Resources and Rosé

Grab a glass and relax - we've got you
GOALS

- Professional Life
- Student Services
- Social Life
- 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
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

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
• Twitter/X: @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

WOMEN'S SPORTS
• Basketball
• Cross Country
• Lacrosse
• Swimming
• Track and Field

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

NEED TO KNOW

Sign up for the app and follow on socials for free food!
WOMEN’S 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 CUNNINGHAM

WOMEN’S CENTER
CENTER FOR STUDENT WELLBEING

LOCATION
Online: You will get the email
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
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
SHIP
Student Health Insurance Plan

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

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

CONTACT
• (615) 322-2753
• isss@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/dailyparkingprogram/

PASSPORT TO NASHVILLE
SEE THE CITY FOR FREE

Passport to Nashville is a program designed to engage members of the Vanderbilt undergraduate community with the city of Nashville, Tennessee so that we can develop more community-oriented and culturally-educated students. In order to tie more closely Vanderbilt University to the city of Nashville, the Passport to Nashville Program will offer students an opportunity to visit The Country Music Hall of Fame, The Frist, The Johnny Cash Museum, The Hermitage, and The Adventure Science Center. Just show your commodore card at any of these locations and get in for free!
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, buys, 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/](https://www.vanderbilt.edu/movevu/dailyparkingprogram/)
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

Coping Strategies for Graduate Students in Uncertain Times
COVID-19 and Remote Work

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
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 a.m. - 11 p.m

LOCATION & MORE INFO.
2205 West End Ave
https://www.vanderbilt.edu/recreationandwellnesscenter/
**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/recreationandwellnesscenter/
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
THANK YOU