We are honored that your sons and daughters are Vanderbilt students and that you are part of our extended Vanderbilt family. The Parents and Family Programs Office is here to assist you during your time as a Vanderbilt parent. We serve as a communication link between you and the university through vehicles like the Parent Information Line, a phone and email service that operates Monday–Friday from 8 a.m. to 5 p.m. Central.

Phone: (877) 887-2736
Email: parents@vanderbilt.edu

We encourage you to participate in the life of your Vanderbilt student(s) and to interact with and lend support to other parents. We have many volunteer opportunities available for you.

Additionally, stay informed about campus events through our e-newsletter, Commodore Connection, and by visiting vu.edu/families. There is a form on our website that should be used to alert us to any changes in your contact information such as change of address, phone number or email. As questions arise, a great resource is the parent handbook that can be found at the back of the calendar. The handbook contains a wealth of information regarding academic resources, student health and wellness, financial information, student organizations and campus life.

Our office is only a phone call away, and we look forward to assisting you and your family.

Sincerely,

Sandra Robinson
Director, Parents and Family Programs

Mary Cate Hansen
Assistant Director, Parents and Family Programs
A new school and a new academic year may be overwhelming for both students and parents. The university is committed to supporting and encouraging students and the resources available at Vanderbilt are designed to ease this transition and support you along the way.

College is a unique time in a young adult’s life – students are encouraged to question, to learn, to explore and to step outside of their comfort zone. Vanderbilt, and the city of Nashville, offers an incredible place to do just that. This amazing community will be the launch pad for your student's growth and discovery over the course of their time at Vanderbilt and beyond.

Vanderbilt students make a difference on and off campus. We encourage you to question alongside them and to learn and grow with them. Get involved in the Vanderbilt campus or where you live. Take advantage of opportunities to volunteer and connect with other parents. Immerse yourself, just as your student will, in all Vanderbilt University has to offer.

Best Wishes,

Nancy and Peter

Nancy and Peter Saperstone
Parents of Emily, Class of 2020
PAFA Advisory Board Co-Chairs
Wellesley Hills, MA
Will I receive a copy of my student’s grades?

Viewing grades: Federal law makes the distribution of an adult’s (18 or older) records to anyone other than the recipient illegal. Vanderbilt students are treated as adults and Vanderbilt fully complies with this federal law known as the Family Educational Rights and Privacy Act (also referred to as the Buckley Amendment or FERPA), which protects students’ records.

Students may view their grades online by logging into the YES system. Vanderbilt does not grant electronic access for parents to view students’ grades via the YES system at this time. Parents should encourage students to share their grades and students can do so by printing a copy of the semester grade reports. Many families find it helpful to discuss and set expectations with their student in advance about when and how students will share their grades.

Midterm deficiency reports: Parents may be mailed midterm deficiency reports if their student has signed a release called the Consent to Release Academic Information. Deficiency reports are mailed when a student has one or more grades of “F” or when a first-year student has more than one deficiency of any type (grades of C- or excessive absences).

Is there help for my student if they are having trouble with classes?

Yes! Encourage your student to meet with his or her professor at the first sign of trouble. Students should take initiative early and not wait until the last minute to seek assistance: if students wait until the end of semester, many services may already be booked up. Below are some campus resources to enhance a student’s academic performance.

Tutoring Services
1801 Edgehill Avenue, Suite 112
(615) 343-2225 or tutoring@vanderbilt.edu, vanderbilt.edu/tutoring

Tutoring Services offers free, individual, appointment-based tutoring to all Vanderbilt undergraduates for introductory classes in the following departments: Biological Sciences, Chemistry, Economics, Mathematics, Neuroscience, Physics, and select Foreign Languages. A number of departments also offer drop-in learning support services such as Help Desks and Tutored Study Halls.

The Writing Studio
1801 Edgehill Avenue, Suite 112 (Satellite Location: Commons Center 217)
(615) 343-2225, vanderbilt.edu/writing

The Writing Studio is a free and confidential writing resource for all Vanderbilt students. Writing consultants work with students on any piece of writing, from course assignments to extracurricular projects.

Center for Student Wellbeing (CSW)
1211 Stevenson Center Lane
(615) 322-0480, vanderbilt.edu/healthycare/

The CSW offers various types of support to help students succeed academically. Students may seek one-on-one appointments or participate in workshops. Walk-in hours are also offered to briefly address concerns and determine a plan for follow-up.
The services are designed to assist students in developing and enhancing academic skills in response to their new environment and the opportunities and challenges that it can present.

Topics of interest to your student may include:
- Comprehension and retention
- Test preparation and test taking skills
- Note taking
- Writing papers and reports
- Memory strategies
- Time management and organizational/study skills
- Stress and anxiety due to academic issues

Vanderbilt Libraries
The 21st century academic library is so much more than just a building filled with shelf after shelf of books. In addition to the thousands of electronically available books and journals, we have subject specialist librarians who teach students a range of skills from critical thinking to how to create an engaging presentation. Many campus libraries also have extended hours (including 24/7 availability) before and during final exams, providing a safe and comfortable place for group meetings and individual study.

FINANCIAL INFORMATION

How can I access my student's bill?
Your student will need to grant you access to view and/or make payments to their student account. They can do so by following these steps:
1. Go to your YES landing page and log in.
2. Select the link that reads “Billing Portal” located in the options below your picture.
4. Enter the information that is requested and click “OK”
An instructional email will be sent to the other payer. A tutorial is located online at vandibill.edu/stuacctstebill.html

Is there a payment plan option for my student's tuition?
Yes. Vanderbilt, through Higher One, offers an interest-free monthly payment option. The payment plan is available for a small enrollment fee and includes personal account service, automated account information 24 hours a day and access to your account through their website.

The deadline to enroll in the interest-free monthly payment option is August 31 for the fall semester (payments begin May 15) and January 31 for the spring semester (payments begin October 15). For more information, please visit www.vanderbilt.edu/stuacctspayments/options-fall.php

What is Opportunity Vanderbilt?
Paying for college is one of the largest single investments a family will make, and we strongly believe that a Vanderbilt education is well worth the investment. Opportunity Vanderbilt replaces all need-based undergraduate student loans with scholarship and grant assistance.

