We set out to accomplish two main goals with this year’s edition of VUpoint. First, we wanted VUpoint to be a valuable resource from the beginning to the end of your Vanderbilt Visions experience. Maybe even after. Maybe even up until your graduation, or beyond! But we hope that, for at least your first semester, you can use this magazine to help with finding phone numbers, addresses, and maps so you can get your bearings here. We hope that we succeeded in that goal, but if not? Hey, ask your VUceptor.

Our second goal was a bit more ambitious. In so many words, we wanted VUpoint to serve as accurate a reflection of the Vanderbilt community as possible.

That can be difficult to accomplish. Every person on this campus adds a piece to the puzzle that makes up the Vanderbilt community—from the students, to the professors, to the staff, and to the Nashville families walking around on the weekends. Obviously, we couldn’t ask every student or faculty member to contribute to the publication—after all, you wouldn’t want to read thousands of stories. But we wanted you to get a first glimpse of who makes up our community and read their stories.

Now it will become your turn to uncover all the stories of this community and to share your own. Who knows what you will learn about yourself and others over the next four years. Your experience at Vanderbilt is going to be different from that of your roommate or hall mate. The so-called Vanderbilt Experience is a real thing, but it isn’t one single one. There are as many Vanderbilt Experiences as there are people at this school. You’re going to have some amazing times here. You might have some bad times here too. But you wouldn’t have made it here if you didn’t show the capacity to grow and flourish with Vanderbilt’s aid. And, let’s be honest, you’re going help Vanderbilt grow and flourish as well.

So, congratulations on making it this far! We, the VUceptors, are thrilled to get to know each and every one of you and listen to your story.

Jackson Parker, ’17
College of Arts and Science, VUcept Board Member

Nina Warnke, Ph.D.
Assistant Dean of The Martha Rivers Ingram Commons,
Director of Vanderbilt Visions
I am delighted to welcome you as you join Vanderbilt’s exceptional family of scholars, humanitarians, and scientists. From the moment you enter The Martha Rivers Ingram Commons—the University’s residential living and learning community for first-year students—your Vanderbilt story begins to unfold and take shape.

As you stand at the beginning of that path, I encourage you to approach each day with a sense of curiosity, an open mind, and an appreciation for Vanderbilt’s unique culture. You’ll find that each day provides opportunities to engage with our renowned faculty in ways that infuse your learning experience with a sense of clarity and purpose. Whether your interests include exploring medicine, the humanities, law, music, bioengineering, or international business—or areas of study in which these subjects intersect—exciting options for discovery, exploration, and creative expression abound!

Equally important, you will find Vanderbilt’s philosophy of community provides extraordinary opportunity to learn not only about the vast world around you, but also about yourself. We recognize that you come to this University with dreams and aspirations to make a difference. Through Vanderbilt’s diverse offering of social, cultural, creative, service and civic activities, you will discover new strengths and previously untapped sources of inspiration that bring great meaning to your life—to treasure now and throughout your career.

As a member of the Class of 2019, you assume an important role in the University’s mission of learning and discovery. What you do in your time here will shape Vanderbilt and the impact the institution has on society. I know you will have a powerful and positive influence on this intellectual community. Together, we will accomplish extraordinary things and chart the course for Vanderbilt’s future promise and contributions to the greater world.

Nicholas S. Zeppos
Chancellor, Faculty VUceptor
As Dean of The Martha Rivers Ingram Commons, I am happy to welcome you to our beautiful part of campus. On The Ingram Commons, you will live and learn among your peers and classmates. By the time you read this, you’ve already met some of them, and you’ll meet even more in the days ahead. Yet even before you arrived, there was already a community of scholars, teachers, mentors, advocates, advisors, and teammates eagerly waiting to meet you.

Your Faculty Head of House, your Head Residents, your Resident Advisers, your VUceptors, the staff of the Dean of Students office, and my colleagues in the Dean of The Commons office have been working together for months now with one purpose in mind: to get you off to the best possible start. We have planned programs, panel discussions, workshops, and, yes, some old-fashioned fun with you and the Class of 2019.

As you know by now, The Commons is both a physical place and our commitment to a shared idea: that your first-year experience should be marked by both care and rigor, by both support and challenges. You were admitted to Vanderbilt because we believe that you are ready for new challenges, and in fact we think you will thrive here. But now that you’ve chosen where you will go to college and are finally here, I’d like to encourage you to start to think more specifically about how you will go to college.

Perhaps you seek to build on your strengths, including the academic interests and extracurricular experiences that made you seek Vanderbilt in the first place. We hope you will, actually; we want to learn from you and the unique insights and talents you bring to our campus. But I also want to encourage you to take advantage of the broad range of opportunities you’ll find here to seek new types of knowledge and experiences: learning about a culture you’re not familiar with, for example, or listening to an entirely new kind of music, or watching a foreign film, or talking with someone whose political beliefs are different from yours. One of the many strengths of our great university—and The Commons in particular—is the community we create and recreate when we learn from people who aren’t just like us.

So, again, I want to ask you to think about how you will be here. My recommendation is that you take advantage of all of the opportunities and events we have so carefully planned for you. But this will mean more than just showing up; it will also mean showing up open-minded and open-hearted, eager to talk and ready to listen. We’re glad you’re here, and we’re ready to live and learn together.

Vanessa B. Beasley
Dean of The Ingram Commons,
Associate Professor of Communication Studies,
Faculty VUceptor

We are so happy to finally have you at Vanderbilt. You’re going to make as much of an impact on this campus as this campus makes on you.
Welcome As a new faculty head of house, each of us helps to bring out of our own. Look forward to the strong community in which of you.

Welcome to Crawford House! As a new faculty head of house, I am a different kind of first-year! This year, we’ll preserve what’s made Crawford House a strong community in which each of us helps to bring out the best in each other, while we build some new traditions of our own. Look forward to the Crawford Lecture, named for Frank Crawford, the strong-willed and curiously named wife of Commodore Vanderbilt who gives our house its name, and to annual events like the Crawford Haunted House and the Crawford Lecture, named for Frank Crawford, the strong-willed and curiously named wife of Commodore Vanderbilt who gives our house its name, and to annual events like the Crawford Haunted House and the Crawford Haunted House and the Festivus dinner. In the spirit of our “Work Hard, Play Hard” culture, we’ll engage in new ways of thinking about play, from integrating the arts into our house events to hosting opportunities for spirited play throughout the year. I look forward to making Crawford a home for all of us, for my son and daughter and for each of you.

Welcome to East House on the lovely, tree-shaded historic Commons campus where we will make our home together this year! Along with our great residence staff, we will honor East’s traditions, e.g., East Feast, Sunday Suppers with special guests, our after-school reading program, and create many new ones of our own. My hope for our year together is that we will find meaningful ways to make a difference through the relationships we build within our community... whether that community is in East House, our university, Nashville, or the world. When not at home, I work on developing innovative approaches for biomedical informatics education to meet the needs of health care in the United States and globally. My husband Dave who, among other things, plays in the Blair Steel Band and volunteers for Habitat for Humanity, and I look forward to greeting you in August!

Welcome to Gillette House! I am so looking forward to spending time with you during “Gillette Gelato,” our weekly study break, as well as hosting you in the faculty apartment or seminar room for discussions, films, and poetry readings. Within the faculty apartment, there is a table that affectionately call “the Welcome Table,” from the title of an old Negro spiritual. Many of Gillette’s special dinners, RA meetings, and House Advisory Council meetings take place around that table. Indeed, “the Welcome Table” serves as a symbol of the spirit that permeates Gillette House. You are welcome here, in Gillette House, a place that I hope you will come to recognize as “home” during your first year at Vanderbilt. My wife, Dee, and I are looking forward to meeting and greeting you. At the risk of redundancy, welcome to Vanderbilt; welcome to Gillette.

Welcome to Hank Ingram House, the largest house on The Commons. I’m a surgeon at the Vanderbilt University Medical Center, so we’re likely to run into one another at some odd hours as I traipse back and forth to the hospital. Here on the second floor of Hank, it’s just as full as the remainder of the house, as I’m joined by my husband, three children, and our loveable mutt, Sackson—all of whom are active “Hanksters.” We’re looking forward to another year at Hank’s House—one packed with Hank Hangouts, Friday nights, special guests and conversations, dinners in the apartment, and outreach in the community. Despite our size, we work to forge community, create a home (and have a lot of fun), all the while relishing the diversity of our house and the opportunity to learn from one another. Welcome!

Welcome to Memorial House! We enjoy the benefit of being a small house where close relationships provide the context for growing together and growing as individuals. Our theme is service; we think of ourselves, like the circle emblem on Memorial windows, as a “circle facing outwards.” We give outward not in order to receive, but we know that through regular and committed service to the community we will benefit greatly as a house-formed family. We have weekly “S’Memorial” social gatherings with trademark smores, routine house meals with faculty and other guests, AAL’s (Ask Anything Lunches), and a range of house and inter-house programs that we create. In my research, I am keenly interested in new media, and in learning as a part of everyday life. With your engagement, we will create a community where our ideas, commitments, and innovations continue to move us across the spaces of our lives and toward the lives of others within and well beyond Vanderbilt.
Welcome to Murray House, on behalf of my wife Midge, myself, and our canine companions, LC and Luna. Our focus at Murray is on building community and truly making Vanderbilt your home. At Murray Munchies we gather for a weekly late-night study break, and at Talking Heads, we gather in the faculty apartment for some great food and a chance to interact in a small group setting with leading professors and other interesting folks from the Nashville community. We have a unique service relationship with the Susan Gray School, and we help students find their passion in a wide variety of service opportunities available at Vanderbilt. We also host a weekly running group on Saturday morning, Commons Runners, and are hoping to launch additional fun fitness activities this year. The wealth of new friends, extracurricular activities, and educational opportunities at Vanderbilt is remarkable, and our goal here at Murray is to make the transition to college life a magical experience for each one of you.

Global music. Global health. As a medical ethnomusicologist, I study the role of music in HIV/AIDS in Africa. My recent field research in Uganda produced a Grammy-nominated recording of the music of HIV-positive women’s groups. Current field research involves hip-hop in South Africa and conflict in Burundi. It should come as no surprise that North House celebrates musical traditions from around the world and focuses on global health issues. We attend concerts together, dine with faculty, form bands, and listen to stories about concerns in our university and in our city. By actively serving in our community, we enrich our house (and our world). The theme of North House is “Ubuntu”—We Are Because You Are. Husband Wil (the Duke of North), and kids—Simon and Lucy—round out the North House family. Evoking our principal all-house ritual, our motto is “North House Rocks!”

Welcome! Everyone has a significant story to tell. Together, we’ll make Stambaugh a community where each person’s story is known, respected, and celebrated—whether it’s at the StamJam concert on our lawn, at our weekly Soiree in the faculty apartment, at a town hall meeting with a Congressperson in our lobby, or over iced tea in a Mason jar on our amazing terrace. My two great intellectual passions (aside from novel writing) are country music and soul food. My husband David Ewing’s great intellectual passion is Nashville history. We work hard to add a rich chapter of Nashville arts and Nashville history to the life of each Stambaugh resident. Great Nashville food, music, and art are all offered to sustain you during this important first year of your Vanderbilt adventure.

@Stambaugh: Where the lost story is known, respected, and celebrated—whether it’s at the StamJam concert on our lawn, at our weekly Soiree in the faculty apartment, at a town hall meeting with a Congressperson in our lobby, or over iced tea in a Mason jar on our amazing terrace. My two great intellectual passions (aside from novel writing) are country music and soul food. My husband David Ewing’s great intellectual passion is Nashville history. We work hard to add a rich chapter of Nashville arts and Nashville history to the life of each Stambaugh resident. Great Nashville food, music, and art are all offered to sustain you during this important first year of your Vanderbilt adventure.

¡Bienvenidos a la Casa Sutherland! Those of us who live in Sutherland House enjoy a genuine sense of community; at the same time each of us is involved in multiple extracurricular and academic pursuits. When we return home to Sutherland, we find a network of interesting, engaged individuals who embrace the extraordinary elements of living together in an environment that is intentionally diverse and, equally important, dedicated to becoming an intentional community. Our weekly Sutherland Socials provide regular opportunities to get to know our community and to find information about academic life and service opportunities at Vanderbilt. Quite essentially, we are devoted to making this experience fun, along with shared moments of excitement, hard work, rest and support, play, and discovery. My family and I share your excitement for getting your first year off to a great start. We will see you around our table at Cafecito; I’m looking forward to getting to know you.

Our house is a place of artistry and passionate creative excitement, fostered by weekly gatherings and special events within and beyond our Wonderful Wild West House. I am a professor of literature and intellectual history as well as a burgeoning videographer and novelist. I have published seven books in an array of different areas relating to literature, radicalism, language studies, and law. My new book, Undocumented Immigrants in an Era of Arbitrary Law, is a study of undocumented immigration worldwide. It was published in the summer of 2015 by Routledge Law. My wife Marsha is a professional dancer, choreographer, and yogini. We look forward to welcoming you “chez nous” with intriguing intellectual engagement, regular homemade meals and desserts, periodic sances of yoga and meditation, and provocative gatherings dedicated to creative outbursts, all designed to calm and inspire you in this, your great Vanderbilt adventure.

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The Commons, Continued—Perspective of a Head Resident

SAM HOSSINS, ’16, Peabody College

I, too, was nervous with excitement when I entered my House on The Commons three years ago. Today I am eager to welcome you as the Head Resident of North House, where I might be more excited than you about what this next year has in store. Beyoncé karaoke, movie screenings, Commons Cup competitions, and Commons Mix-Ups are only a few of the things that take place just outside your window. With each passing year, these events change to fit the community you create and that is why I have chosen to stick around for my fourth and final year.

My first year, my RA told us not to waste our first night on The Commons because we would never have that experience again. I ended up making some of my closest friends that night. It was my decision to remain on The Commons not only because I wanted to have a part in making your Commons experience memorable, but also to serve as a resource during your transition to college just as my friends and RA supported me. It is an experience in itself to witness you adjust to your life as a Commodore whether that be joining organizations, meeting with a mentor, or simply grabbing lunch before a class at noon every Thursday (Commodore Tso Chicken!).

I cannot wait to support you in your exploration of the opportunities here, as you become the engaged citizens The Commons inspires – so take part in the things that happen here because you will get out of this experience what you put into it. Don’t let this year pass you by without engaging in conversation with your faculty head of house, getting to know The Commons staff, chatting with your RA after a floor program, or doing service with your peers who, all together, make this gorgeous part of campus that much more—a tight-knit community.

Molding an Uncommon “Commons Experience”—Perspective of a First-Year Student

AADITI NAIK, ’18, College of Arts and Science

A three-mile run that passed through the lobby of the Union Station Hotel, a discussion on the growing economic disparity in the United States, an attempt to make sense of Jesse Ball’s novel The Way Through Doors, the best prom you never had—The Martha Rivers Ingram Commons really is what you make of it.

It is fully possible for every first-year to have an entirely different and personalized experience on The Commons, thanks to events that span the full array of interests and hobbies. With extensive—and sometimes overwhelming—programming, all steps away from your room, The Commons provides first-years with all the tools necessary to build relationships and expand their perspectives. Yet many first-years become sophomores without ever having attended a Commons Mix-Up, a Dean’s Dinner, or a discussion in a faculty head of house apartment. The saddest part is that they don’t even know what they’re missing.

