



New Student  
**WELCOME GUIDE**



[NorthernVermont.edu/Welcome](https://NorthernVermont.edu/Welcome)



**Northern Vermont**  
UNIVERSITY

+ + +

# Find your direction.

Orientation is the beginning of your Northern Vermont University-Johnson journey, and we hope it will be the first of many great NVU-Johnson traditions for you. Whether you are a member of the Class of 2022, a transfer student, or an Early College student, your experience at NVU-Johnson is yours to create.

Orientation is three days of events, activities, and opportunities that will introduce you to student life and resources here at NVU-Johnson.

Begin your journey by exploring all that NVU-Johnson has to offer.

Try something new, form new friendships, explore the campus, and begin to discover NVU-Johnson. Connect!

This is a special community with so many opportunities for you. Take advantage of all Orientation has to offer as you begin your NVU-Johnson experience.

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## **+** WELCOME! FROM THE FIRST-YEAR STAFF

**First-Year Experience is here to help guide you through your first year at Northern Vermont University-Johnson.** We do that by introducing you to the NVU community and inviting you to share your first-year experience with us. Our philosophy is simple, we see each and every student as an individual. We commit to providing you with opportunities and resources to make solid connections and grow roots in the NVU community.

We look forward to meeting and working with you this weekend and beyond. Come by the office and see us anytime in Dewey Hall, room 154.

### **MARGO WARDEN**

Director of First-Year Experience  
[Margo.Warden@NorthernVermont.edu](mailto:Margo.Warden@NorthernVermont.edu)

### **EMILY NEILSEN**

Coordinator of FYE Events  
[Emily.Neilsen@NorthernVermont.edu](mailto:Emily.Neilsen@NorthernVermont.edu)

### **TAMMY JOHNSON**

Coordinator of FYE Support  
[Tammy.Johnson@NorthernVermont.edu](mailto:Tammy.Johnson@NorthernVermont.edu)



# Meet your orientation leaders.



Our team of Orientation Leaders (OLs) and other upper-level student staff and volunteers have chosen to return early to ease your transition, welcome you to our community, and show you Northern Vermont University's exceptional opportunities.



## SEAN ADLER

Bellmore, NY  
Outdoor Ed. | 2019  
"Welcome the unexpected and spontaneous."



## JESSICA DEROSA

Salem, NH  
Theater and Drama | 2018  
"Take opportunities that are given to you and do as much as you can but remember to take time for yourself."



## CORRIE ALDRICH

Rome, NY  
Technical Theater | 2019  
"Get a hammock!"



## ASHLEY DONAHUE

Johnson, VT  
Environmental Science | 2020  
"Keep an open mind and find things you are good at."



## ANGELINA BECKETT

Lisbon, NH  
Psychology | 2020  
"Accept that things change Embrace the things that are unfamiliar, that is how you grow."



## LILY DUNBAR

Craftsbury, VT  
Biology | 2020  
"Don't wait for opportunities to come to you."



## PATRICK BELL

Charlestown, RI  
Journalism | 2020  
"Stay positive!"



## COLLEEN HAGAN

Manchester, NH  
Psychology | 2018  
"Get involved and enjoy every second because it goes by so quick."



## REBECCA BINGHAM

East Charleston, VT  
Art | 2018  
"Stop and take a moment to enjoy the stars and dive into the wonderful nature around you!"



## MARCUS HOLMES

Johnson, VT  
Health Science | 2020  
"Do your best to get involved with sports, clubs and activities."



## NERISSA COOLBETH

Hardwick, VT  
Childhood Ed | 2020  
"Stay on campus as much as you can!"



## RACHEL LEMAY

Newbury, VT  
Art and Dance Ed. | 2019  
"Breathe! Be flexible and go with the flow but also stick to who you are."



**EMILIE MANCHESTER**

Swanton, VT  
 Psychology | 2019  
 "Always have an open mind and remember to stay true to yourself."

**EMILY 'MIXIE' MIXON**

West Charleston, VT  
 Interdisciplinary | 2019  
 "Talk to professors and don't be afraid to explore outside your major."

**HEATHER PERRY**

Richmond, VT  
 WAM and Health Science | 2020  
 "Don't be afraid to ask for help."

**DANA PROUTY**

Bennington, VT  
 Music Ed. and Trumpet Perf. | 2020  
 "Keep up with your work to avoid being overwhelmed. It is important to stop and smell the roses sometimes."

