



Resources and Rosé

Grab a glass and
relax - we've got you



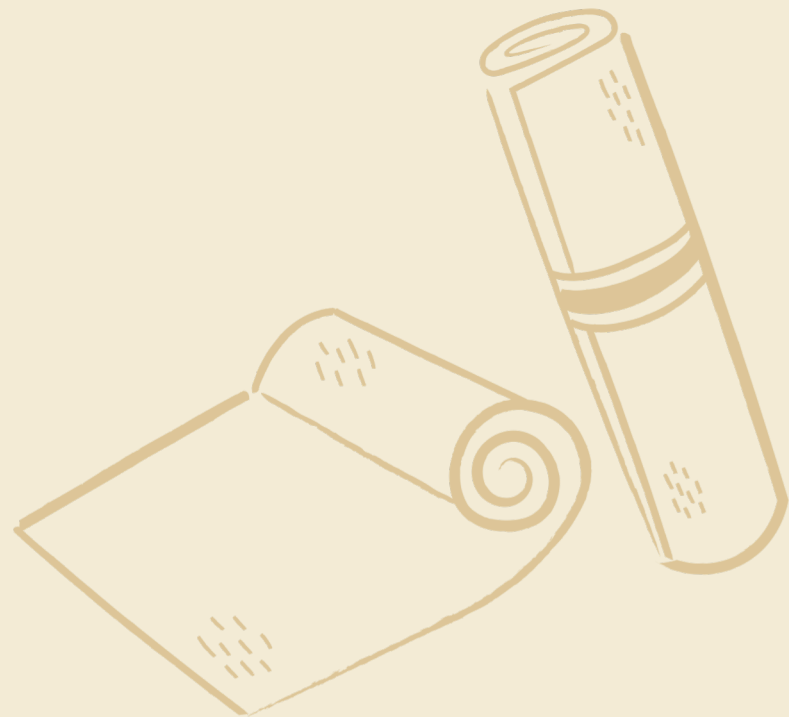
GOALS

Professional Life

Social Life

Student Services

Mental Health
& Wellness





VISE



LOCATION

Medical Center North, Room S2323



RESOURCES

Prototyping Equipment

Meeting/Presentation Space

Student Workbenches/Workspace



CONTACT

website: vanderbilt.edu/vise/

twitter: @VISEVanderbilt

instagram: @visevanderbilt



Michelle Bukowski

Program Coordinator

michelle.bukowski@vanderbilt.edu



Abbie Weeks

Lab Manager

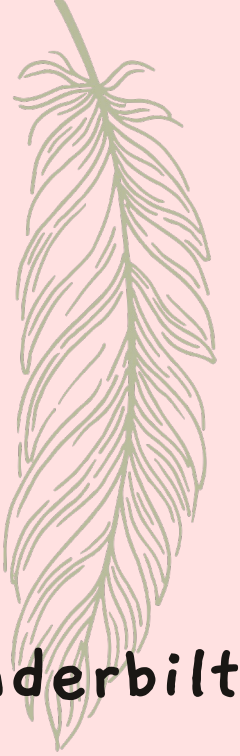
abbie.e.weeks@vanderbilt.edu



Dr. Benoit Dawant

Faculty Director

benoit.dawant@vanderbilt.edu



✦✦ BRET

Biomedical Research, Engineering, & Training



medschool.vanderbilt.edu/bret/graduate-resources/

CONTACT

BRET office: Light Hall 340

bret.career.development@vanderbilt.edu

ASPIRE PROGRAM

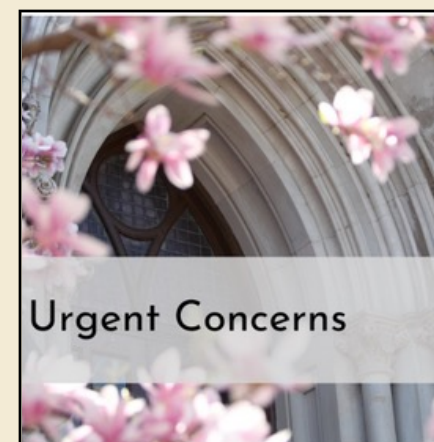
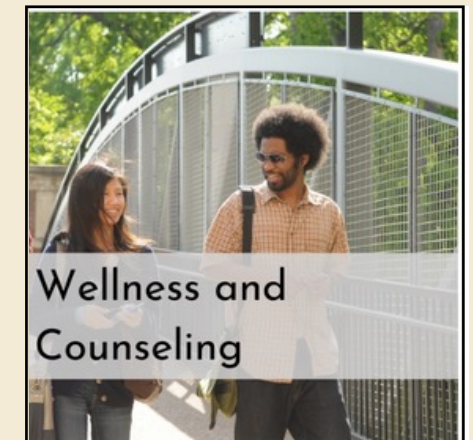
[Mary Gray Lindstrom](#), Program Manager

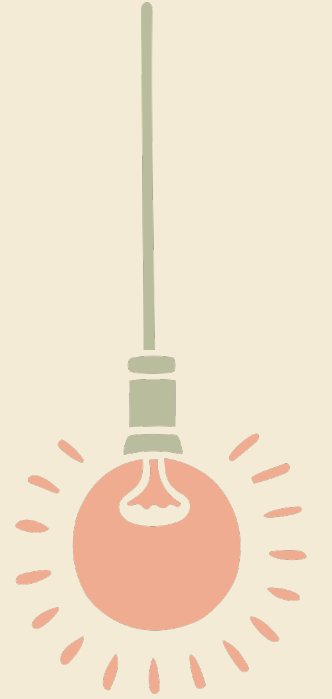
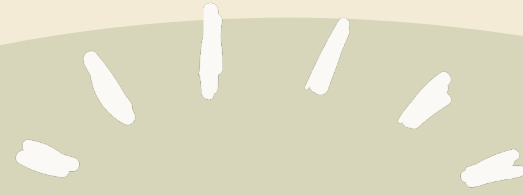
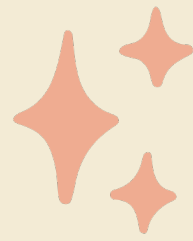
mary.g.lindstrom@Vanderbilt.Edu