I encourage you to take a minute to read the weekly emails brimming with events and discussions. Don’t think too much; just stop by at events on topics which you know nothing about. Through seminars, I have collected obscure pieces of information on subjects that I did not even know existed. Through the dean’s book club, I have learned that I cannot hope to understand every style of literature. Through critical conversations, I have seen the experiences of entire groups of people that were previously invisible to me. Thanks to The Commons, I have become more knowledgeable of my ignorance than ever before—and isn’t that what college is really about?
Connect with Your Writer-in-Residence

RITA BULLWINKEL, Graduate Student in Creative Writing, Writer-in-Residence, Gillette House

Do you love writing and books? Fiction, poetry and other? Connect with your Writer-in-Residence! Each one of your houses has a real live writer, a fiction or poetry graduate student, who would love to talk with you about your writing or whatever book is keeping you up late at night. Writers-in-Residence (or WIRs) will be at many of your house events, so keep an eye out for them. Also, WIRs run the Dean’s Book Club, a monthly gathering and fireside book discussion at the Dean’s house. Be sure to sign up for the book club to get many stellar FREE BOOKS, all personally selected by the Writers-in-Residence, and to be able to participate in one of the coolest, most captivating literary discussions on campus. And! If you are planning on submitting to the Commons Reading Competition, be sure to stop by the Writers-in-Residence Commons Reading Competition Workshop on Monday, August 31, to get some constructive editorial suggestions on your undoubtedly already stellar submission.

Meet Your Humphrey Fellow

ANNA NANCY MENDY, The Gambia, Humphrey Fellow 2014–15

Last year I was selected as one of ten Humphrey Fellows at Vanderbilt University for 2014–2015 academic year. Humphrey Fellows are mid-career professionals in the field of education from developing countries. Although I was excited to spend ten months in the U.S., I was a bit apprehensive, probably similar to how you may feel coming to college and leaving home for the first time. I had so many questions. Will I be welcomed in my new environment? Will I cope in a new setting? Are there social activities that I can engage in? What will it feel like to be a student again as an adult on campus? How challenging will the academic courses be? How will being a student in the U.S. differ from my experience at home?

I found that classes here were very interactive and student centered. The professors welcomed our ideas and encouraged us to participate in healthy academic discussions. The friendly environment on campus helped me make friends with students from my classes and through social activities. I never lacked for things to do, especially on campus.

One of the highlights was that we all were paired with a house on The Commons. I was assigned to Murray House where I sometimes joined the Cones and students for dinner. We would discuss our cultures; students asked questions about The Gambia, and I learned a lot about American culture. The time we shared made me realize how much, as new members of the Vanderbilt community, we all have in common despite our age differences.

Some days I missed my family or felt sick but my moods did not linger. Vanderbilt became home for me because of the reassuring smiles and encouraging words from my Humphrey team, academic advisers, professors, my hosts in the house, and students. There was always someone to listen to me and share ideas.

For me, this has been one of the best years in my life, and I have gained so much through my interactions with the Vanderbilt community and Nashville in general. I can proudly say I am a Vandy girl!

I hope you too will enjoy the hospitality of Nashville and the Vanderbilt community and wish you all the best in your studies. And I hope you will get to know your house’s Humphrey Fellow.
I HEART VU

VUcept and Visions drive on a two-way street. We want to make sure that your first year here is as good as it can be, and your perspective will help benefit our Vanderbilt experience as well.

Photo: James Tatum, The Vanderbilt Hustler
### Thursday, August 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>10:00 a.m.–11:00 a.m.</td>
<td>International Student Success Series: Health and Wellness</td>
<td>Alumni Hall 201</td>
</tr>
<tr>
<td>1:00 p.m.–3:00 p.m.</td>
<td>International Student Orientation (mandatory)</td>
<td>Student Life Center Ballrooms</td>
</tr>
<tr>
<td>5:15 p.m.–6:30 p.m.</td>
<td>Dinner for International Students Living On The Commons</td>
<td>The Commons Center Dining Hall</td>
</tr>
<tr>
<td>5:15 p.m.–6:30 p.m.</td>
<td>Share a meal and get to know your faculty and student VUceptors.</td>
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<tr>
<td>6:30 p.m.–7:30 p.m.</td>
<td>International Student Hangout</td>
<td>The Commons, South Patio Lawn</td>
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<tr>
<td>6:30 p.m.–7:30 p.m.</td>
<td>Mingle with other international students and your student VUceptor.</td>
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<tr>
<td>7:30 p.m.–9:30 p.m.</td>
<td>Dessert Reception for International Students Living On The Commons</td>
<td>Dean of The Ingram Commons Residence</td>
</tr>
<tr>
<td>7:30 p.m.–9:30 p.m.</td>
<td>Join Dean Beasley, Faculty Heads of House, Admissions Counselors, Humphrey Fellows, ISSS Staff, and Vanderbilt International Peer Leaders.</td>
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### Friday, August 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>8:00 a.m.–10:00 a.m.</td>
<td>International Student Information Fair</td>
<td>Student Life Center Ballrooms</td>
</tr>
<tr>
<td>10:00 a.m.–1:00 p.m.</td>
<td>Shuttle to K&amp;S World Market and Wal-Mart</td>
<td>ISSS Office - Student Life Center</td>
</tr>
<tr>
<td>2:00 p.m.–3:00 p.m.</td>
<td>International Student Success Series: U.S. Academics</td>
<td>Alumni Hall 201</td>
</tr>
<tr>
<td>3:30 p.m.–4:30 p.m.</td>
<td>International Student Success Series: U.S. Culture and Customs</td>
<td>Alumni Hall 201</td>
</tr>
<tr>
<td>4:00 p.m.–5:00 p.m.</td>
<td>Food Allergies and Campus Dining</td>
<td>The Commons Center, Room 335</td>
</tr>
<tr>
<td>4:00 p.m.–5:00 p.m.</td>
<td>This meeting is for parents of new students to discuss the food allergy options available for students while on campus.</td>
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<tr>
<td>4:00 p.m.–6:00 p.m.</td>
<td>First-Year Package Pickup</td>
<td>Lower Quad Tent</td>
</tr>
<tr>
<td>4:00 p.m.–6:00 p.m.</td>
<td>Pick up mail packages, online book orders and dorm supplies pre-ordered from Barnes &amp; Noble.</td>
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<tr>
<td>5:30 p.m.–7:30 p.m.</td>
<td>Vanderbilt Hillel’s Move-In Weekend Shabbat</td>
<td>Ben Schulman Center for Jewish Life</td>
</tr>
<tr>
<td>6:30 p.m.–8:30 p.m.</td>
<td>Chabad House Move-In Shabbat</td>
<td>Chabad House, 111 23rd Ave. N.</td>
</tr>
<tr>
<td>6:30 p.m.–8:30 p.m.</td>
<td>Join us for a Shabbat service followed by a family-style dinner at 7:30 p.m.</td>
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### Saturday, August 22 — MOVE IN DAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 a.m.–5:00 p.m.</td>
<td>First Aid Station</td>
<td>The Commons Center, Room 107 &amp; Wyatt Lawn Tent</td>
</tr>
<tr>
<td>7:00 a.m.–11:00 a.m.</td>
<td>Breakfast Available for Purchase</td>
<td>The Commons Center</td>
</tr>
<tr>
<td>7:00 a.m.–Noon</td>
<td>Move-In</td>
<td>The Ingram Commons Houses</td>
</tr>
<tr>
<td>7:00 a.m.–10:00 p.m.</td>
<td>Shuttles to Move-In Parking Lots and Barnes &amp; Noble at Vanderbilt Bookstore</td>
<td>The Commons (18th &amp; Horton Ave.), Terrace Place Garage, Barnes &amp; Noble</td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Commodore Card, the 2015 Newcomer, and VUpoint Pickup</td>
<td>The Commons Center, Room 237</td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Pick up your Vanderbilt Student ID and VUpoint, which includes the CommonVU schedule, student and faculty essays, maps, and other information. Also pick up the 2015 Newcomer (photos and information about the class) or purchase additional copies and order your Vanderbilt Commodore Yearbook.</td>
<td></td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>First-Year Package Pickup</td>
<td>Lower Quad Tent</td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Pick up mail packages, online book orders, and dorm supplies pre-ordered from Barnes &amp; Noble. Bring your Vanderbilt ID.</td>
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<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Vanderbilt Main Post Office Open</td>
<td>Rand Hall</td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Information and Vendor Booth</td>
<td>The Commons Center, 1st and 2nd Floors</td>
</tr>
<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td>Student Accounts, Parents and Family Programs, Van Laundry, VanderbiltBIKES, Refridge-a-Dore, area banks, and more</td>
<td></td>
</tr>
<tr>
<td>Time</td>
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<tr>
<td>8:00 a.m.–4:00 p.m.</td>
<td><strong>Barnes &amp; Noble Mobile Market</strong>&lt;br&gt;Select dorm supplies will be available for purchase.</td>
<td>Lawn in front of The Commons Center</td>
</tr>
<tr>
<td>8:00 a.m.–11:00 p.m.</td>
<td><strong>Barnes &amp; Noble at Vanderbilt Bookstore Open</strong></td>
<td>2525 West End Ave.</td>
</tr>
<tr>
<td>8:00 a.m.–Midnight</td>
<td><strong>Information Desk</strong></td>
<td>The Commons Center Lobby, 1st Floor</td>
</tr>
<tr>
<td>10:00 a.m.–4:00 p.m.</td>
<td><strong>VUPD Safety Booth</strong>&lt;br&gt;Vanderbilt police officers will distribute safety information and offer bicycle and laptop registration. Please provide make, model, and serial number for the items being registered.</td>
<td>The Commons Center, 1st Floor</td>
</tr>
<tr>
<td>11:00 a.m.–Noon</td>
<td><strong>For International Students:</strong>&lt;br&gt;International Student Success Series: Social Connections&lt;br&gt;Get an inside look at the Vanderbilt social scene! Making new friends from different cultural backgrounds can be a challenge. Learn from current students about their experiences and how they made connections on campus.</td>
<td>The Commons Center, Room 335</td>
</tr>
<tr>
<td>11:00 a.m.–3:00 p.m.</td>
<td><strong>Lunch Available for Purchase</strong></td>
<td>The Commons Center</td>
</tr>
<tr>
<td>Noon–1:30 p.m.</td>
<td><strong>For International Students:</strong>&lt;br&gt;Lunch with Your Student VUceptor</td>
<td>The Commons Lawn Tent</td>
</tr>
<tr>
<td>1:00 p.m.–3:00 p.m.</td>
<td><strong>University Resources &amp; Services Fair</strong>&lt;br&gt;Representatives providing student services from across Vanderbilt will be present to answer your questions one-on-one. Drop in anytime.</td>
<td>Wyatt Center Atrium</td>
</tr>
<tr>
<td>1:15 p.m.–4:00 p.m.</td>
<td><strong>University Resources &amp; Services Panel Discussions</strong>&lt;br&gt;Wellness and Thriving: Tools for Transition&lt;br&gt;Life Outside the Classroom: Tools for Engagement&lt;br&gt;Academic Resources and Professional Development: Tools for Success</td>
<td>Wyatt Center Rotunda</td>
</tr>
<tr>
<td>2:00 p.m.–3:00 p.m.</td>
<td><strong>Muslim Student Meet and Greet</strong></td>
<td>The Commons Center, Room 211A (Recreation Room)</td>
</tr>
<tr>
<td>2:30 p.m.–3:30 p.m.</td>
<td><strong>Chabad House Meet and Greet</strong></td>
<td>Chabad House, 111 23rd Ave. N.</td>
</tr>
<tr>
<td>2:30 p.m.–3:30 p.m.</td>
<td><strong>Black Cultural Center/Black Student Association Reception</strong>&lt;br&gt;Students and families are invited to learn about Vanderbilt’s Bishop Joseph Johnson Black Cultural Center and its programs. Students from the Black Student Association, Project I Am, and the NAACP will meet and greet families and answers questions. Open to all.</td>
<td>Bishop Joseph Johnson Black Cultural Center</td>
</tr>
<tr>
<td>4:15 p.m.–5:15 p.m.</td>
<td><strong>For First-Year Students and Their Families:</strong>&lt;br&gt;Welcome by College &amp; School Deans&lt;br&gt;Your opportunity to chat with school deans and ask questions about academic life at Vanderbilt.</td>
<td>A&amp;S: Langford Auditorium&lt;br&gt;Blair: Turner Recital Hall&lt;br&gt;Engineering: Featheringill Hall’s Adams Atrium&lt;br&gt;Peabody: Wyatt Center Rotunda</td>
</tr>
<tr>
<td>5:30 p.m.–6:30 p.m.</td>
<td><strong>House Dinners</strong>&lt;br&gt;Crawford House: Upper Quad Lawn Tent&lt;br&gt;Hank Ingram House: The Commons Lawn Tent&lt;br&gt;Sutherland House: Upper Quad Lawn Tent</td>
<td>East House: East Lawn Tent&lt;br&gt;North House: West Lawn Tent</td>
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<tr>
<td>7:00 p.m.–8:00 p.m.</td>
<td><strong>Gillette House:</strong> The Commons Lawn Tent&lt;br&gt;Murray House: Upper Quad Lawn Tent&lt;br&gt;West House: West Lawn Tent</td>
<td>Memorial House: East Lawn Tent&lt;br&gt;Stambaugh House: Upper Quad Lawn Tent</td>
</tr>
<tr>
<td>5:30 p.m.–6:30 p.m.</td>
<td><strong>Dean’s Residence Open House</strong>&lt;br&gt;Dean of The Ingram Commons Vanessa Beasley and her husband, Trey, invite you to their home—a place open to all first-year students for special dinners, talks, and receptions throughout the year. Drop by and, if you wish, introduce yourself to the dean, Mr. Beasley, and faculty heads of house.</td>
<td>Gillette House, Memorial House, Murray House, Stambaugh House, West House</td>
</tr>
<tr>
<td>7:00 p.m.–8:00 p.m.</td>
<td><strong>Crawford House, East House, Hank Ingram House, North House, Sutherland House</strong></td>
<td></td>
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</tbody>
</table>
8:00 p.m.–9:00 p.m. Catholic Services at Benton Chapel
Protestant Services at The Commons Center, Room 233
"Nones: Religiously Unaffiliated but Open to Spirituality" Gathering, The Commons Center Dining Hall

8:30 p.m.–9:00 p.m. Jewish Meet and Greet at The Commons Center, Room 237

9:30 p.m.–11:00 p.m. Floor/House-based Community Building (Students only)
New residents meet with floor mates, resident advisers, area coordinators and faculty heads of house for an overview of house policies and programs.

- Sunday, August 23

8:00 a.m.–2:00 p.m. Commodore Card Office Open
For parents who wish to add money to the Card
184 Sarratt

8:00 a.m.–8:00 p.m. Barnes & Noble at Vanderbilt Bookstore Open
2525 West End Ave.

8:00 a.m.–Midnight Information Desk
The Commons Center Lobby, 1st Floor

8:30 a.m.–10:00 a.m. Farewell Continental Breakfast
Enjoy breakfast with your student and say good-bye before the start of the student-only part of CommonVU.
The Commons Center

9:00 a.m.–10:00 a.m. Hillel Bagel Brunch
Ben Schulman Center for Jewish Life

10:00 a.m.–4:00 p.m. Vanderbilt Main Post Office Open
Rand Hall

10:00 a.m.–4:00 p.m. Temporary Package Trailer Open
If you did not pick up your mailed packages on Saturday, make sure to do so today. Bring your Vanderbilt ID. The trailer is approximately one mile from The Commons.
E. Bronson Ingram Studio Arts Lawn

10:30 a.m.–Noon For Parents and Family Members Only: Resilience and Flourishing at Vanderbilt: Your Role
Join the Dean of The Ingram Commons, residential education staff, medical professionals, and others for a conversation about how you can support your student.
Wyatt Center Rotunda

ALL EVENTS BELOW THIS LINE ARE FOR STUDENTS ONLY

Vanderbilt Visions: Introductions and Expectations
Meet your faculty and student VUceptors as well as the other members of your group and share lunch.
Please arrive on time at your designated area. All groups will move elsewhere after the initial meeting.