Vanderbilt will meet 100% of a family’s demonstrated need (as calculated by the FAFSA form and CSS Profile). These financial aid awards do not include loans. Instead of offering need-based loans to undergraduate students, Vanderbilt offers additional grant assistance.

If my student is on financial aid, do they need to reapply each year?
Yes. For students receiving need-based financial assistance, they must reapply each year as the student and family financial circumstances can change. Our experience is that the financial aid awards for most families remain consistent from year to year. Students receiving only merit-based assistance typically do not need to reapply.

If our family's financial circumstances change, can we expect our aid package to change?
Yes, since we revalue need-based aid eligibility each and every year, the award can change based upon changes in the family’s financial circumstances.

What is the “credit” on my account?
Any aid fund granted over the cost of tuition will be applied to the student account. Students can then use these funds to purchase textbooks and pay for other incidentals. Speak to the financial aid office and they can help to determine the approximate “credit” that will appear in your student account based on the aid package you received.

Can I use my financial aid to study abroad?
Students receiving aid, who plan to study abroad with an approved Vanderbilt program, may use their financial aid for programs offered during the academic year (fall or spring semester). Students wishing to attend a study abroad program during the summer months and needing financial assistance will have to consider other federal, parent loans or alternative loans.

Your financial aid will credit to your Student Account as will your Vanderbilt Study Abroad program charges. The Office of Student Accounts will refund any aid, beyond the cost of the program, to you. You are responsible for using these funds to pay any additional costs associated with your study abroad program.

What is Experience Vanderbilt?
Experience Vanderbilt (EV) supports the university’s mission of creating an inclusive community by providing undergraduate students qualifying for need-based financial aid with resources to engage in extracurricular programs. The program’s goal is to break down monetary barriers between undergraduate students and extracurricular programs that help define the Vanderbilt experience. These programs may include participation in student organizations, club sports, art and cultural experiences, service trips, outdoor recreation trips, Greek Life or other initiatives with financial considerations.
For the 2017-2018 school year, Experience Vanderbilt awarded more than $200,000 to more than 600 students. The application for Experience Vanderbilt funding for the 2018-2019 academic year can be found on Anchorlink and will open Aug. 24, 2018 at 9 a.m. and close Sept. 12, 2018 at 11:59 p.m. Funding for Experience Vanderbilt comes in part from donations from parents, alumni, faculty and staff. Please consider donating to allow us to help more students Experience Vanderbilt.

For more information: vanderbilt.edu/experience-vanderbilt
To donate: vu.edu/supportEV
Application for funding: anchorlink.vanderbilt.edu/organization/experiencevanderbilt

What is the Commodore Card and how can a student use it?
The Commodore Card is a student’s official Vanderbilt identification card. It can be used for debit spending, VU Meal Plans and access to campus buildings such as residence halls, libraries, academic buildings, the Student Recreation Center and on-campus sporting events.

What is the difference between Commodore Cash vs. Meal Money?
Commodore Cash is the primary spending account used by students. It can be used to make debit spending purchases at any campus retail location that accepts the Commodore Card as a method of payment and also for printing, vending, laundry and transportation.

Meal Money is used as an enhancement to your student’s VU Meal Plan. Meal Money is an additional debit spending account available for isolating funds for food purchases. Meal Money can be used at on-campus dining locations, vending and off campus at participating local Taste of Nashville restaurants. Meal Money is associated with Meal Plans. If you drop your Meal Plan, your Meal Money is forfeited. You can visit the Vanderbilt Dining website at campusdining.vanderbilt.edu for a detailed explanation of Meal Money and the Taste of Nashville program.

When can money be added to the Commodore Card?
Selections can be made during the following time periods:
- Fall 2018: February 6–July 15, 2018
- Spring 2019: February 6–November 15, 2018

These funds will be billed along with tuition, housing, meal plans and other university charges.
1. Click on the link 2018/2019 Commodore Cash Selection at vanderbilt.edu/cardservices
2. Your student will need to log in using their VUnetID and password (no parent log in).
3. Make the appropriate monetary selection.
4. Submit and log off.

What if my student did not add money during the selection period?
If your student elected not to add funds during the fall selection period (February 6–July 15), they may add funds for immediate use and have additions billed to the student account from the Commodore Card website. If your student did not make the selection to have funds pre-billed, there is a $35 deferred payment fee for each addition until September 15. To prevent this fee for the spring semester, your student can log on to buycommodorecash.vanderbilt.edu until November 15.

How to add Commodore Cash to your student's Commodore Card for immediate use
1. Click on the link “Add Commodore Cash for Immediate Use” at vanderbilt.edu/cardservices
2. Have your student log in using their VUnetID and password.
3. Select the Commodore Cash tab.
4. Make appropriate monetary selection.
5. Submit and log off.

Note: The Commodore Card accepts personal checks at any time free of charge and without fee. Checks should be made payable to ‘Vanderbilt University’ with the student’s Commodore ID (number) noted and mailed to the Commodore Card office.

What if my student's Commodore card gets lost or stolen?
Report a lost Commodore Card as soon as possible either by phone or via the website.

Debit spending accounts and access privileges are suspended when a card is reported lost. If your student finds the lost card, it can be reactivated on our website. If it is not found, there is a $20 replacement card fee that is payable by cash, check or Commodore Cash.

How and where does my student purchase textbooks?
Barnes & Noble at Vanderbilt is located at 2501 West End Avenue. Barnes & Noble at Vanderbilt offers the required textbooks for Vanderbilt courses in a wide variety of formats to help students save money including new, used, digital, rental and custom books.

Textbook information—while used books can save students 25 percent over the cost of a new printed textbook, students can save up to 50 percent with the rental option. Any purchases made in the store or online are fully returnable, in accordance with the stated return policy. We also price match textbook prices with Amazon and bn.com (be sure to check our price match policy for details).