✦✦ ASPIRE Annual Career Symposium

✦✦ ASPIRE Job Search Series

✦✦ ASPIRE Cafe for Postdocs





DEPARTMENTAL STAFF

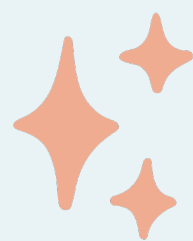
WHAT THEY ASSIST WITH

- Setting up qualification exam and dissertation defense
- Course/graduation requirement info
- Grant's manager: grant submission
- Poster printing
- Reimbursements
- Anything else that is administrative!

CONTACT/LOCATION

Look at your home department's website





VU FELLOWSHIPS OFFICE

LOCATION

Online: <https://www.vanderbilt.edu/career/fellowships/>

In person: VU Student Life Center, 4th Floor



RESOURCES

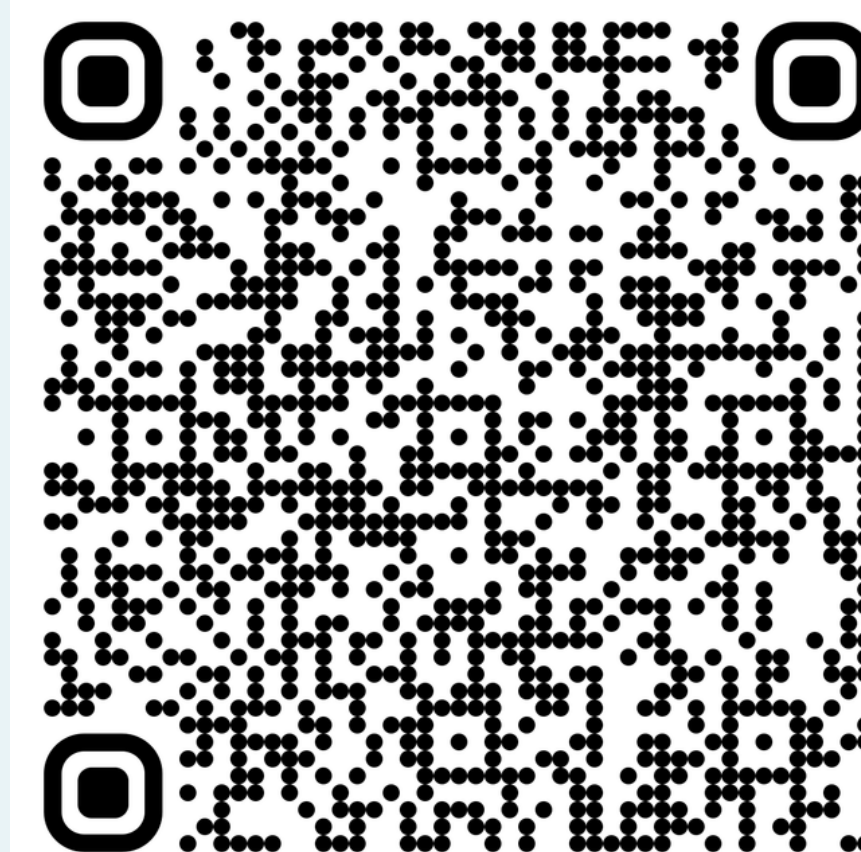
- Specialty sector of career center for fellowships
- Lots of options for grad students to apply
- Get writing and application materials reviewed

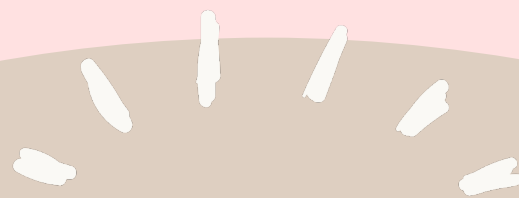
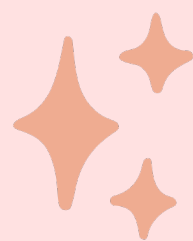
CONTACT

- elizabeth.h.lambert@Vanderbilt.Edu



LIST OF
FELLOWSHIPS
HERE:





VANDY GRADUATE WORKERS UNITED

LOCATION

Online: <https://vandygwu.com/>

In person:



RESOURCES

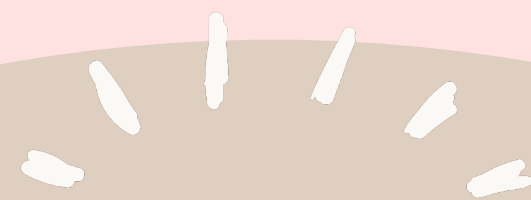
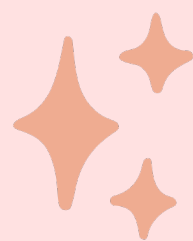
- Campaigns for student wellbeing:
 - Waiving Service Fees, Vision & Dental, Affordable Housing, Increase Wages

CONTACT

LinkTree

@VGWU





OFFICE FOR EQUITY, DIVERSITY AND INCLUSION

LOCATION

Online: You will get the emails

In person: 2301 Vanderbilt Pl, Nashville, TN

RESOURCES

- Office of LGBTQI Life
- Center for Teaching
- Student Center for Social Justice and Identity

CONTACT

- Students — deanofstudents@vanderbilt.edu
- Academic departments —
facultydevelopment@vanderbilt.edu