10:45 a.m.–12:45 p.m. Visions Groups 1–46
Groups 1-23: Peabody Esplanade
Groups 24–46: Peabody Library Lawn

12:45 p.m.–2:45 p.m. Visions Groups 47–93
Groups 47–69: Peabody Esplanade
Groups 70–93: Peabody Library Lawn

3:30 p.m.–5:30 p.m. House Meetings and the Community Creed
Meet with your housemates, faculty head of house, and resident advisers to examine the significance of entering a community of scholars, which you will formally do at Founder’s Walk.
Various locations.
Your house staff will let you know where to meet.

6:00 p.m.–7:30 p.m. Founder's Walk
This event formally welcomes the first-year class into our community. Each house, led by its faculty head of house and resident advisers and accompanied by VUceptors, will be greeted by students, staff, alumni, and faculty. Speakers include: Dean of The Ingram Commons Vanessa Beasley, Alumni Association President Patti White, Vanderbilt Student Government President Elizabeth Shahnasarian, and Chancellor Nicholas S. Zeppos.
Alumni Lawn

7:30 p.m.–8:30 p.m. Founder's Walk Picnic
The Commons Lawn

9:00 p.m.–11:00 p.m. Floor Meetings with Resident Advisers
Continue to get to know your community. During this time we establish a floor community charter and discuss opportunities for house leadership through HAC.
The Commons Houses
**Monday, August 24 — FIRST-YEAR MEAL PLAN STARTS**

Breakfast available in The Commons Center and Rand Hall. Blair and Peabody students are asked to eat at The Commons Dining Hall. Arts & Science and Engineering students are asked to eat at Rand Dining Hall.

### ARTS AND SCIENCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00 a.m.–9:45 a.m.</td>
<td>Mandatory Meeting with Dean Lauren A. Benton</td>
<td>Langford Auditorium</td>
</tr>
<tr>
<td>9:45 a.m.–10:00 a.m.</td>
<td>Overview of Pre-major Academic Advising Remarks by Director of CASPAR, Professor Andrea Hearn</td>
<td>Langford Auditorium</td>
</tr>
<tr>
<td>10:05 a.m.–10:30 a.m.</td>
<td>Student Panel: “If I Knew Then What I Know Now” Moderated by Professor Hearn</td>
<td>Langford Auditorium</td>
</tr>
<tr>
<td>10:45 a.m.–11:45 a.m.</td>
<td>For selected students only: AXLE Essay Writing</td>
<td>Buttrick Hall 101</td>
</tr>
<tr>
<td>11:30 a.m.–1:00 p.m.</td>
<td>Lunch on Your Own</td>
<td>The Commons and Rand Dining Halls</td>
</tr>
<tr>
<td>1:00 p.m.–3:45 p.m.</td>
<td>Group Meetings with Pre-Major Academic Advisers</td>
<td>Students will be notified of the time and location via email.</td>
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### BLAIR SCHOOL OF MUSIC

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<th>Time</th>
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<tbody>
<tr>
<td>8:30 a.m.–9:00 a.m.</td>
<td>Meet SEGUE Mentors</td>
<td>Ingram Hall Lobby</td>
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<tr>
<td>9:00 a.m.–9:25 a.m.</td>
<td>Dean’s Welcome</td>
<td>Turner Recital Hall</td>
</tr>
<tr>
<td>9:30 a.m.–11:00 a.m.</td>
<td>Music Library Orientation or Keyboard Harmony Placement, as assigned by Blair</td>
<td>Room 2192/Library/Room 1168</td>
</tr>
<tr>
<td>11:00 a.m.–12:30 p.m.</td>
<td>Music Library Orientation or Keyboard Harmony Placement, as assigned by Blair</td>
<td>Room 2192/Library/Room 1168</td>
</tr>
<tr>
<td>11:45 a.m.–1:10 p.m.</td>
<td>Lunch with SEGUE Mentors</td>
<td>Third Floor Café</td>
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<tr>
<td>1:15 p.m.–1:55 p.m.</td>
<td>Department Meetings with Faculty, as assigned by Blair</td>
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<tr>
<td>2:00 p.m.–2:45 p.m.</td>
<td>Q&amp;A Session with Academic Advisers, Dean Rose, Professor Jarman, and Mr. Langmesser</td>
<td>Choral Hall</td>
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<tr>
<td>2:50 p.m.–3:30 p.m.</td>
<td>Small Group Meetings with Academic Advisers, as assigned by Blair</td>
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### PEABODY COLLEGE

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<tr>
<th>Time</th>
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<tr>
<td>8:30 a.m.–9:00 a.m.</td>
<td>Orientation Registration</td>
<td>Wyatt Center Lobby</td>
</tr>
<tr>
<td>9:00 a.m.–10:00 a.m.</td>
<td>Mandatory Dean’s Welcome</td>
<td>Wyatt Center Rotunda, 3rd Floor</td>
</tr>
<tr>
<td>10:00 a.m.–11:30 a.m.</td>
<td>Mandatory Information Sessions</td>
<td>Wyatt Center Rotunda, 3rd Floor</td>
</tr>
<tr>
<td>11:30 a.m.–1:00 p.m.</td>
<td>Lunch</td>
<td>Wyatt Center Portico</td>
</tr>
<tr>
<td>1:00 p.m.–3:30 p.m.</td>
<td>Mandatory Major Overviews and Meetings with Faculty Advisers</td>
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<td>Child Development—Hobbs Laboratory 100AB</td>
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<td>Child Studies—Hobbs Laboratory 100AB</td>
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<td>Cognitive Studies—Hobbs Laboratory 100AB</td>
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<td>Early Childhood Education—Wyatt Center Atrium, Annex 1st Floor</td>
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<td>Elementary Education—Wyatt Center Atrium, Annex 1st Floor</td>
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<td>Human and Organizational Development (HOD)—Mayborn Building 204</td>
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<td></td>
<td>Secondary Education—Wyatt Center Atrium, Annex 1st Floor</td>
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<td>Special Education—One Magnolia Circle, Room 315</td>
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### SCHOOL OF ENGINEERING

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<tr>
<th>Time</th>
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<th>Location</th>
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<tbody>
<tr>
<td>9:00 a.m.–9:45 a.m.</td>
<td>Dean’s Convocation</td>
<td>Student Life Center Ballroom</td>
</tr>
<tr>
<td>10:00 a.m.–11:00 a.m.</td>
<td>Group Meeting with Your Faculty Adviser</td>
<td>Featheringill Hall/Stevenson Center</td>
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<td>All first-year students should attend. Notice of adviser and room assignments have been sent to your Vanderbilt email address.</td>
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<tr>
<td>11:00 a.m.–4:30 p.m.</td>
<td>Registration, as needed</td>
<td>Featheringill Hall, Room 104</td>
</tr>
<tr>
<td>11:30 a.m.–1:00 p.m.</td>
<td>Picnic with Faculty, V-Squared Mentors, and Student Organization Leaders</td>
<td>Featheringill Hall, Adams Atrium</td>
</tr>
<tr>
<td>1:00 p.m.–1:30 p.m.</td>
<td>Overview for Advanced Placement Credit</td>
<td>Featheringill Hall, Room 134</td>
</tr>
</tbody>
</table>
### Individual Faculty Adviser Meetings
(by appointment, as needed)  
Faculty Adviser’s Office

### Engineering Laptop Computer Help Desk
Featheringill Hall, Rooms 132 and 136

### Writing Studio Open House for All First-Year Students
Make a successful transition from high school writing to college writing. Drop by the Writing Studio Open House to meet our writing consultants and learn how we can help you.

#### The Commons Center, 1st Floor Atrium

**Academic Integrity at Vanderbilt: Honor Code Signing Ceremony and Discussion**

Your Student VUceptor will give you the precise meeting location. See below for your group’s rotation.  
*Note: Please dress up for this special occasion.*

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<tr>
<td>4:15 p.m.</td>
<td>Meet on The Commons</td>
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<td>4:45 p.m.–5:30 p.m.</td>
<td>Honor Code Signing</td>
<td>Honor Code Discussion</td>
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<tr>
<td>6:45 p.m.–7:15 p.m.</td>
<td>Dinner</td>
<td>Dinner at Rand</td>
<td>Honor Code Discussion</td>
<td>Honor Code Signing</td>
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#### Visions Groups 78–93
Meet on The Commons  
Dinner  
Honor Code Signing  

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<thead>
<tr>
<th>Time</th>
<th>Visions Groups 78–93</th>
<th>The Commons</th>
<th>Rand</th>
<th>Various Locations</th>
<th>Student Life Center</th>
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<tbody>
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<td>Rand</td>
<td>Various Locations</td>
<td>Student Life Center</td>
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### Movie on the Lawn: Mockingjay: Part One
Bring a blanket and soft drinks, and enjoy a special outdoor screening. We’ll have ice cream from Maggie Moo’s!

The Commons South Patio Lawn

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**Tuesday, August 25**

### CampusVUdunnit
Solve the mystery and bond with your Visions group, as you explore campus and eat lunch. Be sure to wear comfortable shoes and bring a water bottle. See below for your group’s meeting time and place.

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<tbody>
<tr>
<td>9:20 a.m.–12:00 p.m.</td>
<td>Visions Groups 25–48</td>
<td>Peabody Library Lawn</td>
<td>Peabody Esplanade</td>
<td>Visions Groups 73–93</td>
<td>Peabody Library Lawn</td>
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<tr>
<td>9:40 a.m.–12:20 p.m.</td>
<td>Visions Groups 49–72</td>
<td>Peabody Esplanade</td>
<td>Visions Groups 73–93</td>
<td>Peabody Library Lawn</td>
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<tr>
<td>10:00 a.m.–12:30 p.m.</td>
<td>Visions Groups 73–93</td>
<td>Peabody Library Lawn</td>
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<thead>
<tr>
<th>Time</th>
<th>Class Photo</th>
<th>Lower Quad Lawn</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 p.m.–2:30 p.m.</td>
<td>Class Photo</td>
<td>Wear your Class of 2019 T-shirt for this once-in-a-lifetime photo.</td>
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<thead>
<tr>
<th>Time</th>
<th>Greek Life Information Session</th>
<th>Student Life Center Ballroom</th>
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<tbody>
<tr>
<td>2:30 p.m.–4:00 p.m.</td>
<td>Greek Life Information Session</td>
<td>Student Life Center Ballroom</td>
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<tr>
<td></td>
<td>Learn about our fraternity and sorority community and opportunities for involvement. The governing councils (IFC, NPHC, and Panhellenic) will provide information about their respective councils, and each chapter will have representatives to answer questions.</td>
<td>Greek leaders will meet you immediately after the class picture on the lawn to escort you to the SLC.</td>
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<tr>
<th>Time</th>
<th>VU Theatre Ice Cream Social</th>
<th>Neely Auditorium</th>
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<tbody>
<tr>
<td>3:30 p.m.–5:30 p.m.</td>
<td>VU Theatre Ice Cream Social</td>
<td>Neely Auditorium</td>
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<td>Meet the theatre department faculty and other students interested in theatre and learn about the upcoming auditions.</td>
<td>Neely Auditorium</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td>Location</td>
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| 4:00 p.m.–6:00 p.m. | **OACS Community Service Organization Fair**  
The Office of Active Citizenship and Service (OACS) invites you to learn about opportunities to join a student service organization. Meet our service leaders, and learn about the upcoming Weekend of Service on October 2–4. | The Commons Center, 1st Floor          |
| 4:30 p.m.–7:45 p.m. | **Dinner**                                                                                 | The Commons and Rand Dining Halls     |
| 8:00 p.m.–9:00 p.m. | **Profs in the House**  
House residents meet with professors and housemates from their college or school. This mandatory event offers an opportunity for an informal Q&A with a professor to learn more about academic life. | The Commons Houses                    |
|                  | You will receive an email with your location.                                             |                                       |
| **Wednesday, August 26** |                                             |                                       |
| 5:00 p.m.–6:30 p.m. | **Dinner Hours for Students Who Attend True Life**                                       | The Commons Center Dining Hall        |
| 6:30 p.m.–8:00 p.m. | **Dinner Hours for All Other Students**                                                   | Any Dining Hall                       |
| 7:00 p.m.–8:00 p.m. | **True Life Presentation: Visions Groups 1–46**  
A program designed and presented by VUcept to honestly examine questions of identity, social integration, and wellness by presenting situations that real Vanderbilt students have faced. | Langford Auditorium                   |
| 8:00 p.m.–9:00 p.m. | **True Life Discussion: Visions Groups 1–46**  
Groups reflect on the performance and discuss their shared responsibility to actively engage with these issues with to strengthen the Vanderbilt community. | Across Peabody Campus                 |
| **Thursday, August 27** |                                             |                                       |
| 5:00 p.m.–6:30 p.m. | **Dinner Hours for Students Who Attend True Life**                                       | The Commons Center Dining Hall        |
| 6:30 p.m.–8:00 p.m. | **Dinner Hours for All Other Students**                                                   | Any Dining Hall                       |
| 7:00 p.m.–8:00 p.m. | **True Life Presentation: Visions Groups 47–93**  
A program designed and presented by VUcept to honestly examine questions of identity, social integration, and wellness by presenting situations that real Vanderbilt students have faced. | Langford Auditorium                   |
| 8:00 p.m.–9:00 p.m. | **True Life Discussion: Visions Groups 47–93**  
Groups reflect on the performance and discuss their shared responsibility to actively engage with these issues with to strengthen the Vanderbilt community. | Across Peabody Campus                 |
| **Friday, August 28** |                                             |                                       |
| 3:00 p.m.–6:00 p.m. | **Student Involvement Fair**  
Discover opportunities to get involved by connecting with over 275 student organizations and programs. | The Commons Center, The Commons Lawn Tent, The Commons South Patio Lawn Tent |
| 7:00 p.m.–9:00 p.m. | **Vanderbilt’s Performing Arts Community Presents SPOTLIGHT**  
Vanderbilt students present an evening of dance, comedy, music, and theatre. Seating is limited, so get there early, or go to the repeat performance on Saturday. | Langford Auditorium                   |
| 9:00 p.m.–Midnight | **VPB Palooza**  
The Vanderbilt Programming Board’s signature event will provide a night of entertainment and free food. You will also learn about all the programs the Vanderbilt Programming Board offers. | Student Life Center                   |
| **Saturday, August 29** |                                             |                                       |
| Noon–3:45 p.m. | **Shuttle to the Target Store**  
*Sponsored by Vanderbilt Student Government*  
Buses depart every 30 minutes starting at noon and ending at 3:00 p.m. Returns will be every 30 minutes with the last one at 3:45 p.m. | Behind the Dean’s Residence            |
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<tr>
<th>Time</th>
<th>Event</th>
<th>Venue/Location</th>
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</table>
| 2:00 p.m.–4:00 p.m. | Vanderbilt’s Performing Arts Community Presents SPOTLIGHT  
This is a repeat performance from the previous night. | Langford Auditorium                               |
| 8:00 p.m.–11:00 p.m. | **Class of 2019 Celebration**  
*Hosted by VUceptors and The Ingram Commons Resident Advisers*  
Join your classmates for a special party at Nashville’s famous Country Music Hall of Fame. Enjoy an evening of music, dancing, and dessert, and let decades of music history unfold before you as you walk through the collection of memorabilia. This is one party you won’t want to miss! | Country Music Hall of Fame, Downtown Nashville    |
| 11:00 p.m.–1:00 a.m. | **Commons Glow Celebration After Party**  
*Brought to you by the Multicultural Leadership Council and Dance Marathon*  
Live DJ, glow sticks, apparel, black lights, and DANCING. | The Commons Center, Room 237                      |
| **Sunday, August 30** |                                                                                               |                                                  |
| Noon–1:00 pm | **The Commons Addresses Sexual Violence**  
Join your house community to learn more about Vanderbilt’s resources designed to prevent and address sexual violence, including stalking, intimate partner violence, and sexual assault, and how you can get involved on campus to help eliminate power-based personal violence. | Student Life Center Ballrooms                     |
| 1:30–2:30 p.m. | **Hank Ingram, Memorial, Stambaugh**                                                          |                                                  |
| 3:00–4:00 p.m. | **Crawford, Gillette, North**                                                                  |                                                  |
| 4:00 p.m.–6:00 p.m. | **Religious Life Fair**  
Learn about and meet members of religious life organizations. | The Commons South Patio Lawn                      |
| 8:00 p.m.–10:00 p.m. | **The Road to Leadership**  
*Hosted by Vanderbilt Student Government*  
Join a panel discussion with upperclass students about their journeys to campus leadership, followed by a Q&A. Representatives from programming, the arts, Greek life, student government, religious life, and multicultural organizations will be present. | The Commons Center, Room 237                     |
| **Monday, August 31** |                                                                                               |                                                  |
| 4:00 p.m.–6:00 p.m. | **Student Media General Interest Fair**  
Enjoy some food and fun, learn about Vandy’s 15 Student Media groups, and submit an application. | John Seigenthaler Center (next to The Commons Center at 1207 18th Ave. S.) |
| 8:00 p.m.–9:00 p.m. | **Commons Reading Competition Workshop**  
Meet your writers-in-residence and work on your submission to the Commons Reading competition. | The Commons Center, Room 233                      |
| 8:30 p.m.–10:00 p.m. | **Dessert Reception for Hank Ingram, Memorial, and Stambaugh Houses** | Dean of the Commons Residence                    |
| **Tuesday, September 1** |                                                                                               |                                                  |
| 7:00 p.m. | **National Pan-Hellenic Council (NPHC) Greek Mystique**  
Join us to learn about the historically black fraternities and sororities at Vanderbilt. | The Commons Center, Room 237                      |
**Wednesday, September 2**