Add/drop protection—if your student drops a course during the school’s add/drop period, textbooks can be returned to the bookstore for a full refund—see the refund policy for details.
LIVING ON CAMPUS

Housing and Residential Education
4113 Branscomb Quadrangle
(615) 322-2591, vanderbilt.edu/resed

The Office of Housing and Residential Education provides safe, secure, comfortable, accessible and healthy housing for its residents. Programming for residents builds communities in which students’ social needs for belonging, friendship, recognition, respect and dignity are met. These communities foster learning, personal development, academic achievement and successful transitions for both new students and graduates.

How does my student apply for housing each year?

Housing Assignments: Registration for the housing assignment process, and requests to live off-campus, takes place each spring. All undergraduate students currently enrolled at Vanderbilt must register online; access to the website requires a VUnetID and password. The Housing & Residential Education office publishes a Housing Assignments Guide each year, which is made available to all students.

Procedural Fairness: No student is favored over any other. All processes treat students equally so that every student has an equal opportunity to pursue the housing of their choice. Procedural fairness is ensured through a seniority driven, random selection process, referred to by students as the lottery. There are distinct random selections for every type of accommodation offered. (The only exceptions are the Living Learning Communities for which students submit specific applications. Those applications are considered by committees).

Seniority and Points: For the purpose of choosing rooms in the random selections, students entering their fourth year of study are assigned four points, those entering their third year of study are assigned three points, and students entering their second year of study are assigned two points. Individuals or groups of students choose their living spaces based upon group point averages. Group averages are determined by averaging the points assigned to each member of the group together. The order of selection for groups with the same point average or total is determined by a random selection.

Student Accountability: Students are solely responsible for understanding the policies and procedures of the housing assignment process and meeting all deadlines.

Who lives with the students in the residence halls?
Our residence halls are organized into seven “Residential Areas”, each managed by an Area Coordinator (AC). The Residential Education staff also includes upper-class undergraduates and graduate students who serve as head residents (HRs) and resident advisers (RAs) in our undergraduate residence halls. These students are supervised by the seven ACs, all of whom live in residence halls.

Area Coordinators
The area coordinators are responsible for all residence halls in their assigned areas. The ACs live in their areas, are equipped with cell phones, and are on call twenty-four hours a day, seven days a week.

In addition to supervising the head residents, resident advisers and front desk assistants in their residence halls, the area coordinator is also available to:
- Respond to emergencies in the residence halls, Greek houses and students off-campus
- Accompany sick and injured students to the emergency room
- Advise residence hall governments
- Counsel individual students
- Promote and assist in the planning of residence hall programming
- Investigate and resolve student disciplinary matters

Area coordinators are full-time professional staff members who hold post-baccalaureate degrees.

A full list of staff including area coordinators can be found online vanderbilt.edu/ResEd/contact-us/staffdirectory/

What summer storage options are available both on and off campus?

Campus storage—Limited storage space is available on campus in university storage rooms on a first-come, first-served basis. No more than two personal items may be stored. Only luggage, footlockers, metal garbage cans and refrigerators that have been properly defrosted may be stored. All containers should be properly labeled with:
1. Student name
2. Date stored
3. Residence hall and room for fall occupancy
4. Permanent address/phone

UPS Store storage services—While there are many local storage facilities around Nashville, the UPS Store is Vanderbilt’s preferred vendor for shipping and storage. For your student’s safety, only UPS has the privilege to enter the residence halls for pickup or delivery to students. Other moving vendors may not enter the building to collect items, rather, students will have to bring their items outside and meet the vendor.

For more information, call (615) 327-0407 or visit theupsstorelocal.com/2975.

What types of meal plans does Campus Dining offer?
Vanderbilt offers a comprehensive plan in 22 locations that includes meals in a retail environment, to-go meals in our convenience stores and flexibility through the use of Meal Money, Flex Meals and our unique local restaurant partners in Taste of Nashville.

Meal Plan participation is required for all students residing on-campus. First-year students are automatically enrolled in the First-Year Meal Plan. This plan is required for first-year students residing on-campus. There is a minimum required meal plan for sophomores and juniors, but students always have the option to select a larger meal plan. Seniors are not required to have a meal plan. To learn more about the various meal plans, visit campusdining.vanderbilt.edu/vu-meal-plans/

What if my student has a food allergy/intolerance or religious restriction?
Vanderbilt Campus Dining is committed to helping our students with their dietary needs. Whether they have food allergies, health conditions, religious restrictions (including Kosher) or simply need guidance or assistance with food selections, Vanderbilt Dining can provide the resources to assist them. There are numerous options available to meet individual needs.
resources to assist students in selecting foods that fit their diet. Our dedicated certified chefs and registered dietitian make every effort to accommodate students.

Students seeking dietary assistance in the 2018-2019 academic year should contact our Campus Dining Registered Dietitian, Meredith Williams at dietitian@vanderbilt.edu and SAS (Student Access Services) with supporting medical documentation at disabilitieservices@vanderbilt.edu. It is important that the information given be as complete as possible. Students should explain their special needs in detail and explain what is required to meet those needs. For more information, call SAS at (615) 322–4705.

How can my student do their laundry? Is there laundry service available on campus?

Self-service: Laundry facilities are located in each of the residential areas. Washers and dryers in these areas accept payment with the Commodore Card and coins.

VanLaundry: Dry cleaning and bundled laundry service is also available on campus with VanLaundry. Drop-off locations are outside the residence halls. Students may track their laundry with the free app and are notified when their clothes are clean and ready for pick-up. Learn more at universitylaundry.com/vanderbilt

Where should I send mail to my student?

All mail and packages—whether sent via the U.S. Postal Service, Fedex, UPS, or any other carrier—must be sent to the student’s PMB address (not the residence hall) at 2301 Vanderbilt Place, which is the Vanderbilt University Station B Post Office address.

Address format:
Student name
PMB 35XXXX (X= four-digit PMB number)
2301 Vanderbilt Place
Nashville, TN 37235-XXXX (X= four-digit PMB number)

Picking up mail and packages—First-class mail is sorted and placed in student mailboxes by 10 a.m. daily. Students are sent a package pickup notification email for each package received in their name.