THE WON'DRY

LOCATION

Online: <https://www.vanderbilt.edu/thewondry/>

In person: Engineering and Science Building

RESOURCES

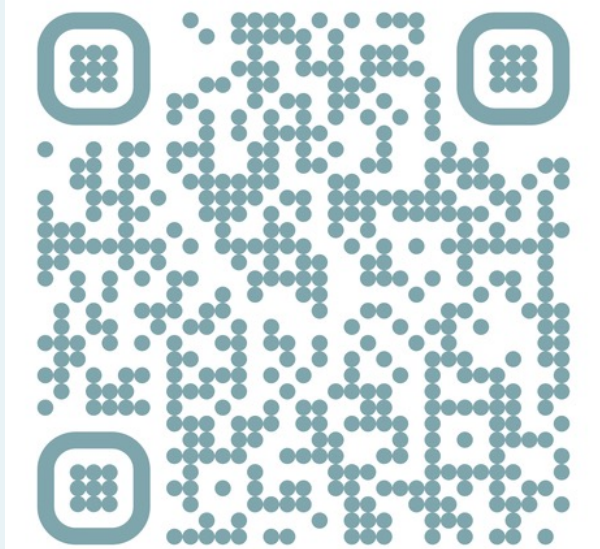
- Innovation Space - Wonder + Foundry = Won'dry
- Certificates + Free Workshops
- Makerspaces and labs available for projects

CONTACT

- Monday — Friday : 9:00am — 6:00 PM CT.
- thewondry@vanderbilt.edu
- [615-343-1501](tel:615-343-1501)



SEE
EVENTS
HERE:





GRADUATE STUDENT COUNCIL



LOCATION

Online: You will get the emails

In person: Alumni Hall (Monthly Meetins)



RESOURCES

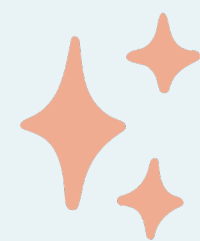
- University Wide Social Events
- Community and Education Outreach
- Meetings with University and Community Leaders



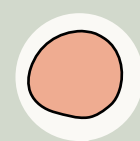
CONTACT

- studentorg.vanderbilt.edu/gsc/
- [INSTA: @vu_graduate_student_council](https://www.instagram.com/vu_graduate_student_council)
- [Twitter/X : @VandyGSC](https://twitter.com/VandyGSC)





SARATT ART STUDIO CLASSES

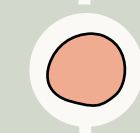


LOCATION

Online: <https://www.vanderbilt.edu/sarrattart/>

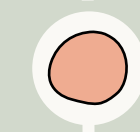
In person: Sarratt/Rand Student Center at 2301

Vanderbilt Place, Nashville TN 37235



RESOURCES

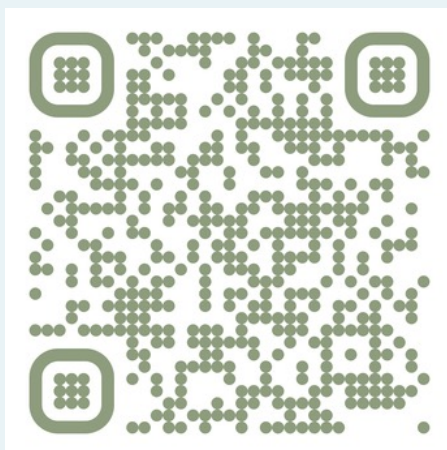
- Sign up for fun classes of varying duration
- Pottery, Yoga, Jewelry Making, Photography
- Taught by local professionals, changes each term

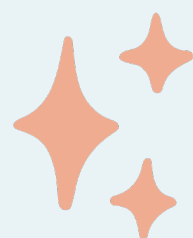


CONTACT

- David F. Heustess, Assistant Director
- Office of Arts & Campus Events
- 615.343.0491

SEE
CLASSES
HERE:





VANDERBILT ATHLETICS

MEN'S SPORTS

- Football
- Golf
- Cross Country
- Baseball
- Tennis
- Basketball

WOMEN'S SPORTS

- Basketball
- Cross Country
- Lacrosse
- Swimming
- Track and Field
- Bowling
- Golf
- Soccer
- Tennis
- Volleyball

NEED TO KNOW

- FREE TICKETS for students
 - App-based ticket reservations
- Attend games and get free stuff + Free Food

**SIGN UP
FOR THE
APP AND
FOLLOW
ON
SOCIALS
FOR FREE
FOOD!**



ELEVATE



at HAWAII 8.27
ELON 9.3
WAKE FOREST 9.10
at NORTHERN ILLINOIS 9.17
at ALABAMA 9.24
OLE MISS 10.8
at GEORGIA 10.15
at MISSOURI 10.22
SOUTH CAROLINA 11.5
at KENTUCKY 11.12
FLORIDA 11.19
TENNESSEE 11.26

Ascend
Federal Credit Union



WOMENS' CENTER

LOCATION

2304D Vanderbilt Place, Franklin House

RESOURCES

Women center's resources

Sexual health resources

Lactation resources

CONTACT

Phone: 615.322.4843

Website: vanderbilt.edu/womenscenter

Email: womenctr@vanderbilt.edu

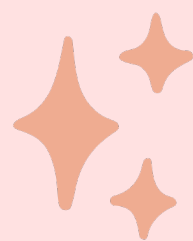
Tampons?
Pads?
Pregnancy Test?
Condoms?
Dental Dams?
Lube?
Lactation Space and Breast Pump?
Space to Study?
Help?