6:30 p.m.–8:00 p.m.  **Project I Am**

All are invited to join Project I Am’s mixer to learn about the organization and how to get involved. Project I Am seeks to ease the transition into college for students of color (Black, Hispanic, Asian, etc.) by providing them with mentors and personal and professional workshop and networking opportunities. Food will be served.

Dean of The Commons Residence

**Thursday, September 3**

5:15 p.m.–7:00 p.m.  **Anchor Dash Tailgate Party**

Each year the incoming class and transfer students participate in this tailgate before leading the Commodore football team onto the field for our nationally televised first home game, which this year is vs. Western Kentucky. *You must wear your black Anchor Dash T-shirt!*

Vanderbilt Heath and Wellness Center Fieldhouse

**Friday, September 4**

5:00 p.m.  **Submission Deadline for The Commons Reading Competition**

5:00 p.m.–7:00 p.m.  **Kickoff Cookoff**

One of the largest student-run philanthropy events at Vanderbilt celebrates the beginning of the football season with live music and food from local restaurants. All proceeds of merchandise and ticket sales benefit the Fannie Battle Day Home, Nashville’s oldest childcare center.

Alumni Lawn

**Evening**

**Dean Beasley Goes to the Movies**

Join Dean Beasley on a short walk to our historic neighborhood movie house, the Belcourt Theater, and watch a feature film. To find out about the movie and to claim your free ticket, go to vanderbilt.edu/flicx.

Details when and where to meet will be announced closer to the event.

**Sunday, September 6**

11:00 a.m.–5:00 p.m.  **Interfraternity Council Open ‘Dores Recruitment Registration and Open Houses**

Learn about our IFC fraternity chapters at Vanderbilt and register for the recruitment process. After the presentation and registration at 11:00 a.m., attendees will be divided into rotating groups to give you a chance to visit every fraternity and meet its members.

Student Life Center Ballrooms

1:00–4:00 p.m.  **BSA Back to School Carnival**

The Black Student Association is hosting a carnival that will feature free food from numerous food trucks, games such as corn hole and giant Jenga, water games, a DJ, and so much more.

Alumni Lawn

3:00 p.m.–4:00 p.m.  **Panhellenic Recruitment Registration**

Learn about the Panhellenic recruitment process and register for registration.

Student Life Center Ballrooms

6:00 p.m.–7:00 p.m. or 7:00–8:00 p.m.  **CommonDores Leadership Council Interest Meetings**

Students interested in obtaining a position on their House Advisory Council (president, vice president, public relations chair, floor representative, or service commissioner) must attend one of these meetings. (See page 35 for more information.)

The Commons Center, Room 237
### Monday, September 7

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>5:30 p.m.–7:00 p.m.</td>
<td><strong>Alcohol and Social Responsibility Training</strong>&lt;br&gt;Students interested in joining a fraternity or sorority must complete this training in order to be eligible to participate in the recruitment process. Students who are considering membership or even attendance at a Greek social function should attend as well.&lt;br&gt;Interested students in Visions Groups 41–86 will attend at 5:30 p.m.; those in Visions Groups 1–40 and 87–93 will attend at 7:00 p.m.&lt;br&gt;Students will not be excused from Vanderbilt Visions in order to participate in the training. Students with schedule conflicts should contact the Office of Greek Life at <a href="mailto:greeklife@vanderbilt.edu">greeklife@vanderbilt.edu</a>.</td>
<td>Student Life Center Ballrooms</td>
</tr>
<tr>
<td>7:00 p.m.–8:30 p.m.</td>
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<tr>
<td>8:30 p.m.–10:00 p.m.</td>
<td><strong>Dessert Reception for Crawford, Gillette, and North Houses</strong></td>
<td>Dean of The Commons Residence</td>
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### Tuesday, September 8

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:30 p.m.–10:00 p.m.</td>
<td><strong>Dessert Reception for East, Murray, Sutherland, and West Houses</strong></td>
<td>Dean of The Commons Residence</td>
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### Wednesday, September 9

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>4:00 p.m.–7:00 p.m.</td>
<td><strong>Diverse 'Dores Day</strong>&lt;br&gt;Explore some of the Vanderbilt diversity offices. Free food, music, office tours, and activities will be open to all students. If you visit all participating offices, you can snag a free T-shirt!&lt;br&gt;For more information, visit facebook.com/diversedores</td>
<td>Black Cultural Center, Office of LGBTQI Life, International Student &amp; Scholar Services, Office of Religious Life, Margaret Cuninggim Women’s Center, Project Safe Center, Inclusion Initiatives and Cultural Competence</td>
</tr>
<tr>
<td>5:30 p.m.–7:00 p.m.</td>
<td><strong>Preparing for a Career in the Health Professions</strong>&lt;br&gt;Your preparation for a career as a physician, nurse, dentist, vet, or other health professional begins as an undergraduate. If you are interested in the health care field, please plan to attend one of these sessions.</td>
<td>The Commons Center, Room 237</td>
</tr>
<tr>
<td>7:00 p.m.–8:30 p.m.</td>
<td><strong>Key to Featheringill</strong>&lt;br&gt;Co-sponsored by the Dean of The Ingram Commons, Vanderbilt Student Government, and the Engineering Council&lt;br&gt;All first-year engineering students are invited to get to know and network with Featheringill’s professors, administrators, and student leaders over a catered dinner.&lt;br&gt;Please RSVP on AnchorLink and contact Meredith Huszagh, Engineering Council President, at <a href="mailto:meredith.c.huszagh@vanderbilt.edu">meredith.c.huszagh@vanderbilt.edu</a> with any questions.</td>
<td>Dean of The Commons Residence</td>
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### Thursday, September 10

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>1:00 p.m.–3:00 p.m.</td>
<td><strong>Library Open House</strong>&lt;br&gt;Cool off in the Central Library with an ice cream sundae from Ben and Jerry’s. Meet the librarians to learn about the amazing resources available to you for your research and information needs.</td>
<td>Central Library, Community Room</td>
</tr>
<tr>
<td>7:00 p.m.–9:00 p.m.</td>
<td><strong>Join the Bystander Movement</strong>&lt;br&gt;Presentation by Dr. Jackson Katz, co-founder of Mentors in Violence Prevention. He is one of America’s leading anti-sexist male activists and is internationally recognized for his groundbreaking work in the field of gender violence prevention education and critical media literacy. Reception to follow.</td>
<td>Student Life Center Ballrooms</td>
</tr>
</tbody>
</table>
Vanderbilt Visions begins during CommonVU and meets on Mondays or Tuesdays during the semester, until Thanksgiving break. A syllabus organizes the activities and discussions designed to allow group members to explore the transition they experience moving from high school to college. Several of these meetings are designated “open sessions” for which VUceptors and students choose their activities or conversations from a menu of options or develop on their own.

Visions gives you the opportunity to meet people from other houses and floors starting on your first day. Your Visions experience will also allow you to ask for support or raise questions as a group you might not want to discuss with your professors or other upperclass students outside of Visions. Visions groups provide a safe space for honest conversations about the social and academic challenges of your first semester and help you discover how you can be happy and successful. Being in Visions will also make you aware of the many resources that can support you academically, socially, emotionally, and spiritually.

Highlights of the Visions curriculum include discussions about the Commons Reading and related issues, a presentation by Brando Skyhorse, the author of *The Madonnas of Echo Park*, and an evening of Q&A with the chancellor. There are many chances to engage with staff and peer coaches from offices such as the Global Education Office, the Psychological and Counseling Center, and the Center for Student Professional Development. You will also have the opportunity to participate in special events specifically for first-year students.

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>August 23</td>
<td><strong>Introductions &amp; Expectations</strong> (See CommonVU schedule, page 11.)</td>
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<tr>
<td>August 24</td>
<td><strong>Academic Integrity at Vanderbilt</strong> (See CommonVU schedule, page 13.)</td>
</tr>
<tr>
<td>August 25</td>
<td><strong>CampusVUdunnit</strong> (See CommonVU schedule, page 13.)</td>
</tr>
<tr>
<td>August 26</td>
<td>Classes start</td>
</tr>
<tr>
<td>August 26 or 27</td>
<td><strong>True Life: I Go to Vanderbilt</strong> (See CommonVU schedule, page 14.)</td>
</tr>
<tr>
<td>August 31–September 1</td>
<td><strong>Session 1: Discussion of <em>The Madonnas of Echo Park</em> by Brando Skyhorse</strong></td>
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<tr>
<td>September 7–8</td>
<td><strong>Session 2: Open Session</strong></td>
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<td>September 14–15</td>
<td><strong>Session 3: Understanding Our Community</strong></td>
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<td>Groups reflect on how to become engaged citizens of the Vanderbilt community, learning to embrace and appreciate diversity on all levels.</td>
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<tr>
<td>September 18–20</td>
<td>Family Weekend</td>
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<tr>
<td>September 21–22</td>
<td><strong>Session 4: Open Session</strong></td>
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<tr>
<td>September 27</td>
<td><strong>Session 5: 9th Annual Lawson Lawson Lecture featuring Brando Skyhorse</strong></td>
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<td>Langford Auditorium, 7:00 p.m.</td>
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<tr>
<td>October 5–6</td>
<td><strong>Session 6: Striking a Balance</strong></td>
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<td>Groups discuss ideas and methods to balance one’s academic, social, and emotional lives.</td>
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<tr>
<td>October 12–13</td>
<td><strong>Session 7: Building Resilience</strong></td>
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<td>Groups discuss healthy options for coping with stress and building personal resilience.</td>
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<tr>
<td>October 15–18</td>
<td>Fall Break</td>
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<tr>
<td>October 19–20</td>
<td><strong>Session 8: Open Session</strong></td>
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<tr>
<td>October 26–27</td>
<td><strong>Session 9: Celebrating Our Differences</strong></td>
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<td>Groups continue their conversations about actively engaging with issues of identity and social integration.</td>
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<tr>
<td>November 2</td>
<td><strong>Session 10: Evening with the Chancellor</strong></td>
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<td>An informal Q&amp;A with Vanderbilt’s chief executive, Chancellor Nicholas Zeppos. Langford Auditorium</td>
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<td></td>
<td>Groups 1–46: 5:30–6:30 p.m. • Groups 47–93: 7:00–8:00 p.m.</td>
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<tr>
<td>November 9–10</td>
<td><strong>Session 11: Goals &amp; Aspirations for the Future</strong></td>
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<td>Groups discuss goals and aspirations for their Vanderbilt experience, as well as strategies for achieving them.</td>
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<tr>
<td>November 16–17</td>
<td><strong>Session 12: Capstone</strong></td>
</tr>
<tr>
<td>November 21–28</td>
<td>Thanksgiving Break</td>
</tr>
</tbody>
</table>
Your VUceptors

NINA WARNKE, Assistant Dean of The Ingram Commons, Assistant Professor of European Studies and Jewish Studies

Ninety-three faculty members and ninety-three upperclass peer mentors await you on Sunday, August 23, to celebrate your arrival, ready to accompany you through the first few months at Vanderbilt. Your faculty VUceptor may be teaching in the College of Arts and Science, the School of Engineering, the Blair School of Music, Peabody College, the Medical School or another professional school. He or she may be a performer, a research professor, a language instructor, a dean, or even the chancellor.

Why do all these faculty members make room in their busy schedules to serve as VUceptors? Because they want to get to know you. Because they want to support you during the roller coaster of the first few months. Because they know that the road to finding your niche—academically, professionally, socially, and intellectually—is a challenge. Because they care about your wellbeing and success. Because they want to learn from you and with you.

And so do the sophomores, juniors, and seniors who are your peer mentors. They devote their time to you when they could be studying, hanging out with friends, being involved in other student organizations or writing applications for jobs, internships or study abroad programs. Why? Because they want you to have a good experience at Vanderbilt.

Because they are well aware that the challenge of finding your niche does not end after the first few days or weeks; it continues throughout your time at Vanderbilt and even beyond. Because they embrace that challenge. Because they have learned and continue to learn from it. Because they know first-hand that challenge means growth whether through failure or success.

Your VUceptors may push you beyond your comfort zone, they will challenge you but, most important, they will support you.

And what about you? Why are you here at Vanderbilt? I assume, because you want to learn and grow intellectually and socially. Because you understand that this involves taking risks and being challenged. Because you want to become an active member of this community and explore your potential. Because you are ready for the myriad of new experiences inside and outside the classroom. Because you embrace a new challenge. Make the most of it.

On Being VUceptors...

GEORGENE TROSETH, Associate Professor of Psychology, Peabody College, Faculty VUceptor

Being a faculty VUceptor allows me to participate in students’ growth. Over the last seven years, I’ve seen my three VUcept student partners mature as leaders, which has helped prepare them for awesome careers. My first partner, George Boghos, looked like a mild-mannered, somewhat nerdy sophomore economics student. I remember meeting our new Visions group on the lawn one August Sunday in 2008. As George started a game of “Zoom” with the group, I watched him transform into a cutthroat competitor, the leader of a champion team determined to out-Zoom the other Visions groups! A generous guy determined to help incoming students succeed, George was willing to share personal stories of how he and his friends had adjusted to campus life and the mistakes they had made. Students knew they could call on George for advice and help in any situation. George developed the confidence to talk to anyone about anything. Three years later, I proudly watched George surrounded by his friends at Commencement, heading off to a career in finance.