Can I have local deliveries made to my student?

Flowers or other special deliveries must be sent to the front desk in the area of campus where your student’s residence hall is located. See the list below for the residence halls by area and the associated front desk addresses. Please make sure to provide the florist or vendor with your student’s name and cell phone number. The front desk attendant will call the student to notify them of the delivery.

Area 1: Warren and Moore (Warren, Moore Colleges)
2101 West End Ave., Nashville, TN 37203

Area 2: Alumni Lawn (Barnard, Cole, McGill, McTyeire, Tolman and Vanderbilt halls): Vandy-Barnard front desk, 2211 West End Ave., Nashville, TN 37203

Area 3: Carmichael Towers East (Towers 1 and 2):
Towers East front desk, 2321 West End Ave., Nashville, TN 37203

Area 4: Carmichael Towers West (Towers 3 and 4):
Towers West front desk, 2401 West End Ave., Nashville, TN 37203

Area 5: Branscomb Quad (Lupton, Scales, Stapleton, and Vaughn halls):
Lupton front desk, 2401 Vanderbilt Place, Nashville, TN 37203

Area 6: Highland Quad (Chaffin, Lewis, Mayfield and Morgan halls):
Lewis front desk, 1410 25th Ave. S., Nashville, TN 37212

Area 7: The Martha Rivers Ingram Commons at Vanderbilt (Crawford, East, Hank Ingram, Gillette, Memorial, Murray, North, Stambaugh, Sutherland and West houses): Hank Ingram front desk, 1401 18th Ave. S., Nashville, TN 37203

STUDENT HEALTH AND WELLNESS

What is the Student Care Network?
www.vanderbilt.edu/studentcarenetwork

The Student Care Network is the holistic network of services and resources available to Vanderbilt University students pertaining to health and wellness. As an online resource portal, the Student Care Network website allows students to identify and access the services that best meet their needs. Resources are included for undergraduate, graduate, and professional students, as well as postdoctoral fellows. In addition to housing health and wellness resources, the website also contains detailed information about student health insurance and campus health and wellness initiatives. The Student Care Network is available to students to support their wellbeing and their care.

What if my student is sick?

Student Health
1210 Stevenson Center Lane, Zerfoss Building
(615) 322-2427, medschool.vanderbilt.edu/student-health/

The Zerfoss Student Health Center serves the primary care needs of the Vanderbilt student community. There are no office co-pays for routine visits and all registered students are eligible for care, regardless of insurance coverage.

Hours during regular school session:
Monday through Friday, 8 a.m.–4:30 p.m.; Saturday 8:30 a.m.–Noon

After hours: Emergency consultation services are available by phone 24 hours a day, 7 days a week at (615) 322-2427. If your student experiences a severe illness or injury they should go immediately to the emergency room.

Services available:
• Acute care
• Allergy shots
• Eating disorders treatment
• LGBTI health care
• Primary care services
• Routine immunizations
• Sexual and reproductive health
• Specialty services
• Travel medicine
Prescriptions:
The Student Health Center stocks a number of commonly used medications that our providers prescribe. The SHC purchases these items in bulk resulting in reduced cost and therefore are able to pass these savings on to our students. The dispensary is not a pharmacy and therefore we cannot fill prescriptions written by providers outside the Student Health Center.

Cost:
The Vanderbilt Student Health Center receives its funding by a tax on tuition dollars. Because of this, there is no charge for office visits; however, charges may be incurred for in-house diagnostic testing (e.g. strep test, UA), procedures (e.g. colposcopies), vaccines, medications and supplies. These are provided to students “at cost” (the price that the Student Health Center pays to purchase the item).

Students may pay for any charges incurred at the Student Health Center by using their Commodore Card, Visa, MasterCard, and American Express. The Student Health Center does not accept Discover or cash.

**PLEASE BE AWARE:** The Vanderbilt Student Health Center NEVER bills insurance companies and the providers are not in network for any health insurance plan. Please do not assume that your insurance company will reimburse you for services charged by Student Health. Please check with your insurance company prior to your appointment.

During a visit to Student Health it may be determined that students need to have off-site tests (e.g. x-ray) or care (e.g. ED or specialist). These charges will be billed to the student’s health insurance by Vanderbilt Medical Center. Any remaining balance is the responsibility of the student. The Student Health Center is not involved in this billing process.

Why does Vanderbilt have mandatory health insurance?
Vanderbilt University is committed to promoting good health and meeting the medical needs of its students. The unexpected occurrence and expense of a medical condition can interrupt a student’s academic career. It is for this reason that we offer the Student Injury and Sickness Plan provided by Gallagher Student Insurance (gallagherstudent.com/vanderbilt ). Vanderbilt University requires all eligible students to be covered by a health insurance plan that is comparable to or exceeds the Student Injury and Sickness Insurance Plan.

Please note that some college students may experience mental health issues that require long-term psychological and/or psychiatric services. The University Counseling Center may refer students seeking such treatment to community providers who will charge for their services. The Vanderbilt Gallagher Student Insurance Plan provides support for long-term psychological and psychiatric services.

What if I want to keep my student on an existing health insurance plan? How and when do I waive the Vanderbilt Gallagher Student plan?
If you choose to waive the Gallagher Student plan, you must provide proof of other comparable insurance. The waiver can be found online on the Student Health website under the “Student Health Insurance” tab. vumc.org/student-health/requirements

**NOTE:** The Gallagher Student plan MUST BE WAIVED EACH ACADEMIC YEAR by August 1.
If you have questions regarding insurance, please contact our Insurance Liaison at the Student Health Center at (615) 343-4688.

Office of Student Care Coordination (OSCC)
Suite 100, Sarratt Student Center
(615) 343-WELL (9355), www.vanderbilt.edu/carecoordination

The Office of Student Care Coordination is committed to supporting undergraduate, graduate, professional students, and postdoctoral scholars in successfully navigating life events related to academic stress and/or medical, mental health, and/or other personal concerns that may interfere with a student’s ability to achieve their academic and personal goals. A team of Student Care Coordinators work collaboratively with students to identify and coordinate resources within Vanderbilt’s Student Care Network and in the Nashville community that may provide the best support for individual concerns. Our goal is for students to have the right support, in the right place, at the right time.