All are FREE

MARGARET CUNINGGIM

WOMEN'S
CENTER

CHAMPAGNE



CENTER FOR STUDENT WELLBEING

LOCATION

Online: You will get the ema

In person: 1211 Stevenson Center Ln

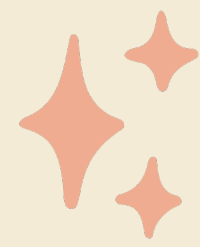
RESOURCES

- Workshops and Programming & Weekly Wellbeing
- Coaching & Peer Guide Program
- Recovery Support

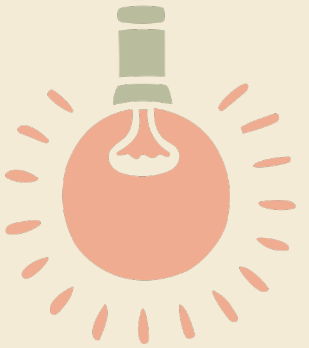
CONTACT

- 615.322.0480
- healthydores@vanderbilt.edu





UNIVERSITY COUNSELING CENTER



SERVICES

Individual counseling

Group counseling (LGBTQIA+, women, etc.)

Psychiatric evaluation

Urgent care counseling

Workshops (anxiety, ADHD, etc.)

CONTACT

Student Care Network:

615-343-9355 // studentcare@vanderbilt.edu

UCC:

615-332-2571 // ucc@vanderbilt.edu

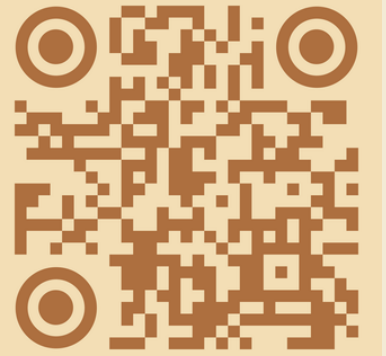
Crisis Text Line (24/7):

text VANDY to 741741





Student Health Insurance Plan



Academic
Emergency
Services

HEALTH

\$250 annual deductible
(in-network)

Physical/Specialist:
\$25 copay, then 100%
(Student Health Center: 100%)

Emergency Room:
\$100 copay, then 90%

Preventative Services
(incl. birth control): 100%

Medication (generic):
\$15, then 100%

DENTAL

Preventative (cleanings,
exams, X-rays): 100%

Basic Restorative (fillings,
extractions): 80%

Major Restorative (e.g. root
canals): 50%

\$50 annual deductible
\$1500 max benefit

viSiON



Annual Eye Exam:
\$25 copay, then 100%

optional plan: \$160?