George handpicked my new partner, but I had my doubts. As a student in my first-year writing seminar, Sarah Kenny had seemed timid and sheltered. As my second VUcept partner, Sarah came out of her shell, developing into a brave, confident, and flexible supporter of campus diversity and inclusion. Though only five feet tall, Sarah was ‘big sister’ to three Visions groups, and her warmth incited several students to become current VUceptors. One year ago, Sarah graduated and began a career working with a local nonprofit.

Which leads me to my third partner, Gustavo Lima, future diplomat. Generous, funny, welcoming Gustavo. We’ll work together to provide a safe place for students to talk about their adjustment to campus, as well as develop a relationship with (and pick the brains of) a successful, mature student.

GUSTAVO LIMA, ’16, College of Arts and Science, Student VUceptor

“Hi! My name is Gustavo Lima, and I’m going to be your student VUceptor for the upcoming fall semester.” I have lost count of how many times I have rehearsed this line in front of my mirror at home, in the (overly) warm land of Brazil. It may seem a little too much, but it represents how important VUcept is to me. Together with our faculty partners—in my case, with the dearest Georgene Troseth—we VUceptors have the responsibility to welcome the first-year students to the Vanderbilt community.

The job description may be simple, but its execution goes much deeper. To be part of a community, one first needs to understand two things, one the consequence of the other. First, not every student is the same, as each incoming Commodore has his or her own background experiences. This means that it is our duty, as VUceptors, to mold our approach towards the Visions group. Secondly, because no solution fits all, we must make sure to show our VUceptees that there are a lot of different ways to be a socially and academically successful student at Vanderbilt. Even more than that, VUceptors must show that it is okay (and actually very common) to struggle while finding said paths.

We are humans, after all. This is no easy task, and no one would be able to fulfill it without help. That is exactly why the combo between student and faculty VUceptor is so important. With Georgene, I will have the opportunity to fulfill this position for one more year and, thankfully, rehearse my line one last time.
Responses to The Madonnas of Echo Park

The Madonnas of Echo Park and the Migrants to The Commons

TANNER BROLSMA, ’16, College of Arts and Science, VUcept President

As soon as you arrive on campus, the opportunities for you to engage in the living-learning communities that comprise The Martha Rivers Ingram Commons are abundant, to say the least. Each year, the Commons Reading becomes a reference point for stimulating conversations that can take place anywhere from the Dean’s Residence to the basement of West House. Throughout the nine vignettes comprising The Madonnas of Echo Park, Brando Skyhorse uses several themes that allow you to think about individuals in the ethnic enclaves of Echo Park, California. I challenge all of you to reflect about issues such as identity expression and the difficulties and obstacles of being an immigrant to any part of the United States, but also consider how both the obvious and subtle themes apply to your entrance and migration into your individual house, The Ingram Commons, and the greater Vanderbilt community.

Regardless of how you identify, with you comes a story that is unique to Vanderbilt. Your journey to campus and the countless hours you have devoted to gain acceptance into the most academically accomplished class in our school’s history are saturated with experiences that your VUceptors, resident advisers, faculty heads, and most importantly, your peers can and will be eager to learn from. While not everyone on your floor of Crawford House or in your Vanderbilt Visions group may be able to relate to or understand each other’s stories, everyone is capable of empathizing and of thinking critically about any and all privileges that have allowed you all to become a Commodore. The Madonnas of Echo Park will provide the foundation for discussions on topics such as institutionalized racism or gender expression, and I highly encourage you to share your thoughts and opinions and to never shy away from the difficult or uncomfortable conversations that drive the evolution of our campus.

United Through Struggle

KIRTAN PATEL, ’16, College of Arts & Science, VUcept Board Member

Brando Skyhorse’s original title for his novel, Amexicans, captures a common struggle faced by immigrants and children of immigrants to the United States. On the one hand, there is the inherent struggle to “fit in” with the American culture. On the other hand, there is the question of holding onto one’s ethnic identity.

For someone who is not familiar with the struggles that Brando Skyhorse beautifully illustrates through his vignettes, I advise you not to try to understand. Understanding implies generalization. And as illustrated in the novel, each person has their own story. Their own unique struggle.

This is my struggle: growing up, I was raised in a very cultured Indian home. I did puja every morning. I went to mandir every Sunday. I learned about the Mahabharata. Now at college, I check my email every morning. I spend my Sundays catching up on work or attending meetings. And I learn about neural networks. I do all of this, in the hopes of maximizing my opportunities in college. Or in more abstract words, because to me, that is what it is—I hope to achieve the American Dream.

What I know is that you don’t fully understand my struggle, nor do I understand yours, because each of our struggles is unique. But what unites the short and the tall, the black and the white, the rich and the poor is the capacity to struggle.

Here at Vanderbilt, each person has embarked upon or soon will embark upon their own unique journey of self-discovery, success, and even failure. What unites us and will push us forward as a community, similar to the community in Echo Park, is that we will all be struggling together here at Vanderbilt.

What are your thoughts about The Madonnas of Echo Park?

Participate in the Commons Reading Competition and submit your written expressions (poetry, short stories, essays, critical analyses) or creative and performance arts (music, dance, spoken word, visual arts, media, fiber arts, etc.) by Friday, September 4, at 5:00 p.m.

To learn more and see the reflection prompt, go to: commons.vanderbilt.edu/studentlife/commonsreadingcompetition.php.

A competition workshop will be held on Monday, August 31, at 8 p.m. in 233 Commons Center. Bring your writing and get input from one of the Writers-in-Residence.
City of Songs: Join a Collaborative Theatrical Response to The Madonnas of Echo Park

Brian Granger, Fred Coe Artist in Residence, Department of Theatre

We’re living in a tremendous time of change, surrounded by levels of interactivity and information no previous generation had access to, and yet the human challenge of negotiating these ideas with civility and sensitivity—particularly around the subjects of community belonging and identity—has never been greater. What does it actually mean to be “American” in 2015?

Brando Skyhorse’s novel The Madonnas of Echo Park is a wonderfully memorable and poetic look at a particular historic neighborhood in the United States through the eyes of various members of its Mexican American residents. I was struck by the power of his rhetorical conceit—of voices speaking but not being truly heard by each other, voices in isolation—as well as the power of his metaphors and concepts: traveling, mud, secrets, history/memory, confessions, flower blooms, labor, love, and the things we share in love or learn to love through sharing, like pop music, fashion, and delicious food.

After reading Skyhorse’s book, I felt it was essential to focus not on the life and culture of a distant city (regardless of how many of us have some type of connection to California) but to explore the things that make Nashville so beautiful and so challenging. Whether it is for artistic reasons or to find an affordable place to live, our city has long been the destination for many citizens and would-be citizens. In fact, Nashville’s profile as a center for new growth has earned it both its labels as an “It City” for the 21st century among business and marketing leaders, and as a “New Ellis Island” for its stunning increase in immigrants from around the world—arguably much higher than the national average, according to government statistics.

Reflecting on Nashville as place and as a kind of “American idea” is an immediate and relevant way for Vanderbilt students to engage the themes Skyhorse invokes. In thinking about my own artistic response to the book, which is a theatrical response, I have conceived a show that incorporates elements I believe we all attribute to Nashville (music, food), while also engaging larger themes of race/ethnicity, labor, and belonging. Theatre is a community conversation, and a piece such as this depends on many voices, not just one. Thus, I am looking to audition a small but energetic ensemble of eight students who, as co-creators of this play, will help develop these ideas into a compelling and satisfying evening of action, dance, and song.

City of Song/La Ciudad de los Cantos is a darkly comic and music-filled exploration of race, identity, and what it means to be American, both in 2015 and in the city of Nashville. When the child of a restaurant-owning immigrant family is invited to join a local band, the gesture unlocks not only a new artistic opportunity for the band’s members but also opens, for everyone around them, difficult conversations about place, race, and belonging. Stylistically the play will incorporate movement and song in a presentational and poetic manner.

Tech Week: November 1–5

Performance Dates:
November 6–8 and November 12–14
(with an additional rehearsal on November 10)

You must be available for all tech week and performance dates!

Auditions: Wednesday, August 26, 4:00–6:00 p.m. and Thursday, August 27, 7:00–9:00 p.m.

Arrive early to fill out an audition sheet, and bring a list of any known conflicts that will prevent you from rehearsing in the evenings. Attend only one audition, but plan to stay for the entire two-hour session.

Call backs, if needed, are scheduled for Friday, August 28, in the afternoon.

Where: Neely Auditorium

Audition Attire: Comfortable

Preparation: Interested students should bring two out of three following items:
1) Comfort with communicating to an audience;
2) a pleasant, if not beautiful, singing voice; and 3) a certain level of willingness for adventure.

For the Audition: 1. Be prepared to tell from memory a short (1–1.5 min. max.) but funny story. This should be something that involved you or someone close to you. This story should be something you have shared in the past with others and does not have to involve race. It will help to practice telling the story to someone prior to the audition.
2. Sing a cappella, from memory, one verse and chorus of a song you feel sounds good for your voice.

A Note on Casting: You do not have to have prior theatre experience or experience writing for the stage or composing songs. We go into this process understanding that our cast will have different levels and varieties of experience, and part of the excitement of the piece is finding out where our collective talents will bring us.

Questions? Please email brian.c.granger@vanderbilt.edu.
Music City’s Changing Landscape—The Echo Parks of Nashville

THEODORA SACLARIDES, ’15, College of Arts and Science

While Nashville will always embrace its country music roots, it is also evolving into a melting pot of diversity. Until recently, Nashville’s foreign-born population was small; nevertheless, it is rapidly evolving into an international city, with a 400 percent increase in its immigrant population since 1990.

As a Spanish major, I wanted to take classes that incorporated service-learning components to interact with these communities. For “Spanish for the Medical Profession,” I expanded my classroom learning by translating at the Monroe Carell Jr. Children’s Hospital at Vanderbilt. I also took “The Latino Immigration Experience” with Professor Elena Segovia, which offered a survey of literature and film that depicted the immigration and assimilation experiences of the main Latino groups in the United States. Service to Nashville’s Latino community was also an integral part of the course work, and I volunteered as an English tutor for a Honduran immigrant.

AMIGOS was created by alumni of Professor Segovia’s service-learning courses who wanted to continue serving Nashville’s Latino population. The group’s vision is to help Latin American immigrants establish a foundation, so they can lead self-sufficient and integrated lives in an inclusive community environment. These projects address education, health, and public policy issues and include translating at the Tennessee Justice Center and Siloam Family Health Center, organizing after-school programs at the Center for Refugees and Immigrants of Tennessee, and teaching ESL classes.

As AMIGOS president, I have learned that integration is a twofold process: barriers must be removed from social services, and cross-cultural relationship building between immigrant communities and the receiving community must be fostered. Tensions arise when the receiving community feels they are losing their sense of identity, belonging, and continuity with the past. If this year’s Commons Reading inspires you to serve immigrant populations in Nashville, then volunteer with service groups and participate in the relationship-building process that is necessary in achieving integration on a long-term basis.

For more on Nashville as an immigrant city, see page 59.

Immigration Facts

UNITED STATES
1. Approximately 25% of children and young adults (U.S. residents aged 24 and younger) are immigrants or have immigrant parents. This represents 80 million persons.
2. Since the late 1980s, more immigrants live outside of traditional areas of concentration; the immigrant population has grown fastest in new destinations such as North Carolina, Tennessee, and Nebraska.
3. In 2013, 41 million immigrants lived in the United States—a record high for a nation built on immigration—or 13% of the total U.S. population of 316 million.
4. Mexicans represent 28% of the 41 million U.S. immigrants. Indians, Chinese, and Filipinos account for the next three largest groups.
5. Approximately 51% of all U.S. immigrants are women, and half speak English with proficiency.
6. The United States attracts approximately 20% of world’s international migrants.
7. The U.S. Congress has been at a political standoff for decades on immigration. It has been unable to pass comprehensive immigration policy reform despite the millions of immigrants who have entered the U.S. since the early 1970s.

NASHVILLE
1. Between 2000 and 2012, immigrants accounted for nearly 60% of Nashville’s population growth.
2. The foreign-born population now makes up 12% of Nashville’s population.
3. 35% of children in Nashville live in a bilingual or non-English speaking household, but 84% of children in bilingual or non-English speaking households are U.S. citizens.
4. Since 2000, the Nashville metro area has housed the top five fastest growing immigrant populations in the country.
5. Mexico, India, Laos, Iraq, Canada, and Egypt are among the top 10 countries of origin of Nashville’s foreign-born population.
We know you probably feel like an expert on all school-related measures by now. We just want to make sure you stay sharp these next four years.
What to Expect in Your First Year at Vanderbilt

John Braxton, Professor of Higher Education, Peabody College

The first year of college requires students to make numerous academic and social adjustments. In the coming year, you will confront such academic challenges as negotiating the heavy reading loads of your courses, uncertainty over expectations for graded work, and the management of your time. You may also question whether you belong at Vanderbilt University, given the highly talented nature of this university’s student body.

ACADEMIC CHALLENGES

You will most likely meet many of these academic challenges with success. Upon reflection, at the end of your first year, you will realize how much academic and intellectual growth you experienced. In particular, you will note an increase in your critical thinking skills. Although your coursework will contribute to the development of your critical thinking skills, such growth also stems from your out-of-class interactions about ideas and intellectual matters with faculty members and your student peers. If you continue such interactions throughout your years at Vanderbilt, you should further hone your critical thinking skills.

SOCIAL CHALLENGES

You will also face various social challenges. One of the primary ones involves making new friends. The economic, geographic, and ethnic diversity of Vanderbilt makes this challenge particularly daunting. Most of you will meet this challenge with success, too. You will make new friends and feel like you fit socially at Vanderbilt. Many of your new friendships will develop through your house, your Vanderbilt Visions group, and from your courses.

PERSONAL IDENTITY

In addition, you will probably experience a challenge to your sense of personal identity. Through your academic and social experiences this coming year, you may experience some uneasiness about aspects of your identity such as your race, your social and cultural heritage, your self-concept, or your lifestyle. Perhaps, you will resolve some or most of these matters. However, the forging of your personal identity will continue your second year at Vanderbilt and beyond.

INvolvement

Your further growth and development depends on your willingness to accept and resolve academic and social challenges. I urge each of you to get involved in a club, organization, or activity that you have never experienced before. Although it is quite natural to affiliate with students similar to yourself, I also urge each of you to step outside your social comfort zone and interact with students decidedly different from yourself.

Tips on How to Succeed Academically

Courtesy of your Student VUceptors

1. LIKE, ACTUALLY GO TO CLASS

Going to class may seem like a no-brainer, since you’ve likely been doing that without any apprehension for your entire school career. You might be surprised how easy it becomes to miss class, and it can quickly become a hard habit to break. Skipping class is like a stomach wound: it kills you, but very slowly and very painfully.

2. GO TO OFFICE HOURS

Office hours can be incredibly helpful, but students are often hesitant to attend. Even if you don’t have a question that pertains directly to the class, your professors will be happy to see you. You can ask them about problems that you are struggling with, or discuss a topic you found particularly interesting. Also, communicate clearly with your professors. If you have to miss a class, let them know. Professors are very understanding people, but they’re not going to understand if you’re being cagey and weird.