We do this by:
• Responding to concerns from the Vanderbilt community about students in distress;
• Providing a central access point to help students identify needs and appropriate on and off-campus resources that may help address these concerns;
• Meeting one-on-one with students to develop a student success plan;
• Facilitating connections to resources and providing accountability through supportive follow up meetings;
• Providing referrals to off-campus resources, including mental healthcare providers;
• Working in collaboration with campus partners, including the Center for Student Wellbeing, the University Counseling Center, the Student Health Center, the Office of Housing and Residential Education, and faculty and staff to address student needs and maintain the safety and health of our students and community;
• Supporting students returning from a Medical Leave of Absence;
• Assisting in the development of self-advocacy skills that prepares students for involvement in the larger community and life beyond Vanderbilt.

Though staff typically have a background in mental health services, it is important to understand that work with a Student Care Coordinator is not counseling or therapy. Rather, Student Care Coordinators have the opportunity to develop close helping relationships with students while coaching them toward appropriate support resources, self-care and self-advocacy.

How to Access the Office of Student Care Coordination:
The OSCC is located on the first floor of Sarratt Student Center. Students are encouraged to visit www.vanderbilt.edu/carecoordination to complete an initial assessment and schedule an appointment to meet with a Student Care Coordinator. Students may also call (615) 343-WELL (9355) or drop in to see a Student Care Coordinator, Monday–Friday 8 a.m. to 5 p.m.
University Counseling Center (UCC)
2015 Terrace Place
(615) 322-2571, www.vanderbilt.edu/ucc

As a key component of Vanderbilt’s Student Care Network, the UCC provides mental health assessment, support and treatment for all students enrolled at Vanderbilt, including undergraduate, graduate and professional students. The UCC also serves postdoctoral scholars appointed by the Office of Postdoctoral Affairs. Highly skilled and multi-disciplinary teams of professionals offer crisis intervention, substance abuse counseling, short-term individual counseling, group therapy, biofeedback, ADHD and learning disorder assessments, and psychiatric assessment and pharmacologic treatment. Treatment plans are tailored to each individual’s unique background and needs. UCC professionals support the University’s mission of fostering inclusive excellence through cultural awareness and competence. In addition to regular hours and evening/weekend crisis response, the UCC offers various “Let’s Talk” locations and affinity groups.

Hours:
• Regular hours Monday through Friday: 8 a.m.–5 p.m.
• On-call crisis response line nights and weekends (615) 322-2571.
• Extended evening hours are available as a pilot program during the 2018-19 academic year on Tuesdays and Wednesdays: 8 a.m.–7 p.m.
• “Let’s Talk” is a program that provides easy access to informal confidential consultations with UCC counselors. Counselors hold walk-in hours at various sites across campus throughout the week. Speaking with a counselor at “Let’s Talk” can provide insight, solutions and referrals to other campus resources.

What services does the UCC offer?
• Immediate crisis treatment
• Short-term individual therapy
• Group therapy
• Biofeedback
• Alcohol and drug evaluations and treatment
• Psychiatric assessment and pharmacological treatment
• Assessments for ADHD and learning disorders
• Consultation to students and faculty by phone as well as face-to-face contact
• Mind Body Lab
• Workshops about academic support, relationships, coping skills, building resilience, peak performance and college mental health
• Referrals to community resources for students who are seeking long-term and continuing therapy and/or psychiatric services

Confidentiality
Students have the right to confidential care. Students may choose to sign a release of information form to allow the UCC to communicate with their parents when indicated. This can only be waived in the case of an emergency in which safety is an issue. If your student has a pre-existing condition that requires treatment at the UCC, we encourage you to discuss the UCC with your student and contact us during the summer to identify resources and plan ahead.

Cost
There is no cost for most UCC services, as services are provided through a portion of student tuition. There is a charge associated with ADHD and Learning Disability assessments.

Center for Student Wellbeing (CSW)
1211 Stevenson Center Lane
(615) 322-0480, vanderbilt.edu/healthyoares/

The Center for Student Wellbeing (CSW) is dedicated to helping students cultivate lifelong wellbeing practices. The staff, which includes Student Wellbeing Coordinators and an Academic Skills Coach, offers individual coaching appointments to help students develop and maintain skills that will contribute to personal and academic success. Students may utilize the meditation room for yoga, meditation, mindfulness classes or for self-guided practice. Workshops are also available on a variety of topics including resiliency, time management, alcohol and other drug education, and healthy living.

Accessing the CSW:
The CSW is centrally located on campus, across from the Student Health Center. The meditation room, VRS lounge and workshop room are available to students by card access 24/7. Students may walk-in or call to schedule an appointment, Monday–Friday, 8 a.m.–5 p.m.

Services provided at the CSW:
• Wellbeing, academic and peer coaching
• Recovery support services
• Meditation and yoga
• Student-led initiatives
• Skill-building workshops
• Trainings to identify and respond to student needs
• Substance use screenings
• Awareness and prevention programming
• Referrals

What is Vanderbilt Recovery Support?
Vanderbilt Recovery Support (VRS) is a program of the CSW. Students who are actively working in a recovery program (i.e., from a substance use disorder or eating disorder), are invited to attend a recovery meeting or to utilize the VRS lounge, located in the CSW, for studying and community-building. Individual coaching, mentorship meetings and recovery housing, which provide a substance-free environment with accountability measures, are also available for students working on recovery.

What type of support does the CSW provide during coaching appointments?
Vanderbilt Wellbeing Coordinators are available to meet with students for individual coaching appointments. Utilizing these coaching services will enhance wellbeing and resilience through the identification of strengths and determination of goals. Students may choose to engage in coaching appointments for concerns about emotional wellbeing and stress management, physical wellbeing and nutrition, sexual health and navigating relationships or alcohol and other drug concerns.