STUDENT CARD OFFICE

LOCATION

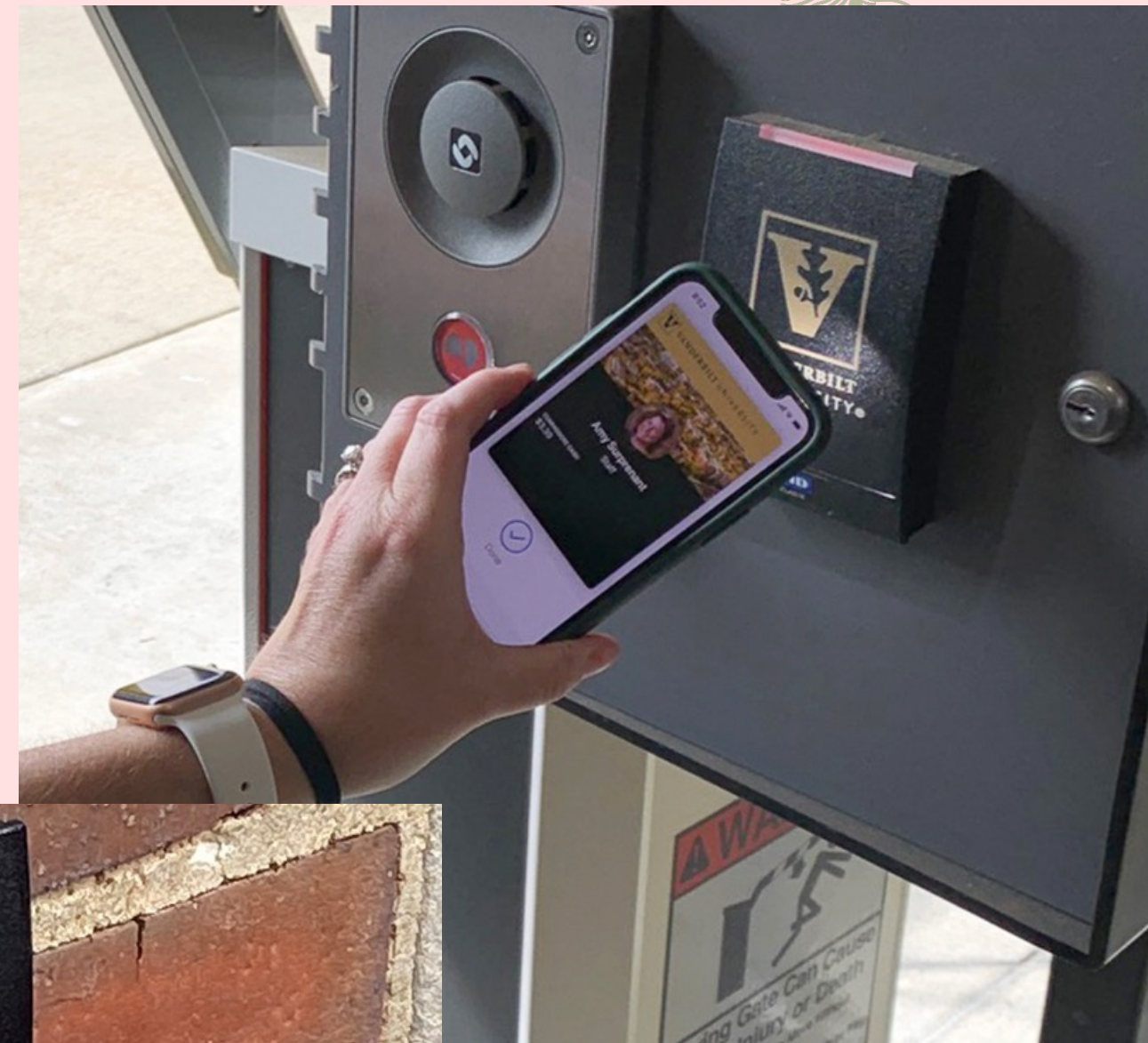
Sarratt Student Center, Room 184

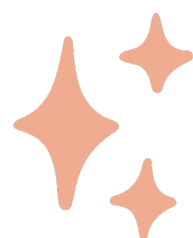
RESOURCES

- Pickup a physical Commodore card and holder
- Only either physical OR mobile card can be active at one time
- Card can be used for on-campus and local dining purchases, to access buildings and to enter the Rec, to pay for parking

MORE INFORMATION

<https://www.vanderbilt.edu/cardservices/>





INTERNATIONAL STUDENT OFFICE

LOCATION

Online: <https://www.vanderbilt.edu/iss/>

In person: 1107 18th Ave. S, Nashville, TN 37212



RESOURCES

- International students social events
- Immigration status-related issues
- Travel information

CONTACT

- (615) 322-2753
- iss@vanderbilt.edu



FREE ENTRY w COMMODORE CARD

"FREE" ACCESS TO

- Country Music Hall of Fame
- Frist Art Museum
- Johnny Cash Museum
- Andrew Jackson's Hermitage
- Adventure Science Center
- Nashville Metro Transit
- Restaurants around the city through our Taste of Nashville program.

MORE INFORMATION

<https://www.vanderbilt.edu/movevu/daily/parkingprogram/>



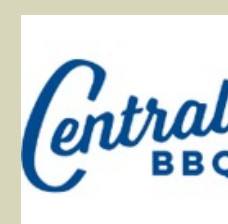
CAMPUS DINING

OPTIONS

Rand Dining Center (in Sarratt Center)

VUMC Cafeteria ("Courtyard Cafe")