**KAYLAH ROBERTSON**

Bristol, CT  
 Childhood Ed. | 2020  
 "Do something new on campus because you can meet new people and find something that you might love. If you are feeling lost, they are so many people to help you."

**CATHERINE 'CATIE' ROMAN**

Alexandria, NH  
 Childhood Ed. | 2020  
 "Take advantage of every opportunity – even if it scares you."

**KATELYN SHAW**

Morrisville, VT  
 Theater and Drama | 2021  
 "Do your homework as soon as you can. All-nighters are NOT fun."

**CAMERON TAYLOR**

Washington, DC  
 Business – Sports Mgmt. | 2018  
 "Always try new things, stay true to yourself and don't take everything too seriously."

**JESSE STREETER**

Richmond, VT  
 History | 2020  
 "Take advantage of literally every opportunity that is given to you, inside and outside the classroom, and it will without a doubt pay off in the end."

**LARISSA STRIDE**

Tunbridge, VT  
 Psychology | 2019  
 "Seek out your friends in times of struggle and take a moment to breathe."

**ETHAN WEHSE**

Stowe, VT  
 Health Sciences | 2020  
 "Make the most out of the next four years of college. Make a few mistakes along the way. This will help you grow your character as a person."

**KARINA WILLIAMS**

Saranac Lake, NY  
 Childhood/Special Ed. | 2021  
 "Keep your mental health in check."

**SHANE WYMAN**

Moultonborough, NH  
 English | 2019  
 "Be yourself – this community will welcome you with open arms no matter who you are."

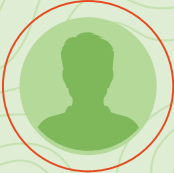
**OLIVIA PAYETTE**

Woodbury, VT  
 Psychology/Political Science | 2021  
 "Set goals and get to know people."

# Meet your **First-Year Seminar** faculty.



In these small, collaborative classes, geared to first-year students, you'll be with peers who share your interests. It's a challenging but supportive environment to help you adjust to college-level academics and build bonds with your classmates through your first year of college.



## JEFF BICKERSTAFF

**Parental Advisory: 20th Century American Censorship**  
Office: BEN 334 Phone: 635.1338  
[Jeff.Bickerstaff@NorthernVermont.edu](mailto:Jeff.Bickerstaff@NorthernVermont.edu)



## GREG PETRICS

**Mathematical Puzzles Through History**  
Office: BEN 334 Phone: 635.1336  
[Gregory.Petrics@NorthernVermont.edu](mailto:Gregory.Petrics@NorthernVermont.edu)  
"Perseverance is the key to success."



## STEVE BLAIR

**Songwriting for Beginners: Finding Your Inner Dylan**  
Office: DIB 211 Phone: 635.1314  
[Stephen.Blair@NorthernVermont.edu](mailto:Stephen.Blair@NorthernVermont.edu)  
"Create. Find your inner Dylan."



## RICHARD SHANLEY

**Critical Thinking in an Age of Media Confusion**  
Office: DEW 161 Phone: 888.2722  
[Richard.Shanley@NorthernVermont.edu](mailto:Richard.Shanley@NorthernVermont.edu)  
"Life is a Marathon. Success is measured one mile at a time."



## HENRIQUE CEZAR

**Globalize It!**  
Office: MART 217 Phone: 635.1339  
[Henrique.Cezar@NorthernVermont.edu](mailto:Henrique.Cezar@NorthernVermont.edu)  
"Find a good balance. Work hard. Have some fun, too; when you socialize, you make valuable connections."



## TYRONE SHAW

**DYSTOPIA: Cautionary Tales of a Nightmarish Future**  
Office: WLLC 323 Phone: 635.1394  
[Tyrone.Shaw@NorthernVermont.edu](mailto:Tyrone.Shaw@NorthernVermont.edu)  
"Do not be reluctant to discuss problems you might be having in their courses. Know that here you are cherished."



## SEAN CLUTE

**iMe: Reinventing Yourself in the Digital Age**  
Office: BEN 334 Phone: 635.1496  
[Sean.Clute@NorthernVermont.edu](mailto:Sean.Clute@NorthernVermont.edu)



## GREG STEFANSKI

**A Call to Action**  
Office: BEN 334 Phone: 635.1336  
[Gregory.Stefanski@NorthernVermont.edu](mailto:Gregory.Stefanski@NorthernVermont.edu)  
"Take time to get to know yourself. Your college journey and your future will be most influenced by the answers to these questions."