Is there help for my student if they are having trouble with classes?
Yes. Encourage your student to meet with his or her professor at the first sign of trouble. Students should take initiative early and not wait until the last minute to seek assistance; if students wait until the end of the semester, many services may already be booked.
Does the CSW collaborate with other offices?
Yes. The CSW works closely with many campus partners including the University Counseling Center, Student Care Coordination, the Student Health Center, the Office of Housing and Residential Education and the academic deans to provide resources and support for all students. Campus-wide programming and events are offered by the CSW, in collaboration with other offices, in order to encourage wellbeing practices on campus and beyond.

What is AlcoholEdu?
Incoming students are required to participate in educational training before arriving at Vanderbilt through AlcoholEdu. AlcoholEdu is an online, science-based, non-judgmental education program designed to assist students in making safer and healthier choices around alcohol use. Parents are also encouraged to take the AlcoholEdu for Parents course. Students will receive a letter with instructions on how to access and complete AlcoholEdu in late July.

SAFETY AND EMERGENCY PREPAREDNESS

Vanderbilt University Public Safety (VUPS)
111 28th Avenue S.
http://publicsafety.vanderbilt.edu/

Vandy Vans (on campus only): The Vandy Vans transportation system, administered by VUPS, provides van transportation to designated locations on campus during the fall and spring semesters. The services consist of vans that operate from 6 p.m. to 3:30 a.m. The vans follow three routes on campus. A schedule can be found online: www.vandyvans.com

Services
Walking Escort Service: VUPS provides walking escorts for students, faculty and staff walking to and from any location on campus during the nighttime hours; the telephone number to call for a walking escort is x18888 (or (615) 421-8888 off-campus).

Emergency Phones: Phones are conveniently located throughout the campus. Each phone has an emergency button that, when pressed, automatically dials the VUPS Communications Center. An open line on any emergency phone will activate a priority response from an officer. An officer will be sent to check on the user of the phone, even if nothing is communicated to the dispatcher.

Operation ID: Operation ID encourages students to document and label their personal possessions such as bikes, computers and other electronics. VUPS provides stickers to help identify the items. The information should be kept by the student for quick reference. Students may register their bicycles and laptop computers online at police.vanderbilt.edu/staff_student/registerpossessions.php

AlertVU: AlertVU rapidly sends messages to all Vanderbilt email accounts and delivery points the user has chosen—cell phone (voice or text), land line and additional email accounts—in the event of an emergency that poses an imminent threat or danger to the Vanderbilt community. Examples of such a threat include a tornado forecasted to strike Vanderbilt or an active shooter on campus. Users may enter additional phone numbers by which they wish to receive voice or text alerts. Students may also enter a contact number for a parent if they wish for a parent to be notified of emergencies at Vanderbilt at emergency.vanderbilt.edu/alertvu

SafeVU Mobile App: SafeVU is a mobile safety application for iOS and Android smartphones. With SafeVU, users can contact VUPS for emergency services with two taps to their phone’s screen. Some important features include the submission of non-emergency reports via text and the submission of photos and videos. Users can also submit information anonymously to VUPS. Visit police.vanderbilt.edu/services/safevu.php to download the app.

With SafeVU you can:
• Contact VUPS for emergency services with two easy taps
• Submit non-emergency reports to VUPS with text, photos or videos
• Submit information to VUPS anonymously
• Assign contacts to monitor your safety at your request
• Access information about Vandy Vans
• View VUPS emergency guides

VISITING CAMPUS

Accommodations
There are many nearby hotels that offer a Vanderbilt discount during select times of year. You can expect higher rates on football game weekends. To learn more about hotels visit vu.edu/hotels

Additionally, the Scarritt Bennett retreat center is within walking distance to campus and offers discounted room rates. Once a college campus, the center’s residence halls offer basic rooms with a single, twin bed and a shared bath between rooms. Rooms include basic amenities, including linens and complimentary wifi. To learn more visit www.scarrittbennett.org/accomodations/

Is there visitor parking available when I visit my student?
Parking for visitors to the campus is limited. Therefore, campus visitors are encouraged to park in designated public parking areas. For a visitor parking map please visit the Parking Services website: vanderbilt.edu/traffic_parking

Visiting campus residents
Permits are available for weekend guest parking from Parking Services on Fridays after 2 p.m. The office is located at 2800 Vanderbilt Place.
Are there transportation services to and from the Nashville airport?
Transportation from Nashville International Airport to Vanderbilt and vicinity
- Vanderbilt Student Government (VSG) airport shuttle
  - This service provides Vanderbilt undergraduate students a free option for a ride to the airport when returning home for the holidays. The VSG Airport Shuttle operates on major holidays and breaks. Dates and times are typically posted on the VSG website studenorgs.vanderbilt.edu/vsg/ one week before scheduled breaks and holidays under the “Programs and Initiatives” tab. Students are also notified of the shuttle schedule via email.
- InShuttle serves Vanderbilt campus and hotels; one way is $14.
- Taxi service to Vanderbilt University; one way is approximately $25.
- Uber or Lyft; one way is approximately $17–22.

Are there any ride share or bike share programs at Vanderbilt?
VanderBIKES
studetnorg.vanderbilt.edu/vanderbikes/
VanderBIKES is a student-run bicycle rental business committed to making biking an easy and accessible form of transportation on Vanderbilt’s campus. VanderBIKES offers semester and year-long rental packages with maintenance included. Learn more at studetnorg.vanderbilt.edu/vanderbikes.

Enterprise CarShare
enterprisecarshare.com/vandy
Enterprise CarShare (formerly known as WeCar) is a membership-based car sharing program for people who are looking for an alternative method of transportation that lowers the cost and reduces the hassles of traditional transportation. Cars are available by the hour or by the day. Gas, insurance and 200 free miles are included with every reservation.

Zipcars
zipcar.com/Vanderbilt
Zipcars are rental cars available at various locations on campus to members of the Zipcar program. Members can reserve cars minutes or months in advance, and gas, parking and insurance are included in hourly and daily rates.