3. MANAGE YOUR TIME

You can accomplish more than you might think, as long as you learn to manage your time. Busy does not necessarily mean effective time management. Set a specific time for everything that you do, including homework. Even if you’re not a “schedule person,” try it out. If you have a detailed schedule, and you stick to it, you’re going to be amazed with what you get done. TV, video games, Facebook, and Netflix are beautiful things, so set aside time for them, but don’t mix them with your schoolwork time.

4. WORK WITH OTHER STUDENTS

Nothing reinforces what you just learned as well as teaching it to someone else. Working in groups has many advantages. If you work with the right people, they can help you stay focused and on task. You can bounce ideas off of each other, and if one of you understands a topic well, you can help the others. People from other schools are often surprised by how supportive Vandy students are of each other. Use that to your advantage. It doesn’t matter if you’re talking about poetry or mitosis. Discussions help you learn.
Computer Labs

its.vanderbilt.edu/helpdesk/labs

Locations in Garland Hall, Hobbs Lab, Stevenson Center, Wilson Hall, and the Wyatt Center offer Internet access, printing, and useful software. In addition, there are computers in all libraries and laptops for checkout.

Print Stations

Print stations are conveniently located throughout the campus, including The Commons Center, Sarratt, and the libraries. You can use your Commodore Card to pay.

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Check out YouTube for the VUcept-made film: “VU STUDY SPACES”
Navigating Morocco: Feeling Like a First-Year Student Without a VUceptor

REBECCA CHONG, ’16, College of Arts and Science

Many of my peers went on European adventures or South African safaris—both options I considered but knew I didn’t want. I wanted to be completely displaced from everything I knew. I wanted to be challenged internally to see how I would react to everything being different externally. I wanted to be scared and excited for the unknown and challenge myself to feel uncomfortable.

When deciding to go to Rabat, Morocco, I rewound to what it felt like during my freshman year at Vanderbilt. Just like three years ago, I’m displaced from all that I know. I’m challenged to make the unfamiliar familiar, become invested in the community, engage with my peers, and take advantage of the new opportunities that arise in this new home of mine. How am I supposed to do this when I don’t even know how to walk to school?

However, being lost means you have this cool opportunity to find yourself, your passions, your interests, your friends, and your place—things I got to do at Vanderbilt and now in Morocco. Sometimes I questioned my decision; I could have gone to Europe with my friends where they speak English and Western culture is the norm. You could have gone to your state school or wherever all your friends went, but I’m assuming that’s not why you chose Vanderbilt in the first place.

Although the feelings are similar, there is one difference: at Vanderbilt you have a VUceptor. There were so many times I wished I had a Moroccan VUceptor to help me navigate this new city and lifestyle. You have this enthusiastic, committed, and passionate person to use as a resource, mentor, and personal GPS when you are feeling lost or uncertain at Vanderbilt. Morocco has made me realize the value VUceptors have within the first-year experience, but it also reminded me what it feels like to be lost, how great it feels to find your path and place, and how much you learn about yourself along the way.

Want to learn more about study abroad opportunities? Go to vanderbilt.edu/geo

An Engineer’s Adventures Abroad

SHASTA RIZZI, ’15, School of Engineering

I knew I wanted to study abroad even before I decided to attend Vanderbilt. As an engineering double-major, I recognized that it may be difficult, but I also understood its importance to me. After my first year at Vanderbilt, I studied in Madrid for two months, taking classes towards my Spanish minor. Rather than satiate my desire to study abroad, this amazing experience only made me want to explore more. I worked with the GEO office to determine which semester would work best with my schedule and which options were available. Planning ahead was the key to success. After much deliberation, I chose to spend the spring semester of my junior year at the University of Melbourne in Australia.

Melbourne was everything I imagined it would be. An exciting city, friends from all over the world, beautiful beaches, exciting extracurriculars, and a stress-free environment. Over breaks, I scuba dove the Great Barrier Reef, saw crocodiles in Cape Tribulation, whales in Sydney, and koalas on the Great Ocean Road; I went hiking in the Blue Mountains and saw Rigoletto in the world-famous Sydney Opera House. Additionally, I went on a four-day trip with Engineers Without Borders to teach Australian high school students about humanitarian engineering.

I had to keep reminding myself that this was school. Between adventures, I took three classes that counted towards my majors. I also completed research for credit in a tissue engineering and nanomaterials lab. Not only did I gain amazing research experience, but I received another perspective on life in Australia, and I calmed my fears about not coming back in time for a summer internship. With my study abroad and research experiences, I had a strong resume and am graduating with a job. If I could do it again, I wouldn’t change a thing.
The Many Prescriptions for Success

ERIN VERBECK, ’16, College of Arts and Science

When I pulled up to The Commons in my Keds and Vandy shirt, I imagined I would pull away four years later in completely different attire: a graduation cap and doctors scrubs. I was dead set on becoming a doctor, and majoring in pre-med at Vandy was the next step toward achieving my dream. Everything pointed me toward pre-med: my AP scores and high school grades, my drive to help others, my curiosity for the human body—I even have a relative who stars on Grey’s Anatomy. I was destined to be a doctor.

I also felt pressured to be pre-med. My high school offered opportunities that “subtly” encouraged students to pursue medicine; only students majoring in the sciences were eligible for the majority of my school’s scholarships; there were more science AP classes offered than other subjects, and a variety of pre-medical programs were held throughout the year. Though my teachers and friends assured me that I could major in anything I wanted, it seemed as though my only prescription for success was to be successful at writing prescriptions.

Pre-med at Vanderbilt was overwhelming. The classes were extremely difficult and tiresome to me. No matter how much I studied, I barely passed my chemistry exams. Though I was not failing any of my classes, I felt like a failure. Halfway through my fall semester, I caught myself dreading spring semester and dreading my future even more. If my first semester of college was this terrifyingly exhausting, would I be happy for the first four years at Vanderbilt? In medical school? I sought advice from my CASPAR adviser, and he suggested that I consider switching majors. At first, it seemed out of the question. Yet after receiving another D on my chemistry exam, I looked into it—and allowed myself to notice that I loved and excelled in anthropology. I was passionate about the issues in these classes, and realized that switching majors would make me a lot happier.

But like any transition, it was hard at first. I felt embarrassed to tell others that I switched majors because it meant admitting my failure. After describing my medical dreams to students and faculty, it seemed hypocritical to change majors. How could I give up my dreams so easily? Though I was embarrassed, I realized that my friends and family were overwhelmingly supportive of me dropping pre-med. They all said that college is a time for exploration, for rediscovering my identity and passions, and that changing majors is normal.

Now that I have found my passion in forensic anthropology, there is no looking back. Instead of leaving in doctors scrubs, I’ll be sporting khaki zip-offs and a digging trowel. Switching to anthropology ended up being my prescription for success.

Philosophizing on Major-Love

DAVID SHUCK, ’16, College of Arts and Science

I didn’t plan on finishing my philosophy major by sophomore year. What I had actually planned was a detailed 4+1-year class plan on Excel before I even left for Nashville. I shouldn’t have been surprised when I learned what was apt to happen if I deviated from it. After only two semesters it dawned on me that I needed two more classes to complete a philosophy major. I looked at my cart, overflowing with classes marked PHIL, and I sort of freaked out.

I couldn’t say that I knew what major-love was before going through the very real tumult of indecision. More accurate to say is that I discerned it afterward; all those course choices had been so easy that as a sophomore I was already feeling nostalgia for my first year. I’m not saddened now by young David’s eagerness to be educated, but he was pretty scared that he messed up his whole four years. He looked back to his Excel sheet and lamented that it looked nothing like what he wanted anymore. He had brazenly anticipated three majors and did not expect he would have a favorite.

My educational path then turned out to be less a swiftly navigated optimization and more akin to Taoist wayfaring. My focus on hard-sought answers gave way to an interest in asking the right questions, questions about what I had wanted in the first place. I couldn’t ask others anymore what I wanted and expect to get a response tailored for me. This is the bittersweet truth of major-choosing, that try as you might, no one but you can make the final call. Parents and advisers help bunches, of course, but they aren’t the ones sitting through your classes and living out your futures. You are, just as I am.

There are plenty of people close to me skeptical of my choice, but they aren’t that close. I tried other majors, took fun-sounding electives, but no matter where or when, there was always a hole in my heart that looked an awful lot like a B.A. in philosophy. Filling that hole is the most consistent love I know, and if I had to suggest any advice beyond “Know yourself,” it would have to be that most of us have a nook like that. My guess is you’ll know when you find it.
A Message for Prospective Swimmers

RYAN COYNE, ‘18, Peabody College, Student VUceptor

I have felt like I was drowning at exactly two points in my life. Once, when my dad literally threw me in the deep end of the pool at the ripe age of three in an expertly concocted attempt to teach me how to swim. I don’t want to spoil the results of the “Bobby Coyne Swim School” program too much, but let’s just say a lifeguard had to get involved.

The other time was after my first House Advisory Council meeting as president. The meeting was chaotic and terrifying—I was expected to have an agenda, a plan, and to command the group of my peers, older RAs, and even a faculty member? I was at the bottom of the pool, new, confused, and running out of air. Luckily, Vanderbilt is not short on lifeguards. The very people in that room intimidating me ended up saving me—I owned up to how unprepared I felt, and each helped me learn to thrive.

You’re here at Vanderbilt, on the cusp of something great. You’ve gotten here, and people always say that’s the hardest part. But to me, the hardest part was admitting that I had a long way to go. Learning from the amazing people surrounding me definitely turned adjusting into thriving, leading meetings into leadership, and acquaintances into lifelong mentors and friends. I urge you to find your pool, and leap without fear, because you’ll be hard pressed to find a place with better and more caring lifeguards.

Professional Development—An Avenue Toward Meaningful Relationships

MONICA PEACOCK, ‘17, College of Arts and Science

To a first-year student, the term “professional development” can seem overwhelming. There are many different ways in which students can grow professionally, academically, and emotionally during their time at Vanderbilt. Through my experience in the CommonDores Leadership Council—as both a participant and a peer mentor—I have gained a better understanding of professional development and learned the value of its application.

As a first-year member of the CommonDores Leadership Council (CLC), I learned a variety of professional skills, such as how to write a resume, how to address administrators via email, and how to program campus events. The most valuable part of my experience was learning to engage with faculty.

Obviously I did not master the craft of relationship building in one meeting. However, over the course of the year, I learned to meet the expectations of the program advisers and peer mentors in the CLC program. Through their outstanding leadership, I realized that professional development is often founded on worthwhile interactions.

One year later, as a peer mentor in the CLC, I hope to convey this same message to first-year students. While professional development can teach tangible skills, it is more valuable than a perfect resume. It is an avenue toward meaningful relationships.

To learn more about professional development opportunities with the Center for Student Professional Development, go to vanderbilt.edu/career
Internships: Staying Resilient After a Disappointment

CATIE MITCHELL, ’17, College of Arts & Science

Last summer, I applied to a slew of research internships at marine labs across the country but received no offers. While the programs I selected were exceptionally competitive and inundated with more experienced applicants, I was really disappointed at the prospect of a summer without any opportunities to advance my research qualifications.

This changed when a career coach at the Center for Student Professional Development recommended I reach out to the internship selection committees at the marine labs to ask for feedback on my applications and to understand what it took to be a competitive applicant. Speaking with these scientists renewed my determination to pursue marine exploration and highlighted gaps in my qualifications. After several professors noted that I lacked advanced diving certifications, I decided to enroll in a series of SCUBA courses for the summer and log as many hours underwater as possible.

I developed additional skills in the fall by collaborating with a center coach to develop a series of workshops designed to help science students communicate complex ideas in a way that anyone could understand. During this process, I improved my own communication skills and learned the importance of being able to share a compelling narrative in scientific research. From practice interviews to improv exercises to resume critiques, I took advantage of every center resource available and ultimately put together strong applications that showcased the best of my abilities.

My internship search this time was more strategic and selective, because I only applied to organizations where I felt I could be passionate about my work. Additionally, I was referred by scientific contacts from last summer to incredible programs I never would have discovered on my own. I received offers for three different internships, and program liaisons said my application stood out because of my professional capabilities, including the ability to articulate my aspirations in a compelling way.

Ultimately, the skills I developed through the resources and support from the center played a crucial role in my success and I am confident that any Vanderbilt student, regardless of major or year, would benefit from similar guidance.

Being a Student, Researcher, and Scholar

ARIEL HELMS, ’16, College of Arts and Science

To some extent, I get to lead a double life at Vanderbilt. Half of my day is spent as an undergraduate student, learning from inspiring professors in the classroom. The other half of my day is spent as a research team member, working alongside graduate students, post-doctorate fellows, and doctors to find answers to our most pressing scientific questions. Vanderbilt is a unique campus where these enriching experiences are not only possible, but they can occur at the same time.

I began my research internship as a participant in Dr. Jim Patton’s Vanderbilt Undergraduate Minority Summer Research Program, which is a subset of the Vanderbilt Summer Science Academy. I never could have predicted where this experience would lead, or how it would contribute to my growth as a scholar and scientist.

Now in Dr. Al Powers’ lab, we look at the biological mechanisms underlying diabetes. Since the summer of 2014, I have been on the hunt for a membrane protein that is implicated in cystic fibrosis and may be a component of diabetes as well. My research has led me to present at Emory University and at a national conference in Orlando, Florida. My next stop is Leipzig University in Germany, where I will get to work on the biochemical aspect of diabetes by studying protein-protein interactions through a Max Kade Fellowship.

I can only imagine where research experiences can take you in your next four years! Start exploring these opportunities now: talk to your professors, TAs, and peers. The Scientific Immersion & Mentorship (SIM) Program is a great resource to get plugged into medical center labs. Also, you will be amazed at the projects you can join, which you can find on the undergraduate research website as well as departmental websites. I encourage you to take full advantage of these opportunities whether it is in biomedical research at the medical center, studies in public policy, or survey research in the psychology or political science department. Vanderbilt is brimming with immersive experiences that allow you to join faculty members in world-changing projects.

In spring 2015, Ariel was selected as a Goldwater Scholar and as a Truman Scholar. To learn about opportunities to apply for nationally competitive scholarships such as Goldwater, Rotary, Fulbright, Truman, or Rhodes, visit ohs.vanderbilt.edu.

The Vanderbilt Summer Science Academy (VSSA) gives college students interested in a career in medicine the opportunity to participate in both research and clinical patient care at an academic medical center. Participants will complete a research project under the leadership of a research mentor and also directly observe clinical patient care while spending time with resident and attending physicians.

INTERESTED IN RESEARCH?
Visit the Research Fair on September 17.
Details about the event will be announced closer to the date.
ACADEMIC AND STUDY SKILLS SUPPORT
medschool.vanderbilt.edu/pcc/academic-and-study-skills
The Psychological and Counseling Center offers individual and workshop sessions to assist students in improving their reading and study techniques. While it is very helpful to students who are experiencing academic difficulties, it is also beneficial to anyone who wishes to become a more efficient learner. Go to the website listed above for details.

CENTER FOR STUDENT PROFESSIONAL DEVELOPMENT
(615) 322-2750
vanderbilt.edu/career
Located on the second floor of the Student Life Center, with a satellite office in The Commons Center, the Center for Student Professional Development helps students explore their professional interests, learn how to write resumes, and find internships. First-year students are encouraged to visit the center during walk-in hours to get acquainted with center services.