## ELLEN HILL

**A Call to Action**  
Office: DEW 131 Phone: 635.1439  
[Ellen.Hill@NorthernVermont.edu](mailto:Ellen.Hill@NorthernVermont.edu)  
"Be ready for a community brimming with opportunities! Welcome to the NVU family!"



## RUSS WEIS

**Dreams, Freedom, and Wonder**  
Office: DEW 161 Phone: 635.1330  
[Russell.Weis@NorthernVermont.edu](mailto:Russell.Weis@NorthernVermont.edu)  
"The only thing wrong with dreams is if you don't allow yourself to have any. Allow me the privilege of being your dream facilitator, if need be!"



## MARY MARTIN

**Art of the Social Imagination: Defining, Identifying and Building Community**  
Office: BEN 334 Phone: 635.1360  
[Mary.Martin@NorthernVermont.edu](mailto:Mary.Martin@NorthernVermont.edu)



## MARIS WOLFF

**If I Can't Dance – Keep Your Revolution!**  
Office: BEN 334 Phone: 635.1318  
[Maris.Wolff@NorthernVermont.edu](mailto:Maris.Wolff@NorthernVermont.edu)



# Meet your advisors.

**+** Academic advising helps you identify education and life goals and keeps you on track with your classes. You'll meet with your advisor numerous times during the academic year, starting at Fall Orientation, to talk about scheduling, course selection, the registration process, your academic progress, and any concerns you may have.



## **RUSS WEIS**

Office: DEW 161 Phone: 635.1330  
[Russell.Weis@NorthernVermont.edu](mailto:Russell.Weis@NorthernVermont.edu)

"The only thing wrong with dreams is if you don't allow yourself to have any. Allow me the privilege of being your dream facilitator, if need be!"



## **LIZI LYON**

Office: DEW 161 Phone: 635.1257  
[Elizabeth.Lyon@NorthernVermont.edu](mailto:Elizabeth.Lyon@NorthernVermont.edu)

"Do what you love. If you don't yet know what that is, you have four years (and beyond) to explore. Once you find your passion, use it to make the world a better place."



## **CAITLIN WILKINS**

Office: DEW 161 Phone: 635.1306  
[Caitlin.Wilkins@NorthernVermont.edu](mailto:Caitlin.Wilkins@NorthernVermont.edu)

"If you're feeling lonely or just need to connect, come see us! Your advisor is here to help."



## **TRANSFER ADVISING**

**Advising and Registration Center**  
Dewey 158 | 635.1257



Lori Adams, our Transfer Credit Coordinator, works to get maximum transfer credit for your previous coursework and ensure that you can earn your degree in the least amount of time.

Planning the rest of your degree program takes two—you and your academic advisor. Your advisor can answer your questions about NVU-Johnson degree and policy requirements. Working closely with your advisor can make your transition to NVU a smooth one.

You have been assigned a faculty advisor in the department of your intended major. You can help by doing your part:

- Review your transfer credit evaluation and Program Evaluation to identify any potential problems early on.
- Schedule an appointment with your advisor. Come prepared with questions and concerns.
- Ask your Orientation Leaders any questions that you may have about being a transfer student at NVU-Johnson.

# Orientation timeline and highlights

## FRIDAY

**2 p.m.**

### **NVU Community Gathering and Getting Down to Business**

**4 p.m.**

### **Residential Students Unpack, Unwind, and Settle In**

Use this hour to return to your rooms to settle in a little bit more or stop by the small white tent on the Quad to join in some low-key activities. Orientation Leaders will be on hand to answer your questions. Floor meetings and dinners with your RA and floormates begin at 5 p.m.

### **Commuter Students Commuter Student Reception**

*Stearns Performance Space*

Join us for light snacks and the chance to get to know the many other transfer and freshman students who are commuting to NVU-Johnson. Learn about campus commuter resources from NVU staff and current students. Take the challenge to explore academic and co-curricular opportunities. Orientation Leaders will be there to take you on a guided walk of your Fall '18 class schedule and answer your questions. Dinner in Stearns is at 5 p.m.

If you made arrangements for overnight accommodations, you may move into your room at this time.