Taste of Nashville

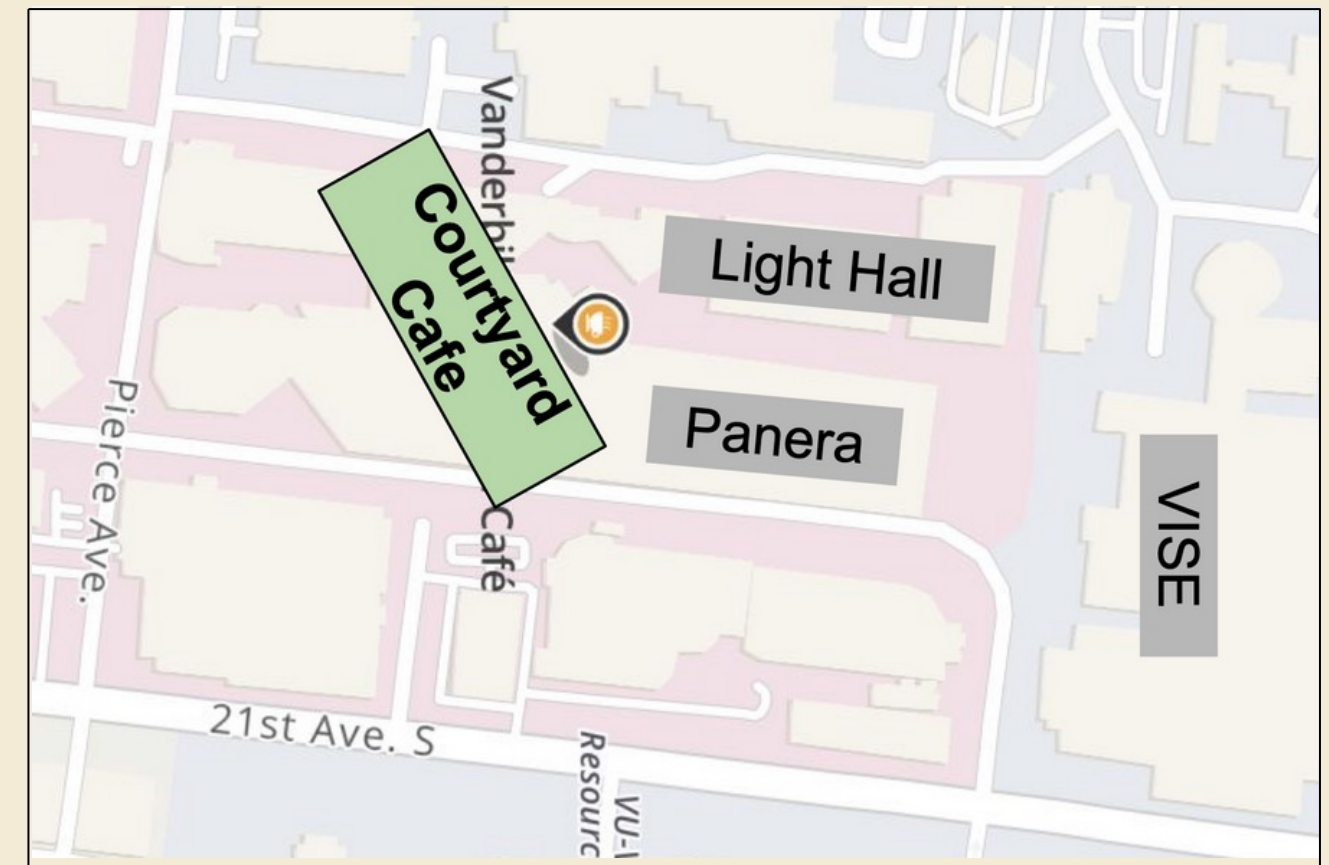
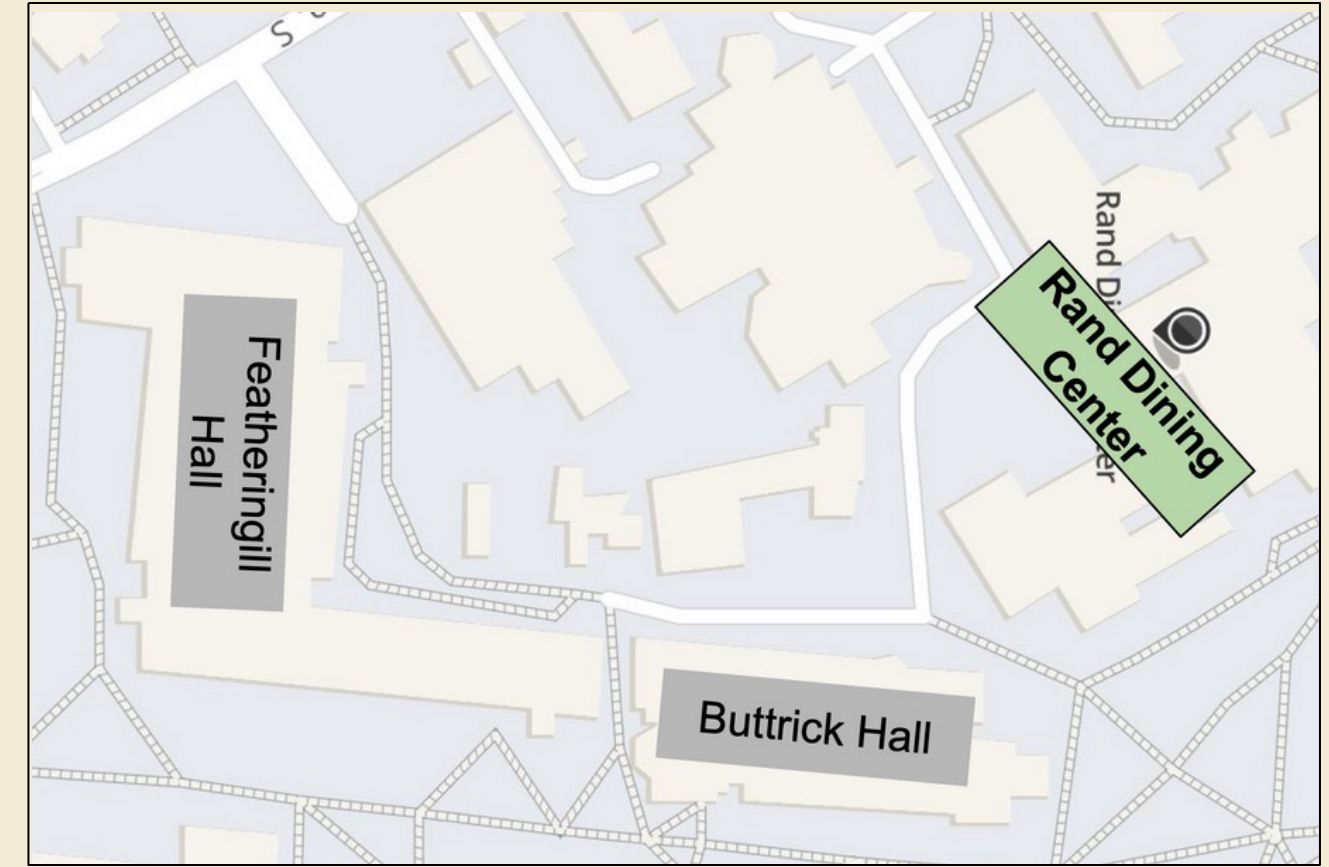


COMMODORE CASH

Vanderbilt "money"

can be used for food and non-food items

see: Daily Commuter Program



DAILY PARKING PROGRAM

WHAT IS IT?

- Park in select campus garages for \$4-\$5.75 per day
- Earn \$1 per day by using a sustainable commute (walking, biking, bus, carpooling)
- You don't need a car to participate!
- Log your sustainable commutes by the end of each week!
- Guaranteed ride home in case of emergency or unforeseen circumstances

MORE INFORMATION

<https://www.vanderbilt.edu/movevu/dailyparkingprogram/>

Today < > August 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|--|----------|
| 30 | 31  | 1  | 2  | 3  | 4  | 5 |
| 6 | 7  | 8  | 9  | 10  | 11  | 12 |
| 13 | 14  | 15  | 16  | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 Labor Day | 5 | 6 | 7 | 8 | 9 |

Modes



WE-GO PUBLIC TRANSIT

FREE

- just swipe your Vanderbilt ID on the bus
- physical card needed (no tap)
- ride does NOT have to be work-related

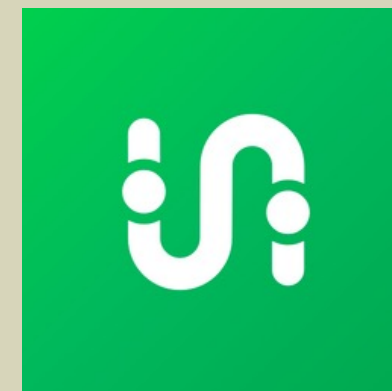
POINTS OF INTEREST

- Broadway (#7)
Bridgestone, Ascend, 5th&Broadway, etc.
- Green Hills (#7)
mall, movie theater, Trader Joe's, etc.
- The Gulch (#7)
- 100 Oaks / Geodis Stadium (#77)

NOTABLE ROUTES

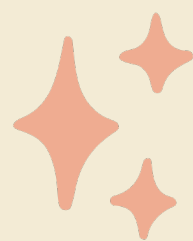
- #7 (21st Ave: Green Hills - Downtown)
- #17 (12th Ave S: Green Hills - Downtown)
- #75 (Edgehill Ave - North Nashville)

Transit (app):



real-time, crowd-sourced
info about where the bus is





Libraries

LOCATION

Online: Library search, Database available

On campus: 10 Locations

Biomedical, Central, Engineering, Divinity, Arts....