COLLEGE OF ARTS AND SCIENCE
PRE-MAJOR ACADEMIC ADVISING RESOURCE CENTER
(615) 343-0071
vanderbilt.edu/cas/advising/caspar
Located on the second floor of The Commons Center, CASPAR provides academic advising to all pre-major students in the College of Arts and Science as they make the transition from high school to Vanderbilt until they declare a major.

GLOBAL EDUCATION OFFICE
(615) 343-3139
vanderbilt.edu/geo
On the first floor of the Student Life Center, you will find the Global Education Office, which coordinates study abroad options for Vanderbilt students at all levels. The office is staffed by advisers who can help make your overseas education dreams come true! GEO offers more than 100 programs for direct Vanderbilt credit, access to scholarships for foreign study, and advice on how to fit study abroad into your demanding schedule. If you start planning early, you can study abroad—no matter what major(s) you are pursuing. Come see us to get started.

HEALTH PROFESSIONS ADVISORY OFFICE
(615) 322-2446
vanderbilt.edu/hpao
The HPAO, located at 1801 Edgehill Avenue in the Curb Center, offers resources to students interested in medicine (both allopathic and osteopathic), dentistry, veterinary medicine, pharmacy, physical therapy, podiatric, etc. Please call the HPAO office to schedule a meeting to discuss your questions.

OFFICE OF HONOR SCHOLARSHIPS
(615) 322-6329
ohs.vanderbilt.edu
Located in the Curb Center at 1801 Edgehill Avenue, Suite 106, the Office of Honor Scholarships helps students at all levels identify and prepare applications for scholarships for study, travel, and research.

TUTORING SERVICES
Tutoring Program
(615) 322-5218
as.vanderbilt.edu/tutoring
The Tutoring Program (1801 Edgehill, Academic Enrichment Suite) offers free, individual, appointment-based tutoring to undergraduates in biological sciences, chemistry, economics, mathematics, neuroscience, physics and most introductory foreign language courses (up to ten sessions per course per semester).

STEM Help Desks
(615) 343-8061
STEM Help Desks in The Commons Center and in Featheringill Hall are offering free drop-in tutoring sessions for introductory courses in engineering, mathematics, and science. For any questions about the STEM tutoring program, please contact VUSE Assistant Dean Burgess Mitchell at burgess.mitchell@vanderbilt.edu or (615) 343-8061. STEM tutoring is available Sunday–Thursday, September 13–December 4 • 7:00 p.m.–9:00 p.m. in Featheringill Hall 132 and The Commons Center, Rooms 215 and 216.

UNDERGRADUATE RESEARCH
research.vanderbilt.edu/undergrad-research
This website is your information portal on all things research. It lists opportunities by school, whether during the school year or during the summer.

WRITING STUDIO
(615) 343-2225
vanderbilt.edu/writing/
The Writing Studio has two locations: 1801 Edgehill (Academic Enrichment Suite) and 217 Commons Center. Their consultants are trained to discuss any writing project at any point in the writing process. Sessions are by appointment and are usually 50 minutes long.

Joint Undergraduate/Graduate Programs

COLLEGE OF ARTS AND SCIENCE
• Combined B.A./M.A. (4+1) in the following departments and programs: English; French; German; History; Latin American Studies; Math; Medicine, Health, and Society; Philosophy; Political Science; and Psychology. Admission to the 4+1 program is highly selective.
• Combined B.A./MBA in conjunction with the Owen School of Management.
• Combined B.A./M.S.N. in conjunction with the Vanderbilt School of Nursing.

BLAIR SCHOOL OF MUSIC
• B.Mus./M.Ed. (Teacher Education) (see below) or a
• B.Mus. and MBA (through Owen) in a five-year arrangement

SCHOOL OF ENGINEERING
• 3+2 MBA/B.S.
• M.S. in Finance/B.S. in Computer Science
• B.E./M.E. in Engineering
• Accelerated Graduate Program in Engineering: Students who enter Vanderbilt with a significant amount of credits (20 to 30 hours) may be eligible to earn both a bachelor’s and master’s degree in engineering in just four years.

PEABODY COLLEGE
• 3+2 Child Development/Nursing Program. This program is also available to students pursuing a Human and Organizational Development major.
• B.Mus./M.Ed. (Teacher Education): Peabody College and the Blair School of Music offer a five-year program for students interested in teacher licensure.
• Fifth-year M.Ed. Program in Child Studies, Elementary Education, Education Policy, Higher Education Administration, Leadership and Organizational Performance, and International Education Policy and Management
What Makes Vanderbilt Elite: An Inside Look at Vanderbilt’s Culture of Integrity

GARROTT GRAHAM, ’16, College of Arts and Science, Honor Council President

Honor Vanderbilt. It is a simple phrase, but Vanderbilt’s rich and storied history is inextricably tied to the long-standing tradition of the Honor Code. Ours is a community built on trust, and since classes began in 1875, the Honor Code has stood as the outward manifestation of our belief that education without principle is a fruitless endeavor. We engage in responsible and ethical academic practice. We are interested in the growth and development of outstanding young people. We pursue excellence in all of our endeavors. We are unyieldingly committed to honesty and accountability. We are citizens of integrity.

The Honor Council is dedicated to the preservation of this great tradition. It is student-run for the benefit of the entire Vanderbilt community, students and faculty alike. Its mission is to foster a sense of mutual trust and respect across campus and support every community member by upholding the ideals upon which the university was founded and by holding individuals accountable when those ideals are violated.

You now have the great privilege of joining our dynamic and collaborative community, and it is your turn to carry on our tradition by signing and upholding the Honor Code. When you leave Vanderbilt, you can rest assured that your degree will hold great value—not only because Vanderbilt is an elite academic institution, but also because it is an institution dedicated to cultivating integrity in the members of its community. Be a citizen of integrity. Honor yourself. Honor Vanderbilt.

“I pledge on my honor that I have neither given nor received aid on this examination.”

—Undergraduate Honor Pledge
Exploring Academic Integrity at Vanderbilt

Scenario 1 | PLAGIARISM
Wyatt smiled to himself as he added the finishing touches to his PHIL 100W paper. It was due in four days, but he needed an A on the paper and, therefore, he started early. The assignment required the paper to be at least five pages in length, to be written using the APA citation style, and to include well-formulated definitions for each key term. Wyatt had lost points on the last assignment for failing to correctly define several of his key terms. As he reviewed his paper, he noticed that he had not included a definition for Rousseau’s social contract theory. Fortunately, he remembered that the professor had defined Rousseau’s theory in class using a long definition from a journal article that was available online. Wyatt decided to use this definition in his paper. He made minor edits to the paper over the course of the week and submitted it by the deadline.

Scenario 2 | RECEIVING UNAUTHORIZED AID/GIVING UNAUTHORIZED AID
Cornelia was sitting upstairs in The Commons Center working on the homework for PEBA 101. It was a long homework set, but she was almost done and only had to finish the last problem. She was approached by Murray, a student in the same course, who asked if he could check his homework against hers to make sure he had done everything correctly. He was also working in The Commons Center and promised he would be quick about it. Cornelia had seen Murray plenty of times in class and around The Commons, so she let him take her homework back to his table and began working on something else. She didn’t keep track of time. Murray eventually brought her homework back and thanked her.

Scenario 3 | ALTERING EXAM FOR RE-GRADE
Branscomb studied very hard for his first BSCI 105 exam. He spent many hours in the library preparing for it throughout the week. On the day of the exam, he felt confident and prepared. He knew most of the answers and believed he had made at least an A-. The next class period, the professor returned the graded exams. Branscomb earned a B+ and only lost points on the third question. As he reviewed the exam, he realized that he was in such a hurry when taking the exam that he had not clearly written out some of the steps he used to come to his conclusion. After consulting the key, he believed he would have received more points if he had written out these steps. The professor had a re-grade policy in place and instructed the students to return their exams at the end of class if they wanted them re-graded.

Scenario 4 | SUBMISSION OF WORK PREPARED FOR ANOTHER COURSE
The final paper assignment in Mayfield’s history course involved choosing a topic on which to do in-depth research. Mayfield decided to write about Genghis Khan and the creation of the Mongol Empire. She was excited about the topic and started her research on Khan and the Mongol Empire immediately after receiving the assignment on the first day of class. In the middle of the semester, Mayfield became very busy with her extracurricular activities and other coursework and stopped working on the paper. The end of the semester came sooner than Mayfield realized, and she found herself with less than a week to complete the 12-page paper. With the stress of the approaching deadline, Mayfield was struggling to find sources about the history of the nomadic tribes leading up to the creation of the Mongol Empire. The day before the paper was due, she looked back at a paper she had written her sophomore year at Vanderbilt and discovered she had written three pages on the history of these tribes for a prior class. By changing a few words, she was able to include the three-page section from the prior paper in her current paper and submit it just in time.

ADDITIONAL INFORMATION ON ACADEMIC INTEGRITY:
VANDERBILT UNIVERSITY
vanderbilt.edu/academicintegrity
UNDERGRADUATE HONOR COUNCIL
studentorgs.vanderbilt.edu/HonorCouncil/
OFFICE OF STUDENT ACCOUNTABILITY,
COMMUNITY STANDARDS, & ACADEMIC INTEGRITY
vanderbilt.edu/studentaccountability
THE HONOR SYSTEM IN THE STUDENT HANDBOOK
vanderbilt.edu/student_handbook/the-honor-system

THE HONOR CODE

STATEMENT OF THE HONOR CODE:
Vanderbilt University students pursue all academic endeavors with integrity. They conduct themselves honorably, professionally and respectfully in all realms of their studies in order to promote and secure an atmosphere of dignity and trust. The keystone of our honor system is self-regulation, which requires cooperation and support from each member of the University community.

VANDERBILT UNIVERSITY
vanderbilt.edu/academicintegrity
UNDERGRADUATE HONOR COUNCIL
studentorgs.vanderbilt.edu/HonorCouncil/
OFFICE OF STUDENT ACCOUNTABILITY,
COMMUNITY STANDARDS, & ACADEMIC INTEGRITY
vanderbilt.edu/studentaccountability
THE HONOR SYSTEM IN THE STUDENT HANDBOOK
vanderbilt.edu/student_handbook/the-honor-system
The Vanderbilt experience is all about growing as a person. No matter which way you choose to go, Vanderbilt will work to make that path as clear as possible.
**THE BALLAD OF THE CLASS OF 2014**

*Ames Sanders, ’14, College of Arts and Science*

Four years ago, a little slow
I left my parents’ car
And found myself in a Southern storm
That told me I’d come far.

I stood alone ‘midst brick and stone
As rain tore into loam
Reflecting on how strange it felt
That this should soon be home.

To Vanderbilt from far and near
We came to learn and see;
We never thought that these few years
Might make us family.

…

Some first-time things we can’t forget
Like seeing the redbuds bloom,
Or coming back in at the end of the night
To ask—are they having sex in my room?

Or lying on a summer’s lawn
With Frisbees sailing ’round—
Or those few times the snow slipped in
To silence every sound.

With Gilchrist, Buckles, Stubbs, and ______
Some of us…struggled to pass...
While Intro Chem and Calc midterms
Just knocked us on our...GPA.
(What did you think I was going to say?)

We all got lost in Stevenson
And grumbled every day
That the back-and-forth from Commons
Was a walk uphill both ways!

Our meal plan problems sometimes caused
A little indigestion,
And Vandy Vans were oft held up
By Friday night congestion.

But comedy and humor made
Our little griefs seem slighter
When other things at home and abroad
Made it harder to think brighter.

We bonded over movie nights,
Through concerts, parties, shows—
And Visions gave us all a place
To share our highs and lows.

Now politics and creed would sometimes
Tear us half apart,
But clubs and sports and Greek Life
Gave us somewhere new to start.

…

And Vandy pride we took in stride
As from the stands we cheered—
We looked ahead and for awhile
The path looked oh, so clear.

But like the number of Rand Brunch sides
These years have seen us wane—
Through transfer, and through tragedy,
Through loss, and fear, and pain.

Sometimes stress and hardship
Give our lives a desperate tone;
We’re all afraid that, leaving here,
We’ll just end up alone.

When jobs and living scatter us
Will our friends just move on?
Will anyone here remember us,
Or will we be just…gone?

But though our names and faces
Can—and have—and will soon fade,
Our hearts, in beating, mark these walls
With every hour we’ve stayed.

We are—so strong!—Our arms—reach long—
And though we rise and set,
We’ve been part of something more than ourselves
Since the moment that we met.

And so, let’s never forget these hands
That grasp and keep us warm.
But when we finally leave this place—
Class of 2014—
Let’s take this world by storm.
First-Year Student Leadership Opportunities

Applications for leadership positions in the houses, including president, vice president, public relations chair, floor representatives, and service commissioner will be available in early September. Details about the application and election process will be shared in your floor meetings during CommonVU.

CommonDores Leadership Council (CLC)

- **September 6**: CLC Interest Meetings, 6:00–7:00 p.m. and 7:00–8:00 p.m.
- **September 7**: House Service Commissioner and Floor Representative applications available on Anchor Link
- **September 13**: House Service Commissioner applications due by 5:00 p.m.
- **September 14–15**: Town Hall Meetings for Elections, 8:00–10:00 p.m.
- **September 18**: Floor Representative applications due by 5:00 p.m.
- **September 22–23**: Floor Representative interviews
- **September 25**: CLC Training, 4:00–11:00 p.m.
- **September 30**: First CLC Meeting (every Wednesday, 9:00–10:00 p.m.)

Resident Adviser Positions

- **October 12**: Applications released
- **December 6**: Applications due

VUceptor Positions

- **January 4**: Applications released
- **January 31**: Applications due

Stepping Outside My Comfort Zone

**BEN TAYLOR, ’15, School of Engineering**

Looking at my journey through four years at Vanderbilt, the graduating senior who I am now would barely recognize the homeschooled high school senior who came here in fall 2011. While it may seem as though I now have it “all figured out,” I was quite the opposite when I came to Vandy as a first-year student. I had been homeschooled for twelve years in my small town of Fairview, Tennessee, and needless to say, I had quite an adjustment from high school to college. I wasn’t used to having classes with other people or living in a community with thousands of students my age.

In spite of these potential disadvantages, I had an incredible first semester, because I was surrounded by a bunch of amazing individuals—my student and faculty VUceptors and my RA. Through their advice and support, I navigated the typical trials of freshman year. I became involved with student organizations, I learned how to balance work with play (to an extent), and I even survived Calculus I. Vanderbilt repeatedly pushed me outside of my comfort zone, and thanks to the community that I found on campus, I grew through every experience.

Every semester Vanderbilt has challenged me to try new things and to get involved in new organizations, and I’ve been grateful for every moment of it. The story of my Vanderbilt experience is simply one of many stories that prove that any student can succeed here and find their own community. Embrace the challenges of your first semester and first year, because through each challenge you will grow in ways that you never imagined you would. Who knows, you might not even recognize your first-year self by the time you’re a senior!

Want to learn more about different student organizations and how to get involved?