**6:30 p.m.**

### **The NVU Connection – The Topography of Community**

*Dibden Center for the Arts*

Formal welcome by Student Government President Jessica Malskis, Dean of Students, Jonathan Davis, and the Associate Dean of Students, Michele Whitmore.

**Beyond the Badge** – Introduction to Public Safety with Director of Public Safety Mike Palagonia.

The mission of Public Safety is to provide a safe and secure environment in which to live, learn, and work. A truly safe campus can be achieved through the mutual co-operation of all students, faculty, and staff. Important information regarding general safety, essential services and policies will be shared.

**Wellness at NVU** – Meet Director Kate McCarthy and members of the Wellness staff. The Wellness Center is here for you! Their team offers many types of counseling, a relaxation room, light therapy, biofeedback, and occasional visits with therapeutic animals. They can also help you learn more about making medical appointments in Morrisville and can help connect you to the shuttle. Services are confidential and free.



**7 p.m.**

### **Last Call with Bill Ross** –

Bill Ross and Last Call will increase awareness and sensitivity to tough issues, dispel myths, answer questions, and locate health and educational resources in the NVU-Johnson Community.

Bill has been with us for over a decade of orientations!

**8 p.m.**

### **Badger Bonfire and Candle Lighting**

Closing the day together, we will celebrate our common values and our individuality. Connection, s'mores, and tradition!



## SATURDAY MORNING

9:45 a.m.

### Meet your Orientation Group

*Dibden Center for the Arts*

10 a.m.

### Community Meeting

#### Common Reading Initiative

You will have the opportunity to discuss the themes and impressions of our Common Book – *The 57 Bus*, in the supportive space of your small discussion group.

How to bring your best to the discussion:

1. Be prepared to offer your impression of the book. A sentence or two will do! What did you find interesting or new? Insights? Questions?
2. Select a passage in the book that strikes you as important, meaningful, or interesting.
3. Be prepared to read your passage and discuss why that passage stood out and what you feel it means.
4. Bring your completed Touchstones assignment card to the group.

12 p.m.

### Lunch

## SATURDAY EVENING

### Meet your Orientation Group

#### An Engaged Community: The Orange Band Initiative (OBI)

The OBI seeks to inspire conversations about the people, activities, and issues that matter to us.

“What’s your Orange Band?” That is the question and invitation to share what is important to you. Dance? Family? Athletics? Music? Social Issues?

Wear or display your Orange Band to spark conversation during Orientation and beyond. The OBI helps us do the good work of connecting with each other and with this campus. These connections help us to do the important work of building community.

#### Get Out

You have been working hard, so now it is the time for some F-U-N! Explore the campus! Connect with students who share your interests! De-stress! Relax! Re-energize! Take a look:

Walk your Schedule · Creative Art and Jewelry Making · Bingo · Board Games · Tie Dye · Pool Time · Lawn Games · Badminton · Hammock Hang Out · Jam Session · Intro to Rugby · Slack Line · Ultimate Frisbee · FROLF · Pick-up Basketball · Explore the Walking Trails · Lacrosse · And more!

Check out the Get Out Board in Stearns for details.

### Major Mixer Dinner

One of the most commonly asked question during the first days of college is, “What’s your major?” Take this opportunity to meet students who are in your major or academic department. Grab your dinner, look for your Major Banner, take a seat at the table, and get to know your classmates. Joining you will be upperclassmen and recent graduates eager to give you the inside scoop!

#### Saturday Evening Social John Cassidy: Comedy, Magic, and Really Weird Things with Balloons

John Cassidy is a professional comedian, magician, and balloon artist who has been a guest on Late Night with Conan O’Brien, The Weakest Link, and NBC’s Today Show. He has been honored to perform at the White House five times. Don’t miss his show in Dibden!

#### Big Tent Dance Party

This is how we celebrate the last full day of Orientation! There is plenty of room under and around the tent to dance, chat, or just hang out! Create fun and lasting memories in our photo booth. Snacks and beverages courtesy of our Women’s Rugby Club!

*(continued on next page)*



## SUNDAY MORNING

9:45 a.m.

### Meet your Orientation Group

*Dibden Center for the Arts*

10 a.m.

### Community Meeting

Greeting from President Elaine Collins

### A Matter of Degree Professor Tyrone Shaw

*Dibden Center for the Arts*

Last weekend gathering for the class of 2022 setting intention and focus on the days, weeks, and months ahead.