RESOURCES

Reserve a study space and Reserve Quiet study spaces

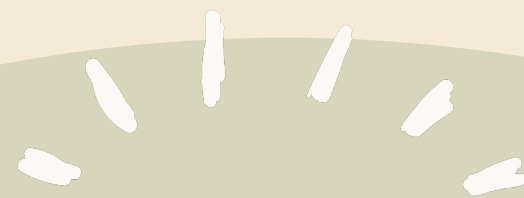
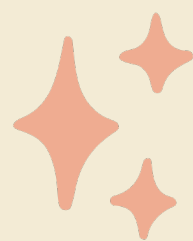
Borrow materials: Use the Commodore Card

Technology: Laptops, Databases and Library search,
Printing/scanning/copying

CONTACT

<https://www.library.vanderbilt.edu/students/>





Career Center

LOCATION

Online: Login to Handshake (schedule coaching appointment, reserve an interview room)

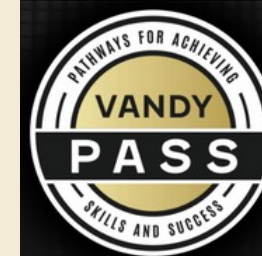
In person: Vanderbilt University Student Life Center, 2nd Floor. 310 25th Ave. South, Suite 220,

RESOURCES

Job & Internship Search / CVs, Resumes, & Cover Letters / Professional Social Media & Online Portfolios
Negotiations / Interview Prep/ Networking /VandyPass

CONTACT

Allison.k.otto@vanderbilt.edu



A digital roadmap of experiences and skills



GPAS

What is GPAS

Graduate and Postdoc academic success program

Resources

- Graduate leadership institution
 - Hult Prize Competition
- Individual Consulting Appointment
- Presentations: Beyond time management,..
- Workshops: Motivation, mindset, and effective goal setting...

MORE INFORMATION

gpas@vanderbilt.edu



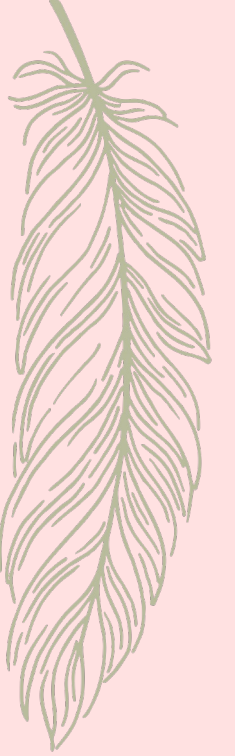
WRITE ON!

A writing support program for Vanderbilt Graduate School Students and Postdocs





EDGE FOR SCHOLARS



LOCATION

2525 West End, Suite 600



WHAT IS EDGE FOR SCHOLARS?

VUMC organization aimed at career
development for faculty and trainees



RESOURCES

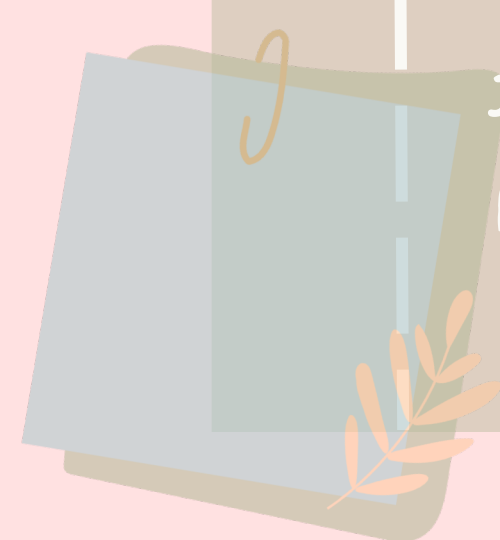
Grant and manuscript writing development