NASHVILLE COMMUNITY SECTION

Attractions

Arrington Vineyards & Winery
www.arringtonvineyards.com
Located only 30 minutes south of Nashville, Tennessee’s premier winery Arrington Vineyards, offers 12 outstanding wines for tasting and breathtaking views.

Ascend Amphitheater
www.ascendamphitheater.com
Ascend Amphitheater is a 6,800 capacity venue operated by LiveNation and located in Riverfront Park in Nashville, TN.

Belle Meade Plantation
http://bellemeadeplantation.com/
The plantation started in 1807 with a log cabin and 250 acres. It grew into a beautiful Greek Revival Mansion covering over 5400 acres. Today, visitors can explore the remaining 30 acres and find the original cabin, a slave cabin and a massive carriage house. After your guided tour is complete, you can enjoy a complimentary wine tasting in our winery.

Bicentennial Capitol Mall State Park
http://tnstateparks.com/parks/about/bicentennial-mall
Bicentennial Capitol Mall State Park serves as a lasting monument to Tennessee’s Bicentennial Celebration. To honor that history park tours are offered to explore the natural, cultural and historical resources of the area and the state.

Bluebird Cafe
http://bluebirdcafe.com/
The Bluebird Cafe is Nashville’s best loved live music venue, featuring up-and-coming as well as hit songwriters. It is a listening room where the music is the most important thing. The food is good, too.

Cheekwood Botanical Garden and Museum
http://cheekwood.org/
The 55-acre estate was built by the Maxwell House Coffee fortune and is one of the finest examples of an American Country Place Era estate in the United States. The Botanical Garden is a spectacular showcase of color and horticultural diversity. The Museum of Art has collections of painting, sculpture and decorative arts that are on display year round.

Country Music Hall of Fame
http://countrymusichalloffame.org/
The Country Music Hall of Fame® and Museum is the definitive home of America’s music, safeguarding more than 2.5 million priceless artifacts, including countless recordings and photographs, numerous stage costumes, musical instruments and more.

Frist Center of the Visual Arts
http://fristcenter.org/
The family-friendly Frist Center for the Visual Arts is a world-class art center dedicated to presenting an ever-changing schedule of exhibitions from local, regional, national and international sources.

Grand Ole Opry
http://www.opry.com/
Known around the world as “the show that made country music famous,” you can count on things happening at the Opry that you just can’t see anywhere else. It began as a simple radio broadcast in 1925 and today is an entertainment phenomenon showcasing a mix of country music greats—new stars, superstars, and legends.

Hatch Show Print Haley Gallery
http://hatchshowprint.com/ContentPages/haley-gallery
Owned and operated by the Country Music Hall of Fame ® and Museum, Hatch...
Gaylord Opryland's A Country Christmas (November – January)
http://www.visitmusiccity.com/visitors/events/acountrychristmas
Marvel at more than 3 million holiday lights and acres of magnificent decorations. Families can visit Santa, enjoy concerts, ice sculptures, dinner shows, crafts, shopping and more.

Iroquois Steeplechase (May)
http://www.iroquoissteeplechase.org/
Held the 2nd Saturday in May, 25,000 fans gather to celebrate the tradition, pageantry, and the energy of steeplechase racing. A day at the races offers a family outing and an opportunity to entertain business associates while showing off the latest spring fashions. At the heart of the Iroquois Steeplechase is a cause that brings together the celebration of the past with a renewed hope for the future: the children of Monroe Carell Jr. Children's Hospital at Vanderbilt.

Jack Daniel's Bash on Broadway: New Year's Eve in Music City (December)
http://www.visitmusiccity.com/newyearseve

Nashville Film Festival (May)
http://www.nashvillefilmfestival.org
Nashville Film Festival is a cultural institution that inspires, educates and entertains through an annual film festival, year-round events and community outreach.

Rock ‘N’ Roll Marathon & 1/2 Marathon (April)
http://www.runrocknroll.com/nashville/
For over 20 years, the Rock 'n' Roll Marathon Series has made running fun by infusing each course with live bands, cheer teams and more. This event is a bucket list race that features one of the series' largest block parties thanks to terrific community support from start to finish. With the marathon, half marathon, 5K and 1 mile distances, there is something for everyone.

Tennessee Craft (May & September)
tennesseecraft.org
As a statewide nonprofit since 1965, Tennessee Craft has been continuing and creating Tennessee’s fine craft tradition. The two annual craft festivals champion the local fine craft movement by connecting emerging and experienced makers and the public with resources and opportunities for artists to showcase their work and connect to the community, sharing their craft knowledge and inspiring future generations of craft artists and collectors.

Annual Events in Nashville

Annual CMA Awards (November)
http://www.cmaworld.com/cma-awards/

The Antiques and Garden Show of Nashville (February)
http://antiquesandgardenshow.com/
The Antiques and Garden Show of Nashville is the largest show in the country with more than 150 vendors showing spectacular garden spaces, fine antiques, and horticultural items at one outstanding three-day show. The Antiques and Garden Show of Nashville has helped raise $6 million benefiting Cheekwood and Economic Club of Nashville (ECON) charities in the last 25 years.

CMA Music Festival (June)
cmafest.com
Every summer, thousands of country music fans from all over the world move in to Nashville for four days of music from hundreds of artists including live concerts, meet and greets, autograph signings, celebrity sporting events, and more.

Franklin American Mortgage Music City Bowl (December)
http://musiccitybowl.com/
An SEC football team meets an ACC/Big Ten team in a post-season matchup at Nashville’s Nissan Stadium. The game is preceded by MusicFest and Battle of the Bands the night before, along with mixers, parties, lunches and more.

Student’s Contact Information

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<thead>
<tr>
<th>Residence Hall</th>
<th>Room Number</th>
<th>Roommate’s Name</th>
<th>Resident Adviser</th>
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Mailing Address

PMB 35 _, _, 2301 Vanderbilt Place, Nashville, TN 37235- _ _ _

Show Print has been in business since 1879 and is one of the nation's oldest working letterpress poster shops. The Haley Gallery showcases their historic restrikes of original posters from the Hatch collection, as well as Master Printer Jim Sherraden’s monoprints.

