

## **RSENR Graduate Student UVM Resources**

*This list is not fully comprehensive of the entire extent of available supports and resources available to you as a UVM student. If you have questions on any of these resources or if there are other types of support you are seeking that you do not see represented, please do not hesitate to reach out to [RSENR\\_Grad\\_Coord@uvm.edu](mailto:RSENR_Grad_Coord@uvm.edu) to discuss other available resources!*

**Tip:** In addition to the emails and links provided for each resource below, many offices and organizations can be found on a variety of social media platforms and/or have specific listservs that will allow you to stay up-to-date on everything they're doing!

Key Resource Categories & Hyperlinks:

**STUDENT SUPPORT : HEALTH AND WELLNESS : IDENTITY CENTERS, GROUPS & RESOURCES : ACADEMIC SUPPORT & PROFESSIONAL DEVELOPMENT : GRADUATE STUDENT-SPECIFIC RESOURCES : SOCIAL RESOURCES**

### **STUDENT SUPPORT**

**Office of International Education.** B-101 Living/Learning Center,  
<https://www.uvm.edu/oie>, [InternationalStudents@uvm.edu](mailto:InternationalStudents@uvm.edu), 802-656-4296

Provide guidance and support to all international UVM students relating to immigration policy, paperwork, and procedures, financial/health/enrollment requirements, adjustment and navigation of UVM systems, and host events for the international student community.

**UVM Graduate Student Ombudsperson.** <https://www.uvm.edu/graduate/graduate-student-ombudsperson>, [Dan.harvey@uvm.edu](mailto:Dan.harvey@uvm.edu) (\*do not include reason for outreach in your email, just contact info\*)

Provide independent, confidential<sup>1</sup>, informal and impartial assistance to graduate students on matters affecting their graduate education. The Graduate Student Ombudsperson Office is a safe place to voice your concerns, talk through and evaluate your circumstances, organize your thoughts and identify your options, or get a second opinion. 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. <sup>1</sup>Please note that there are limits to the confidentiality of the Ombudsperson, as described [here](#).

**Office of Student and Community Relations (OSCR).** 12 Colchester Ave, 1<sup>st</sup> Floor,  
<https://www.uvm.edu/oscr>. 802-656-9405.

Provide off-campus students with relevant support resources (I.e. rent/housing, food, utilities, transportation, etc.), guides, community events, and programs to enhance and support your experience living off-campus and guide your engagement with the Burlington community.

**Rally Cat's Cupboard.** 1<sup>st</sup> Floor Davis Center (right past Brennan's Pub),  
[Cupboard@uvm.edu](mailto:Cupboard@uvm.edu), <https://www.uvm.edu/health/food-insecurity-uvm>.

UVM's on-campus community food pantry for free access to non-perishable food, produce, and more. See website above for current hours.

**Swipe Out Hunger.** <https://www.uvm.edu/health/food-insecurity-uvm>,  
[Nicole.Reilly@uvm.edu](mailto:Nicole.Reilly@uvm.edu).

Provides free on-campus meal plans for off-campus students facing food insecurity and financial difficulties.

**Free Food Resources Map.** [tinyurl.com/FreeFoodBTV](http://tinyurl.com/FreeFoodBTV).

A regularly updated map of free food resources (pantries, shelves, hot meals, farm shares, etc.) in the Burlington area and broader Chittenden county.

**Student Accessibility Services (SAS).** A170 Living/Learning Center, [access@uvm.edu](mailto:access@uvm.edu), [https://www.uvm.edu/academicsuccess/student\\_accessibility\\_services](https://www.uvm.edu/academicsuccess/student_accessibility_services). 802-656-7753

UVM's SAS office provides a wide range of academic and other support services and accommodations for students with a documented disability. These include:

- exam accommodations (extra time, quiet room, reading assistance)
- attendance flexibility
- meetings with disability specialists to receive advisement and advocacy around disability-related matters
- Ebooks/accessibly document conversion
- Temporary accommodations
- ASL interpreting and captioning
- notetaking services
- adaptive technology
- And more!

## **HEALTH AND WELLNESS**

**The UVM Center for Health and Wellbeing.** [Health@uvm.edu](mailto:Health@uvm.edu), <https://www.uvm.edu/health>.

Provides a range of services to support student physical and mental health. Check out their website to make an appointment, view services, workshops, and resources!