### Orientation Group Wrap-up and a Good Look Ahead!

Last Orientation gathering for the Class of 2022. Set your intentions and focus on the days ahead! What do you need to be ready for the first day of class and beyond?



**RECEIVE YOUR LIMITED EDITION NVU T-SHIRT!**

**Note: Returning students begin moving in at 11 a.m.**

## SUNDAY AFTERNOON

12 p.m.

### Lunch

Campus offices are open and ready to help you with any additional business or questions.

After the scheduled programming in the morning, you will have the opportunity to get off campus. Whether you need to go into town to retrieve something you forgot pack, you want to go on an adventure, or just need to get away! OLs will be available to guide, assist, and answer! This will be the time to walk your schedule, go for a hike, and continue mingling with the OLs and your peers.

### Who else would you add to your team?

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## MONDAY

### First day of classes!

Stop by the office of FYE in Dewey 154 if you need directions, information, encouragement, or a snack! The is open, come on in!





# OPENING CONVOCATION AND COMMUNITY PICNIC

**Tuesday, August 28 | 11 a.m. - 1 p.m.**

**NVU-Johnson formally welcomes you into our academic community.** You will meet your Orientation Leaders at 11:10 a.m. in the Multi-Gym in SHAPE to process behind bagpipes towards Dibden where you'll be greeted by your faculty advisors, staff, and peers. After a brief welcome from the President and others, join us for a barbecue on the Quad. Note that during this time all classes will not be running so that all students and faculty are available for this event.

## ▲ WELCOME WEEK

### **Monday, August 27**

8 p.m. SGA Movie Night (Stearns Cinema)

### **Tuesday, August 28**

11 a.m. Opening Convocation and Community Barbeque  
6 p.m. Tuesday Night Live (TNL) – Music, food, and lots of people!

### **Wednesday, August 29**

9 a.m. Donut Day with Public Safety (Quad)  
3-5 p.m. Job Fair (Quad)  
6-8 p.m. Club/Activity Fair and OL Connection

### **Thursday, August 30**

11:30 a.m. – 1 p.m. SERVE Open House (Stearns)  
6:30 – 10:30 p.m. Rec Fest (SHAPE)

### **Friday, August 31**

2-6 p.m. Inflatable Fun (Quad)  
9 a.m. - Midnight Let's Rave (Stearns  
Performance Space)

### **Saturday, September 1**

10:30 a.m. – 1:30 p.m. Succulent Planting Party  
(Quad)  
8 p.m. SGA Movie Night  
(Stearns Cinema)

### **Important Note: Creative Audience Class**

Please check your academic schedule for your session.



# Campus Resources

## THE WELLNESS CENTER

Located on the lower level of Senators Hall, the Wellness Center is accessible by separate entrance on the outside perimeter of the building facing the road and parking lot.

Need a quiet break? Looking for support? Need to schedule a medical appointment? The Wellness Center is here for you! We offer many types of counseling, a relaxation room, light therapy, biofeedback, and occasional visits with therapeutic animals. We can also help you learn more about making medical appointments in Morrisville and can help connect you to the shuttle. Services are confidential and free.

**Office Hours:** Monday - Thursday: 9 a.m. - 12 p.m. and 1 p.m. - 4 p.m.; Friday: 9 a.m. - 12 p.m.

**Walk-in Hours:** Monday and Tuesday: 1 p.m. - 4 p.m.; Wednesday - Friday: 9 a.m. - 12 p.m.

## ACADEMIC SUPPORT SERVICES

### Dewey Hall

Academic Support Services is a haven of collaboration and support, offering academic coaching (tutoring) which includes the following:

- Scheduled one-on-one individual coaching. Getting a coach is EASY! Stop by Academic Support and complete a brief application.
- Drop-in Coaching every Sunday – Wednesday from 6 – 9 p.m. No

appointment needed!

- Not just dedicated to class material, coaches can help you with time management, study skills, notetaking, and other essential skills.

Other resources available: Computers in quiet study areas, study skills guides, financial aid advice...snacks!

## THE WILLEY LIBRARY

**Hours:** Monday - Thursday: 9 a.m. - 10 p.m.  
**Friday:** 9 a.m. - 4 p.m. Saturday: 12 - 5 p.m.  
**Sunday:** 1 - 9 p.m.

Come in and explore the library's nooks, crannies, and views!

