT 05403	<u>Petco Animal Supplies</u> 861 Williston Rd South Burlington, VT 05403
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Pharmacies

If you're on campus and medications (both prescription and over-the-counter), there are pharmacies in the Main Lobby of the UVM Medical Center (entrance by the main bus stop) and on the 2nd floor of the Student Health Center on South Prospect Street. There are also pharmacies in many of the local grocery stores including Hannaford and Shaw's.

<u>Rite Aid Pharmacy</u> 158 Cherry St Burlington, VT 05401	<u>Kinney Drugs</u> 308 Shelburne Rd Burlington, VT 05401	<u>CVS Pharmacy</u> 35 Church St Burlington, VT 05401
		49 Wright Ave Williston, VT 05495
		69 Mountain View Dr Colchester, VT 05446

Breweries

If you like beer, Vermont will seem like a paradise to you. Vermonters were hip to the microbrew and craft brewing craze before it was cool, and the breweries here are consistently ranked as some of the best in the world. Here is a list of our favorites. For a full list of breweries, check out the [Vermont Brewers Association](#). If you're feeling like going on a brewery tour adventure, check out their [passport program](#).

<u>The Alchemist</u> 100 Cottage Club Rd Stowe, VT	<u>Fiddlehead Brewing Company</u> 6305 Shelburne Rd Shelburne, VT 05482	<u>Vermont Pub and Brewery (VPB)</u> 144 College St Burlington, VT 05401
<u>Magic Hat Brewing Company</u>	<u>Queen City Brewery</u>	<u>Switchback Brewing Company</u>

5 Bartlett Bay Road
South Burlington, VT
[Citizen Cider](#)
316 Pine St #114
Burlington, VT 05401

703B Pine Street
Burlington, VT 05404
[Zero Gravity](#)
716 Pine St
Burlington, VT 05401
[Burlington Beer Company](#)
25 Omega Dr #150
Williston, VT 05495

160 Flynn Avenue
Burlington, VT 05401
[Foam Brewers](#)
112 Lake St
Burlington, VT 05401

Bar/Restaurant Deals in Burlington:

- McKee's Pub: \$5 happy hour appetizer specials every day except Saturday
- The Other Place: Daily drink specials and \$5 pitchers of PBR daily
- Three Needs: \$1 "Duff" beer starts at 4 pm and ends when the keg is kicked. \$1 plain slices and \$2 pepperoni slices of pizza after the keg kicks or starting at 5:30 pm.
- Ruben James: Weekday happy hour wing special. Daily drink and food specials.

Transportation and Parking Information and Resources

Cycling

Transportation

- Cycling is an excellent means of transportation about the city of Burlington. Despite having difficult, hilly terrain, Burlington has miles of bike lanes, bike paths, and shared roads designated for bike travel. This makes it an excellent means of transport, being cheap, quick, and pollution-free. There is rarely a shortage of bike parking about campus. Not only can one avoid expensive parking fees, but avoiding distant parking lots can often make cycling a faster means of transport than driving. It is also an excellent way to promote an active lifestyle and help keep the environment clean.

UVM Bike Co-op

- Students, staff, and faculty have access to the UVM Bike Education Co-op, which is located in the Hills Agricultural Building. Volunteers offer free advice and service for bikes in need of repair. It also has an extensive collection of tools that are free to use for the do-it-yourselfers! The Bike Co-op rents out bikes for students to use for a semester or academic year for \$25 per semester (2019-2020 price). It also sells new and used parts at wholesale prices. The Bike Co-op is here to promote a clean and healthy lifestyle and prove that there are better alternatives to driving a car.
- <https://www.uvm.edu/transportation/uvm-bike-education-co-op>



Old Spokes Home

- Old Spokes Home is a local nonprofit bike shop committed to selling bikes, parts, and service at an affordable price. It is an excellent place to purchase a commuter bike and receive tips on commuting to school/work in any weather conditions. They are located in the Old North End of Burlington and can be found at the following website:

- <https://www.oldspokeshome.com/>

UVM Transportation and Parking Services

- 38 Fletcher Place, Burlington, VT 05405
- Phone: (802) 656-8686
- Fax: (802) 656-6550
- Email: parking@uvm.edu
- Regular Office Hours
 - Monday - Thursday: 7:30am - 4:00pm, Fridays: 7:30am - 3:00pm
- For information regarding parking permits please visit their website <https://www.uvm.edu/transportation/student-parking>