The Hermitage
Andrew Jackson's Hermitage: Home of the People's President
http://thehermitage.com/
Since opening in 1889, President Andrew Jackson's Hermitage has welcomed over 15 million guests. This National Historic Site consists of 1120 gorgeous acres where you can step back in history and explore the grounds, Hermitage Mansion, the first Hermitage, gardens, museum, enslaved memorials and much, much more.

The Parthenon
Parthenon.org
The world’s only full-scale reproduction of the famous Greek temple, Nashville’s Parthenon stands in Centennial Park and features both the city’s art museum and Athena Parthenos. At almost 42 feet in height, Athena Parthenos is the tallest indoor sculpture in the Western world.
QUICK GUIDE
Year-by-Year

FIRST YEAR
ADJUST TO COLLEGE

★ Meet the Career Center coaches during walk-in hours at The Ingram Commons to learn more about their services
  • Create a resume and have a coach review it
★ Academics and Course Selection: Focus on exploring interests, values, and skills and completing AXEL (general education) requirements
★ Explore co-curricular opportunities and get involved in organizations and clubs
  • Create a profile on AnchorLink to learn more about the various groups on campus
★ Visit the Global Education Office and plan ahead for the best time to study abroad
★ Make use of the great academic enhancement services on campus (tutoring, writing studio, study skills)
★ Practice time management! The flexible schedule of college life can be hard to adapt to!

SOPHOMORE YEAR
EXPLORE ACADEMICS AND CAREER OPTIONS BROADLY

★ Begin to complete AXEL requirements; select 3 potential majors and speak with the director of undergraduate studies in each of the 3 departments to learn more about requirements of study.
★ Explore opportunities for undergraduate research like the Vanderbilt Undergraduate Summer Research Program
★ Meet with a career coach and attend career events to find an internship or summer opportunity
★ Determine which student organizations are the best fit
★ Consider studying abroad this year or next
★ Plan ahead for the summer—job, internship, research, or summer school
★ Declare a major by the end of your sophomore year
QUICK GUIDE
Year-by-Year

JUNIOR YEAR
EXPERIENCE ACADEMIC DEPTH AND START TO DEFINE CAREER OPTIONS
★ Keep working with the Career Center to develop your plans
★ Explore graduate school options and schedule any admittance exams needed (LSAT, MCAT, GMAT, etc.)
★ Take on leadership roles in student organizations
★ Log into the YES system and confirm your progress to degree completion.
★ Participate in service opportunities
★ Consider studying abroad this year
★ If your major field of study has an honors program, consider participating and writing an honors thesis

SENIOR YEAR
CULMINATING EXPERIENCES AND TRANSITION TO LIFE AFTER COLLEGE
★ Update your resume
★ Hone your strategies for job searching by working with the Career Center
★ Apply to graduate school
★ Plan ahead for Commencement
★ Confirm academic standing with your adviser
★ Remember the Career Center offers access to a limited number of services and resources for up to two years following graduation
★ Participate in career fairs and on-campus interviews.
Family Weekend is the perfect opportunity for students, parents, grandparents and siblings to enjoy the Vanderbilt experience. We have many fun and exciting events planned, including faculty lectures, tours, information sessions and more. You will also have the opportunity to meet with various deans and administrators. We look forward to welcoming you to campus!

**COST**
$40 per person (waived for Vanderbilt students and children 12 and under). Additional charges will apply for the Vanderbilt vs. Tennessee State football game.

**SCHEDULE**

**Friday**
Activities begin at 10 a.m.
Check-in and new registration from 10 a.m. to 6 p.m.

**Saturday**
Check-in and new registration from 8:30 a.m. to noon

**Sunday**
Activities end at noon

**WEEKEND HIGHLIGHTS**

**Friday**
- Faculty lecture series
- Various campus tours and open houses
- Fall for the Arts Festival at The Ingram Commons (for all families)

**Saturday**
- Conversation with the Chancellor
- Family pre-game tailgate
- Vanderbilt vs. Tennessee State football game

**Sunday**
- Farewell breakfast

**REGISTRATION**
Please find the full schedule on the Parents and Family Programs website at vanderbilt.edu/familyweekend. A brochure and comprehensive schedule will be mailed in July.

Online registration will be available Wednesday, August 1, at 10 a.m.

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**JOIN THE VANDERBILT FAMILY VOLUNTEER NETWORK**

Our volunteers provide meaningful support for Vanderbilt and are the heart of our parent community. Parent volunteers have the opportunity to welcome new families to the university at Summer Send-off Parties, offer a warm greeting on Move-In Day, share career advice during Family Weekend and bring parents together in your cities as Care Package Party hosts. Please let us know if you’re interested in getting involved!

- **Host a regional Vanderbilt parent reception**
  Help host parent events in your region such as Commodore Classrooms that bring parents and alumni together for a discussion with a Vanderbilt faculty member.

- **Host a regional Care Package Party**
  Help host or co-host an event for parents to assemble care packages to send to students around exam time.

- **Host a Summer Send-off Party in collaboration with Vanderbilt Alumni Relations**
  Help host and/or organize Summer Send-off Parties for new students and their parents or guardians. Invitations also include local alumni, current students and parents.

  **NOTE:** Should a host be needed in your area, you will be contacted by a representative in the Alumni Relations Office.

- **Volunteer at on-campus events**
  Welcome new Vanderbilt parents, answer questions, pass out brochures and assist families of first-year students during Move-In OR help with check-in during Family Weekend.

- **Assist the Office of Undergraduate Admissions**
  Help Vanderbilt admissions counselors in your area at college fairs or recruitment programs and answer questions from prospective students and their families.

- **Participate in career events**
  If you are interested in sharing your professional experience and career advice, volunteer to participate in the Career Conversations networking event during Family Weekend in September. There are also various opportunities for your organization to participate in recruiting events throughout the year.

To learn more about the opportunities listed above, please visit our website at vanderbilt.edu/families/volunteer