**Living Well.** Davis Center, 1<sup>st</sup> Floor. [Livingwell@uvm.edu](mailto:Livingwell@uvm.edu), <https://www.uvm.edu/health/livingwell>. 802-656-0411.

Home base for health promotion on the UVM campus – providing medical services, wellness programming, drop-in counseling, self-care resources and services, and help changing habits.

**Counseling and Psychiatry Services (CAPS).** Jacobs House (146 S Williams St.) & RedStone Campus (Wright Hall - 436 S. Prospect St.), [health@uvm.edu](mailto:health@uvm.edu), <https://www.uvm.edu/health/CAPS>. 802-656-3340.

Offers short-term individual counseling, urgent needs counseling, group counseling, outreach and education, psychiatry, referrals, and consultation services.

*Let's Talk* (<https://www.uvm.edu/health/letstalk>) drop-in counseling hours are also available at offices throughout campus including LivingWell, WAGE, Prism Center, and Mosiac Center.

**Student Health Services/Primary Care.** 425 Pearl St., [Health@uvm.edu](mailto:Health@uvm.edu), <https://www.uvm.edu/health/SHS>. 802-656-3350.

UVM's Student Health Services Center sees students by appointment for general health concerns, acute and chronic medical problems, injuries, preventive care and specialized services. They provide behavioral health, eating disorder and body image support, sexual health, transgender healthcare, nutritional services, travel clinic, allergy clinic, and laboratory services.

**Campus Recreation.** 97 Spear St., <https://uvmcampusrec.com/>. 802-656-4483.

Provide free indoor and outdoor recreational facilities (gym, pool, etc.) access for active students. [Intramural sports leagues](#) and a variety of group fitness classes are also available for an additional fee.

**RSENR Gear Library.** Aiken Center, Dean's Suite, Room 220C.

<https://www.uvm.edu/rsenr/rubenstein-school-gear-library>.

In an effort to support experiential learning and access to the outdoors, the Rubenstein School Student Services team is excited to offer RSENR students a FREE gear library! Check out their collection of outdoor gear including rain jackets, micro spikes, hiking boots, binoculars, snow boots, gloves, hats, neck warmers, and more for your next outdoor adventure, whether for field work, labs, or leisure!

## **IDENTITY CENTERS, GROUPS & RESOURCES**

**ALANA (Asian-American, Latino, African-American & Native American) Coalition,**

[https://www.uvm.edu/alana\\_coalition](https://www.uvm.edu/alana_coalition), [alco@uvm.edu](mailto:alco@uvm.edu).

Serves and represents faculty, staff and graduate students of color at the University of Vermont. Their meetings are a place where people of color from across campus can network, get support and discuss ALANA-related issues.

**Cultural Resource Guide.** <https://www.uvm.edu/diversity/cultural-resource-guide>

Provided by the UVM Vice Provost's Office for Diversity, Equity, and Inclusion, this guide offers connections to a diversity of cultural resources (food, living, recreation, arts, etc.) in the greater Burlington area!

**Graduate Students of Color Association.** [gsc@uvm.edu](mailto:gsc@uvm.edu).

The GSCA creates a community for all graduate students of color both domestic and international. The GSCA organizes events, professional development seminars, and career workshops.

**International Graduate Student Association Program.**

<https://mobile.twitter.com/studentisap>.

The IGSA creates networking platforms and mentoring opportunities for international graduate students at UVM and works with the Office of International Education to provide orientation support to incoming international students.

**Mosaic Center for Students of Color.** Living and Learning Center, [mcsc@uvm.edu](mailto:mcsc@uvm.edu),

<https://www.uvm.edu/mcsc>. 802-656-3819

Support the holistic development of self-identified students of color so that they can obtain their goals for academic achievement, personal growth, identity formation, and cultural development. Provide

educational workshops and resources, mentoring, holistic student advising support, affinity spaces/groups, retreats, weekly Friday breakfasts, and connection to affiliated student groups.

**UVM Parenting and Family Resources.** <https://www.uvm.edu/human-resources/parenting-and-family-resources>.

A comprehensive resource page for UVM parents providing connections to available child care and other supports available to UVM affiliate families.