1. Librarians don't go "sshhhhh" anymore. Instead, we say, "Glad you're here!"
2. If you have a question, ask it; you're not bothering us; helping you is what we love to do!
3. We have great study areas—tables or private rooms for group work, alcoves for pairs and trios, and cubbies for quiet contemplation.
4. We have a 24-hour computer study room (access is through the lobby), plus an additional four computers in the library.
5. Come to the library to register your ID card, and check out and renew books at the Circulation Desk.

## CAMPUS BOOKSTORE FAQS

Get your books. Use your books.

### **Can I use my financial aid to buy books?**

- Once NVU has told the bookstore that you are eligible, you can charge textbooks and school supplies to your student account.

### **Why rent my textbooks instead of buying them?**

- You can save a lot of money by renting your textbooks. Plus, it's ok to highlight and take notes in the books.

### **What's the Price Match program all about?**

- If you find the same book in the same condition directly sold and shipped from Amazon or Barnes & Noble, we will give you a bookstore gift card for the difference.

### **I dropped a class and don't need the books any more; can I get my money back?**

- We will refund all of your money until the end of the Add/Drop period, September 7. Textbooks purchased after that date need to be returned within two business days of original purchase for full refund. You must have the receipt and any new

books still have to be in new condition.

### **Can I sell my books back at the end of the semester?**

- Yes. However you will not receive full price for them. We will give you cash for your books based on their condition and the need for them in the bookstore. We will buy your books even if you did not rent/buy them from us originally.

### **What if I lose my rental book, or forget to return it?**

- If you lose or damage the book, you have to pay the bookstore the difference between renting and purchasing the book. This needs to be done before the Friday of Exam Week (December 21). We remind you through email and phone calls to return your book(s) before you leave at the end of each semester. If you forget to do so, your credit card will be charged the full replacement cost, plus a 10% penalty fee.





# Top Ten Tips

+ **Advice from 'experienced' NVU-Johnson students** – about the things that will help you not just survive, but thrive, in your years at NVU.

## 1 GO TO ALL ORIENTATION EVENTS

This is the most fun mandatory event you will attend at college! Orientation is designed to help you transition to your new adventure at NVU. Don't miss out on making connections and hanging out with fellow classmates.

## 2 GET ORGANIZED

Organization is essential for your academic success, emotional well-being, and happiness. Use your NVU-Johnson planner, your phone, a big wall calendar, or whatever works best to keep track of classes and assignment due dates. Fill out a Course Selection Worksheet to better visualize and plan when you'll study, participate in extra curriculars, and rest.

## 3 GO TO CLASS

Obvious, right? Perhaps, but sleeping in and skipping your 8 a.m. class may be tempting at times. Avoid the temptation! Besides learning important class material, attending class ensures that you receive vital information about what to expect on tests, changes to due dates, and other knowledge essential to your success.

## 4 GET INVOLVED ON CAMPUS

For many of us, it takes time to create community and to feel we belong. In addition, a large number of new students experience homesickness. A solution? Join student organizations, clubs or teams. You'll make new friends, learn skills, and feel more connected on campus.

## 5 STRIVE FOR GOOD GRADES

Set goals for yourself and then focus on achieving them. Reach out to your professors and take advantage of academic coaching and the library for extra help!





**6**

## **MAKE CONNECTIONS**

Take advantage of this small and interconnected community. Meet your floor mates and classmates. Get to know your advisor, your Residential Life staff, the faculty, and offices around campus.

**7**

## **FIND A BALANCE**

College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction.

**8**

## **BE PREPARED TO FEEL OVERWHELMED**

There's a lot going on in your life right now. Expect to have moments where it seems a bit too much. Be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way and there is always someone around to help you through it. We are here for you!

**9**

## **SEEK HELP**

Don't go it alone! There are people all over campus who are eager to listen and to help guide you. If you are sick or in need of mental health support, please take advantage of the Wellness Center. Connect with your advisor, who can help you with course conflicts, schedule changes, planning for degree completion and choosing majors and minors. Utilize Academic Support Services and the Office of First-Year Experience.

**10**

## **GO OUTSIDE**

Being in nature boosts your immune system, reduces stress, increases your ability to focus, and improves sleep. So take a break to get a good look at those beautiful mountains and breathe in that fresh Vermont air.



**DO  
NORTH.**

[NorthernVermont.edu](http://NorthernVermont.edu)



**Northern Vermont**  
UNIVERSITY

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**Johnson Campus**  
337 College Hill  
Johnson, VT 05656