Common Permits for Graduate Students

- Commuter Brown permit (includes daytime)
 - Allows you to park in Gutterson Garage and lots in the following locations:
 - All valid, non-reserved, non-numbered parking spaces inside the garage and lots on the upper and middle levels, where signs at the entrances indicate "Gutterson" and "Commuter"
 - Near UVM Police Services, where the signs at the entrances indicate "Catamount West Lot"
 - Note: Parking is prohibited on the top deck of the Gutterson Garage from November 15 through April 1 between 11:00 pm and 7:00 am for snow removal. Check for posted "Lot Closing" signs indicating partial lot closure due to special events.
- Commuter Gold permit (evening only)
 - Commuting students who live beyond the [Commuter Evening Map \(PDF\)](#) are eligible to purchase a Commuter Brown permit. Commuting students living within the Proximate Area are eligible to purchase a Commuter Evening (gold)
 - Students are not eligible to use the numbered, hourly, parking spaces at Gutterson Garage, even if payment is made, during the enforced time of weekdays, 7:00 am - 3:30 pm

Single-Use Parking Permit Program for Graduate Students

- How it works:
- All graduate students, regardless of their address and proximity to campus, are eligible to purchase up to 10 single-use parking permits per semester (Fall/Spring)
- Each single-use parking permit costs \$2/day.
- All students within close proximity are also free to purchase single-use permits during the summer session
- Graduate students can obtain their single-use permits at the Transportation and Parking Services Office (38 Fletcher Place)
- Payments for permits can be made by cash, check, credit or debit card, or CAT\$cratch

Where can you park after 3:30?

- Only with a commuter permit (brown and gold)
 - Any faculty/staff parking spot
 - Gutterson Garage
- Without a permit
 - Jeffords Lot

Where can you never park without a special permit

- Residential parking spots (except during school breaks, parking allowed for commuter brown permit)
- Handicap spots
- Electric vehicle only spots
- Reserved spots

Burlington Street Parking near Central Campus

- University Pl.
 - There are very limited parking spots on University Pl.
 - Most of the spots are reserved for the food trucks, and they are noted so do not park in them or you will be towed and ticketed \$75 by the city!
 - You may officially park in the reserved spots after 7 PM and on weekends
- College St.
- South Williams St.
- Pearl St.
- Always look for “Resident Parking Only” signs as you will get towed without a resident tag
- Not recommended as a long term parking strategy due to unpredictable parking availability

Transportation

Buses

- Getting around Burlington and the surrounding areas is relatively easy because of the walkability of the city and its adjacent towns. However, sometimes it is easier and more expedient to take the bus than to walk! Below are a list of some of the major bus stops that are a short walk to many major attractions:
 - Burlington Downtown Transit Center
 - The University of Vermont Medical Center
 - Winooski Falls/Champlain Mill
 - Burlington Pine St. @ Locust St.

Green Mountain Transit

- Track your rides with “Transit” app
 - See exactly where your bus or train is on the map in real-time
 - Get push notifications if service disruptions will affect your commute
 - Launch GO for step-by-step navigation when you’re on an unfamiliar route
 - Receive departure alarms and stop notifications as well as prompts to pick up the pace in GO

- View schedules and route itineraries. Even offline
 - Locate bike-share stations, see the number of bikes available, pay for passes, and unlock bikes (in select cities)
 - Check ETAs for the closest Uber, Lyft or VIA and request a ride
- All UVM students can ride the Green Mountain Transit buses free of charge by swiping their CATcard
- For more information please visit the GMT website [Green Mountain Transit – Getting you where you need to go](#)

UVM Shuttle

- CATSride is a service that connects off-campus UVM offices with one another and also with the main UVM campus
- The service is available to all members of the UVM community
- Please visit [Bus UVM SHUTTLE | Transportation and Parking Services](#) for more information

Sustainable Transportation Programs

- Greenride Bikeshare Discounted Memberships
 - Greenride members get 24/7 access to 125 bikes docked at 17 stations across Burlington, South Burlington, and Winooski
 - Members get 60 minutes of free ride time a day
 - Annual memberships are usually \$50 but students get a Greenride campus membership for just \$25 – that’s \$2/month
 - Please visit [Burlington Bike Share](#) for more information
- Bicycling Resources
 - Parking & Transportation Services oversees the bike safety programs and regulations on campus. Please visit [Bikes | Transportation and Parking Services](#) for more information
 - Do you want to rent a bike or are you looking for a repair for your bike? Please visit [UVM Bike Education Co-op | Transportation and Parking Services](#) for more information
- Electric Vehicle Charging Stations
 - The University now has electric vehicle charging stations located across campus
 - Please visit the [Car Sharing and Electric Vehicles | Transportation and Parking Services](#) website for more information
- CarShare Vermont
 - Transportation and Parking partners with CarShare Vermont (CSVT), an hourly car-sharing service, to offer free membership to UVM students
 - To learn more about CSVT and apply for membership, please visit [Campus Memberships](#)