**Graduate Student Parents Club.** [GraduateStudentParents@uvm.edu](mailto:GraduateStudentParents@uvm.edu). Find them on [Twitter](#).

A safe space where UVM graduate students who self-identify as parents, guardians, custodians, or prospective parents can connect with each other, share ideas, experience, and build the community through events. Helpful resources (i.e. diapers, car incentives, etc.) are also available.

**PRISM Center.** Living and Learning Center - C Building, [prism@uvm.edu](mailto:prism@uvm.edu), <https://www.uvm.edu/prism>. 802-656-8637

Supports and empowers lesbian, gay, bisexual, transgender and queer/questioning (LGBTQ+) students and allies through affinity spaces/groups, social events, connection to learning materials and resources, and affiliated student clubs.

**oSTEM @ Vermont.** Join their [Listserv](#). Find them on [Facebook](#).

oSTEM's purpose is to provide professional and academic development, support, and community to members of the LGBTQ+ graduate community at UVM.

**SACNAS (Society for the Advancement of Chicanos/Hispanics and Native Americans in Science).** [uvmsacnas@gmail.com](mailto:uvmsacnas@gmail.com), <https://blog.uvm.edu/vtsacnas/>

Student organization that cultivates an inclusive and diverse community of graduate and undergraduate students from underserved backgrounds interested in pursuing careers in STEM. Provides social and professional development events, networking and community engagement opportunities, academic support, and more.

**UVM Veterans Services.** 360 Waterman Building, [veterans@uvm.edu](mailto:veterans@uvm.edu), <https://www.uvm.edu/veterans>. 802-656-0581

Support veterans and VA students in their transition to higher education through coordination of resources, and advising on accommodations, financial aid, VA benefits, and more.

**Women and Gender Equity (WAGE) Center.** 34 South Williams Street, [women@uvm.edu](mailto:women@uvm.edu), <https://www.uvm.edu/wagecenter>. 802-656-7892

WAGE envisions a brave, diverse, and equitable learning environment for all members of the UVM community. They strive to provide affinity and wellness-based programming, and networking and speaker events that connect our community through the exploration of the intersections of their gender and other identities.

## **ACADEMIC SUPPORT & PROFESSIONAL DEVELOPMENT**

**Career Center.** Davis Center, 2nd Floor, <https://www.uvm.edu/career>, [career@uvm.edu](mailto:career@uvm.edu). 802-656-3450.

Provide connections to career development resources, advising, and supports such as professional document (resume/CV/cover letter) reviews and guidance, networking opportunities, interviewing skills, job search resources, career/skill assessments, and more!

Check out their *Career Resources for Graduate Students* (<https://www.uvm.edu/career/career-resources-graduate-students>) page!

**Center for Teaching and Learning.** Howe Library, Room 051, [ctl@uvm.edu](mailto:ctl@uvm.edu), <https://www.uvm.edu/ctl/>.

Provide teaching workshops, teaching resources/templates/guides, teaching technology assistance, one-on-one consultations, events, and more to improve teaching and pedagogical practice of UVM educators.

They also provide the *Graduate Student Program* (<https://www.uvm.edu/ctl/programs-services/graduate-teaching-program/>) to enhance graduate student knowledge/experience with best teaching practices and strategies, and professional development.

**Graduate Writing Center.** Howe Library, Ground Floor. <https://www.uvm.edu/gradwriting>, [gradwriting@uvm.edu](mailto:gradwriting@uvm.edu). 802-656-1958.

Provide one-on-one and group appointments to consult on all graduate student writing and communications in all stages and fields (I.e. articles, posters, presentations, papers), as well as connection to writing resources, retreats, and workshops.

**Howe Library.** 538 Main St., <https://library.uvm.edu/>, [media@uvm.edu](mailto:media@uvm.edu). 802-656-2023.

Provide access to digital and paper collections, technology and media resources, printers, group study rooms, research databases/tools/resources, and consultative support services.

Get in touch with *RSENr's Subject-Specific Librarian*, Laurie Kutner ([laurie.kutner@uvm.edu](mailto:laurie.kutner@uvm.edu)), for assistance identifying and navigating subject-specific research databases, citation tools, and more!