Job searching

Edge seminars: aimed at PhD/MD students



EDGE FOR
SCHOLARS



ALUMNI HALL

RESOURCES

Gym, Lounge, and Reading Hall

TIME

Monday-Friday: 7 a.m. - 7 p.m.; Swipe

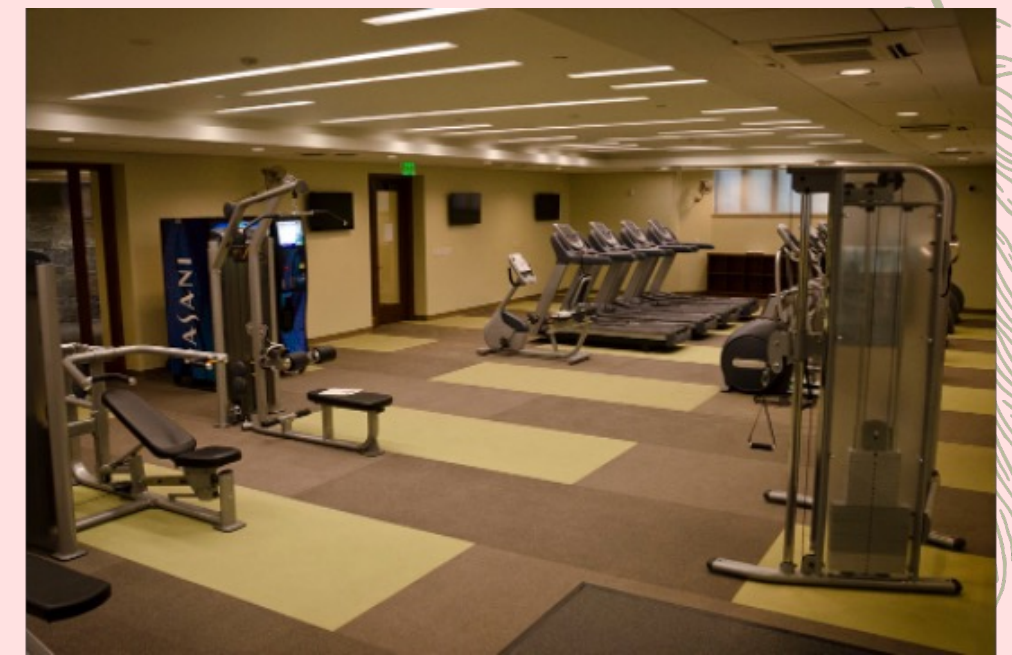
Access Only 7 p.m. - 11 p.m

Saturday-Sunday: Swipe Access Only from
9. am - 11 p.m

LOCATION & MORE INFO.

2205 West End Ave

<https://www.vanderbilt.edu/recreationalwellnesscenter/>



VANDERBILT REC

LOCATION

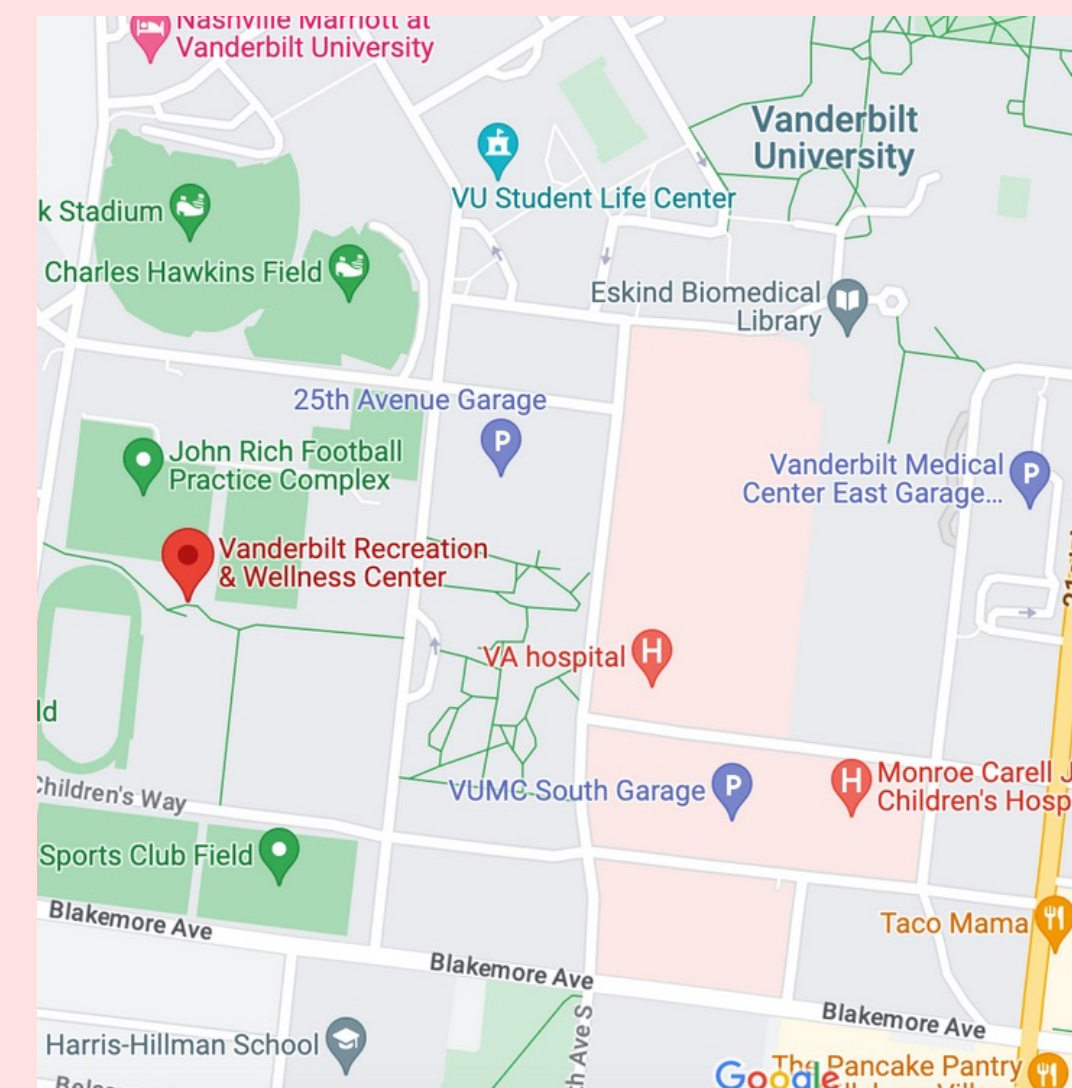
2700 Children's Way

RESOURCES

Weightlifting, cardio equipment, fitness classes, basketball courts, racquetball courts, pool, intramural sports and more!

MORE INFORMATION

<https://www.vanderbilt.edu/recreationalwellnesscenter/>



HEALTH AND WELLNESS

LOCATION

Student Care Coordination: Rand Hall Suite 305

student health center: 1210 Stevenson center lane

RESOURCES FOR STUDENTS

student care network including Student Care Coordination, Student Health Center, University Counseling Center, and Center for Student Wellbeing

CONTACT

Vanderbilt Health & Wellness - 615-936-0961



COVID-19

CULTURAL & IDENTITY

PHYSICAL

FINANCIAL

EMOTIONAL

INTELLECTUAL

SEXUAL

SOCIAL

SPIRITUAL

CHAMPAGNE