Get in touch with *UVM's Statistical Design and Data Services* contact, Maria Skolnick ([maria.skolnick@uvm.edu](mailto:maria.skolnick@uvm.edu)), for assistance selecting and using statistical software, data management and interpretation.

Get in touch with *UVM's GIS Support and Consulting Services* ([https://library.uvm.edu/research/GIS\\_support](https://library.uvm.edu/research/GIS_support)) for assistance with quick GIS questions ([Library.GIS-Support@uvm.edu](mailto:Library.GIS-Support@uvm.edu)), or to set up an appointment to discuss the GIS need of your project.

**Technology Services (Tech Team).** i117 Ira Allen Chapel. <https://www.uvm.edu/it/help-support>, [techteam@uvm.edu](mailto:techteam@uvm.edu). 802-656-2604. Submit a [Help Request](#).

Offer no-cost software support to all current UVM Students, Faculty, and Staff. We also have fully Apple and Dell certified repair services on campus to offer professional hardware repairs for in-warranty or out-of-warranty computers. Their [Knowledge Base](#) also provides helpful

guides on common computer issues! Check out the [UVM Software Portal](#) to view all software packages available to you as a student.

## **GRADUATE STUDENT-SPECIFIC RESOURCES**

**GRADNet Listserv.** <https://www.uvm.edu/graduate/gradnet>.

A free email listserv for graduate students, faculty, and staff to connect UVM grads to relevant events, resources, academic/professional/social opportunities, and more. Once a member, you can share announcements to the graduate student community, too!

**Graduate Student Senate (GSS).** 311T Davis Center, [GraduateSenate@uvm.edu](mailto:GraduateSenate@uvm.edu), <https://www.uvm.edu/gss>.

Provide social events, community service opportunities, professional development workshops, and connection to graduate student resources for UVM's entire graduate student community.

View and download the *2022-2023 PAWBOOK* ([https://www.uvm.edu/sites/default/files/Graduate-Student-Senate/2022-2023%20Pawbook/GSS\\_Pawbook\\_2022.pdf](https://www.uvm.edu/sites/default/files/Graduate-Student-Senate/2022-2023%20Pawbook/GSS_Pawbook_2022.pdf)), which has information/resources for everything you'll encounter as a UVM Grad Student, ranging from assistantship support to mental health, to housing and basic needs.

**UVM Graduate College – Resources Page.** <https://www.uvm.edu/graduate/resources>. [Gradcoll@uvm.edu](mailto:Gradcoll@uvm.edu).

Your go-to webpage for all UVM Graduate College forms, templates, and policies relevant to general graduate student academic/funding procedures, thesis/dissertation forms, leave of absence/withdrawal/enrollment policies, and other relevant university resources.

## **SOCIAL RESOURCES**

**GSS-Recognized Student Clubs.** <https://www.uvm.edu/gss/clubs-and-organizations>

Several clubs of particular relevance are referenced in further detail throughout this resource guide above. Some others of note include Women in STEM, oSTEM (LGBTQ+ grads in STEM), Rethinking Economics Club, Nepali Students Association, Indian Students Association, and Career Mobility Club.

See the Office of International Education's webpage of [International Community Groups and Associations](#)!

Other **UVM Clubs** (<https://clubs.uvm.edu/>) not listed on the GSS-Recognized webpage may be open and available to graduate students upon reaching out to their designated contact, feel welcome to explore!

**RGSA (Rubenstein Graduate Student Association).** [rgsa@uvm.edu](mailto:rgsa@uvm.edu), [https://www.uvm.edu/rsenr/rubenstein\\_graduate\\_student\\_association\\_rgsa](https://www.uvm.edu/rsenr/rubenstein_graduate_student_association_rgsa).

The goals of the RGSA are: to promote the interests and welfare of RSEN graduate students; to serve as a commons for all RSEN graduate students to provide input on RSEN policy, curriculum, and operation; to serve as a conduit of information relevant to graduate education in RSEN and UVM; to promote an intellectual and social community of graduate education; and to sponsor opportunities for academic and professional development among its members.

**UVM Bored.** <https://uvm bored.com/>.

A collection of UVM and local Burlington events, activities, and happenings!