**Greek Life Information Session**
Tuesday, August 25:
2:30 p.m.–4:00 p.m.
Student Life Center Ballroom

**OACS Community Service Organization Fair**
Tuesday, August 25:
4:00 p.m.–6:00 p.m.
The Commons Center, 1st Floor

**Student Involvement Fair**
The most comprehensive fair with over 275 organizations
Friday, August 28:
3:00 p.m.–6:00 p.m.
The Commons Center, The Commons Lawn
The Commons South Patio Lawn Tent

**Religious Life Fair**
Sunday, August 30:
4:00 p.m.–6:00 p.m.
The Commons South Patio Lawn

**The Road to Leadership Panel and Q&A**
Sunday, August 30:
8:00 p.m.–10:00 p.m.
The Commons Center, Room 237

**Student Media General Interest Fair**
Monday, August 31:
4:00 p.m.–6:00 p.m.
John Seigenthaler Center
(next to Commons Center at 1207 18th Ave S)

**Project I Am**
Wednesday, September 2:
6:30 p.m.–8:00 p.m.
Dean of The Commons Residence

**Interfraternity Council Open 'Dores Recruitment Open House**
Sunday, September 6:
11:00 a.m.–5:00 p.m.
Student Life Center Ballrooms

**Panhellic Recruitment Registration**
Sunday, September 6:
3:00 p.m.–4:00 p.m.
Student Life Center Ballrooms

**CLC Interest Meetings**
Sunday, September 6:
6:00 p.m.–7:00 p.m. and 7:00 p.m.–8:00 p.m.
The Commons Center, Room 237

**Diverse 'Dores Day**
Wednesday, September 9:
4:00 p.m.–7:00 p.m.
Participating Offices

For more information about these events, see the CommonVU schedule.
Vanderbilt. Student. Athlete.

JALEN DANSBY, ’18, College of Arts and Science

I loved Vandy even before coming here because of the phenomenal academics and opportunity to play football, but I quickly realized it has so much more to offer. After only a week of living in Gillette House, my peers encouraged me to run for house president. I embraced the idea, constructed a campaign—and won. Keep in mind, this happened during the hectic fall football season. Only four weeks in, I was already extremely busy. I was a member of the football team, president of my house, and taking pre-med classes in pursuit of my ultimate goal of becoming a doctor. Then I was elected as P.R. Chair of MAPS, became a member of BSA, VSVS, and a tour guide.

Being a part of these organizations and keeping up with classes was far from easy. My parents raised me to have balance in my life, but this year really challenged that concept. We all get the same amount of time in a day; it is up to us to decide how we spend it. In order to keep my sanity and remain successful in all of my commitments, I had to manage my time well.

A regular week consisted of workouts on Tuesday–Friday at 5:30 a.m.–8:00 a.m., going to class, returning to the athletic facility at 2:00 p.m., having meetings, practice, more meetings, then physical therapy until about 7:00 p.m. That left just enough time to cram down some dinner, host my weekly house meeting, get changed into a suit and tie for senate, and then do some homework. Nights before a big test or assignment, it was simply more convenient to sleep in the locker room to save time.

Sometimes you have to sacrifice minor things you want now for major things you want down the road. That is the biggest lesson I learned this year. Don’t throw away tomorrow’s dreams for today’s desires. Most importantly, stay optimistic and positive; don’t count the days, make the days count. As Vanderbilt students we are all blessed with a great opportunity and must take advantage of it every day!

Yes, and...

REGAN SHEA, ’17, College of Arts and Science

When I arrived at Vanderbilt, I vowed not to join any performing arts groups for fear I would be overwhelmed my first semester. I am so glad I changed my mind. After talking with an upperclass friend, I decided to audition for a theatre show, where I met someone who suggested that I audition for Tongue ’N’ Cheek (TNC), the comedy improv troupe.

I had never done improv in high school, nor had I ever considered doing it in college, but many people on Saturday Night Live got their start in improv, so I figured it must be a great step to get me to SNL. I went to a workshop where TNC members encouraged me to audition, so I showed up with 70 other people… vying for four spots. Come 2:00 a.m. that night, I heard a knock on my door, and I opened it to find the officers of TNC telling me I made the troupe! I dropped to my knees out of excitement, and they whisked me away to eat pancakes with the other members of the troupe.

This is my favorite memory at Vanderbilt, because it was the moment I found “my people.” TNC helped me gain an identity on campus and an instant group of friends and mentors. I am so glad I didn’t let fear get to me, because I discovered a new passion and created a unique Vanderbilt experience for myself through TNC. Applying the first rule of improv, I said “Yes, and...” to new possibilities by jumping in and having an open mind. College is a great time to take advantage of amazing opportunities, and I encourage you to put yourself out there and step outside your comfort zone, because that extra step you take may be the most rewarding.

Music Matters

HARINI SURESH, ’17, Blair School of Music

When I tell my non-music major peers that I’m in Blair, their reactions typically range from “You’re in Blair?!” to “Wow! I don’t even know where Blair is!” to “What’s Blair?” Depending on the reaction, I usually condense the life of a Blair student into a ten-second sound byte—eat, practice, do homework, rehearse, sleep, repeat. But, I usually fail to include some truths that truly make the experience worth it.

First, the Blair School of Music prepares undergraduates to pursue a career in one of the most competitive, dwindling, and unsupported fields in America. To realize that a musician is purely motivated by his or her love for the art and to see this displayed in the hours of rehearsing and performing around me is a daily dose of inspiration.

Second, there is the music itself. Concerts and recitals by visiting musicians, faculty, and students occur daily at Blair. Every performing music genre from the classics of Mozart to jazz combos to atonal 20th century music is explored and performed by distinguished musicians. What’s more, these performances are open to the public—meaning all Vanderbilt students are welcome (and encouraged) to attend! Which brings me to my third point: inclusivity. Many consider Blair to be geographically and socially isolated. However, that couldn’t be more paradoxical. Vanderbilt students are encouraged to take advantage of the opportunities Blair provides: you can take lessons with top music faculty in the world, perform with instrumental or choir ensembles, take fascinating classes, and attend concerts given by the best performers in the field.

Asking why Blair is important to Vanderbilt is like asking why classical music is necessary in our world today. I can boil the answer down to this—music inspires. Music enriches our society and provides a unique and powerful emotional experience for not just the musician, but the listener as well. It is for these reasons that I cannot exist without music and why Vanderbilt cannot exist without Blair.

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The Quest for Truth and Beauty

LUCY RAHNER, ’16, College of Arts and Science

I’ve always been a relatively practical person, set on having purpose and meaning behind my larger actions. I think this is a blessing for the most part, but there’s also a danger of letting that preoccupation with meaning lead into an obsession with function, something only spurred on by a society that works in terms of measured results. As one might imagine, this inclination often conflicts with my non-career oriented interests in art and sociology.

We’re all familiar with the idea that some of the most important things in life simply can’t be measured, but to truly know and absorb it into our reality is a different matter.

Last spring during an Alternative Spring Break trip, I experienced some of the greatest measurable material need I’ve ever encountered, both volunteering at a homeless shelter and living on the streets in order to grasp the everyday reality of the homeless. Though food and shelter were undoubtedly in great need, I was surprised to find the far greater need was to be recognized by society—to receive love, to interact with other people on an equal human-to-human basis, and to be recognized as an individual worthy of respect. It was this discovery that led me to the realization that I want to help people interiorly, something that cannot truly be measured.

Here’s the bare-bones version of what I’m digesting: humans all have a deep longing for truth (knowledge of reality), goodness (actions in harmony with something’s truest, perfected form) and beauty (not prettiness, but the integrity that can be found in the worn hands of a farmer supporting his family—in a sense, the radiation of an object’s truth and goodness). In relation to the object they describe, the three are not related to its function at all but to its very existence, priceless and worth something in themselves.

Art, a way in which we can use beauty to communicate goodness and truth, thus does not naturally fall into our idea of functional worth, but nevertheless plays a vital role in bringing us these more intangible human needs.

Engineering and Art

HANNAH TURNBULL, ’16, School of Engineering

If you enter Featheringill Hall as a prospective student, or even a first-year, the environment can feel rather intimidating. For example, some of my fellow engineers and I were studying at a table in the atrium area and turned around when a tour group walked in. Not long after that, a post on the ever popular Yik Yak read, “Just went on a tour here. When we went into the engineering building, all the engineers inside stared at us like they haven’t seen other humans in weeks.” We laughed, but then I realized what a false accusation that was. We engineers joke about our social skills and lack of knowledge in the arts and humanities, but many of us have interests in subjects that seem distant from engineering.

I grew up in an environment that encouraged creativity as a means to solving a problem. During my first semester at Vanderbilt, I took a drawing class at the art department. It made me realize how important it was for me to have a creative outlet. The art studio was a space for me to take my focus off the difficult task of studying engineering and just be myself. By adding a studio art minor to my studies, I have gained a new perspective on engineering that I would have lost otherwise. Art and engineering are both about creative problem solving. They both take planning, hard work, and a love for the subject. I incorporate my mechanical engineering studies into my artwork and my art into my engineering classes. By being able to study the things I am passionate about, I have a clearer idea of what makes me happy, what I enjoy doing, and where I want to continue my efforts in the future.

Alternative Spring Break and Alternative Winter Break

Alternative Spring Break (ASB) and Alternative Winter Break (AWB) are Vandy’s premier alternative break organizations. They are student-run organizations, sending over 400 students in groups of ten to twelve across the nation and abroad to do service each December and March. Applications for AWB will go live in September, and ASB applications are out in October! Find out more at vandyasb.org
Doing Service at Vanderbilt

CLIVE MENTZEL, Director of the Office of Active Citizenship and Service, Faculty VUceptor

When we reflect on the values that constitute the social fabric of Vanderbilt, it’s clear that as a community, we care deeply. We give back, and in the three years that I have been director of OACS, many students have heard me say that I work ceaselessly to create more service-learning opportunities for our community. Why do I do it? It’s because of the boundless energy and huge intellectual creativity, innovation, and curiosity that students bring as they embark on the huge range of projects they lead and participate in.

Why do students do this? I have heard so many reasons, but at the core, the common thread runs in two directions. Students care deeply. Not only that, students seek firsthand experiences that bring them as close as possible to the challenges societies experience globally and locally. In turn, they do this because they want to be leaders in making change happen for the better of humanity as a whole. Students tell me that their immersion in the daily lives and challenges of communities enables them to gain real-world learning through service as they apply the world-class academic education they receive at Vanderbilt to some of the most profound and basic challenges too many human beings on this planet face. And they come back to campus, sharing these experiences with others, sparking new research directions and enriching existing ones, bringing new perspectives to bear in the classroom and in their interactions with others, their academic pursuits, and their lives in general.

The range of service-related opportunities on campus is wide and growing. Over 70 student organizations exist on campus with the primary objective of providing service opportunities for students. The work they do, taken both individually and as a whole, increasingly meets the needs of a huge range of local, national, and global communities. OACS provides these organizations with support and also acts as a one-stop shop for all aspects relating to service and service-learning. OACS staff members are there to talk through your ideas with you, link you with student organizations and communities, and give you access to local and global service-learning opportunities. Sounds trite, but think you make a difference? You’re right, you do, a huge difference!

For more information on OACS, go to vanderbilt.edu/oacs

From Skeptic to Servant

REBECCA RILEY, ’17, School of Engineering

Anyone who knows me can attest that I am perennally running ten minutes late. It was no different when I rolled into the Crawford House “Meet the Candidates” meeting last August. I checked out the board with the names of the candidates and, to my total surprise, saw my name amongst them for... what was that? House service commissioner?

At the time, I was coming to Vanderbilt off of a very successful, not to mention stressful, senior year. Service was the last thing on my mind. Yet once again I found myself getting roped into another altruistic activity. I was not happy.

It wasn’t until I put service into the broader perspective of the Vanderbilt experience that I began to realize the importance of being both a servant and a student. Service provides a crucial channel for validating the freshman journey. It helps each of us answer the question that suffuses our actions, our motivations, and our very existence: Why are we here? Service allows us to put our experiences here at Vanderbilt into perspective: All the hard work that we put into our education becomes meaningful when we perceive our degrees as tools with which we may serve others.

The Martha Rivers Ingram Commons provides a forum for all first-years to delve into the critical issues of the college experience. The spirit of The Commons is all about addressing these questions in a profound and meaningful way, a way that cannot avoid service to others. Indeed, you may find that, in convincing yourself that service is worthwhile, you discover where your life has meaning as well.

For first-year leadership opportunities, see page 35.

Letting Service Lead the Way

ARIANA FOWLER, ’17, Peabody College, Student VUceptor

I was raised with the understanding that just as we have received help from others, it is our responsibility to return the favor. My major, human and organizational development, focuses on identifying problems and creating solutions, while my track allows me to put an international lens on such issues. This love of mine is reflected in my dream of one day working for the Clinton Foundation or the UN, creating opportunities for those in underdeveloped nations. Service is so engrained in my thought process that I cannot picture myself in any other position.

I have deep roots in service, whether that was my mother setting an example by traveling to Kenya to help open schools for the deaf or my helping in my local food bank when I was in elementary school. Service opens your eyes, whether or not you notice it at first. It subjects you to a perspective and reality that is often extremely different than what you are used to or comfortable with. When we come to college, many of us only have the backgrounds and experiences we were raised with. College itself offers many chances to learn about others, but serving off-campus presents a real world opportunity to both do good and meet people unlike those at Vandy.

Balancing classes and my love for service has been a difficult lesson to learn, but an invaluable one. I am often more passionate about service and more motivated to volunteer than I am to do my homework. My greatest advice is to pick one or two organizations that you are passionate about and spend your free time there. Rather than do scattered service, really devote yourself to one and make it consistent every week. This will allow you to schedule classes and work around what matters most to you. Allow service to change your time here, and you won’t regret it.
My Vanderbilt Experience is a year-long program that provides you a roadmap to your engagement outside the classroom. Managed through Anchor Link, My Vanderbilt Experience offers a menu of events and activities. Events are broken into nine tracks focused on topics such as cultural awareness, service and civic engagement, leadership and personal development, and more. Participation is automatically tracked at card-swiped events, and your progress will be displayed through the My Co-Curricular Programs dashboard of Anchor Link.

Participating in My Vanderbilt Experience will allow you to experience the breadth of unique programs that Vanderbilt has to offer, build new relationships, challenge established ways of thinking, and discover your passions. This program is geared towards students who are looking to have a well-rounded college experience or to establish themselves as leaders on campus. Students who complete this program will be honored at the annual Magnolia Awards and become part of the Vanderbilt Experience Society, which offers special privileges and opportunities such as networking events with alumni and reserved seats at campus events. In addition, they will gain critical skills and experiences that will benefit them when applying for leadership positions, internships, and professional jobs.

Check out the website to learn more and begin mapping out what events you want to attend this year.

**Major Commons and University Events**

In addition to the events listed below, look forward to meeting the faculty heads of house and members of your class at one of the ten Commons Mix-Up events. These social events, held on the weekends, provide a casual way to get to know new people while exploring a different theme at each event!

You can also engage with our community by participating in The Commons Cup competition all year through athletic tournaments, knowledge bowls, service projects, and sustainability events.

### September
- 17 Constitution Day and Citizenship Day
- 17 Undergraduate Research Fair and Poster Session
- 18-20 Family Weekend
- 18 Fall for the Arts*
- 18 Athenian Sings
- 27 Lawson Lecture with Brando Skyhorse*

### October
- 2-4 Weekend of Service
- 5 Crawford Lecture*
- 9 Lights on the Lawn
- 12 Día de la Raza
- 15-16 Fall Break
- 23 Commodore Quake
- 23-24 Homecoming and Reunion Weekend

### November
- 7 Relay for Life
- 19 Hunger Games: Mockingjay, Part 2*
- 16-20 International Education Week
- 21-29 Thanksgiving Break

### December
- 11-19 Undergraduate Examinations and Reading Days

### January
- 11 First Day of Classes
- 17 Panhellenic Bid Day
- 18 Martin Luther King Day

### February
- 5 Commons Ball*
- 20 Dance Marathon
- TBD Murray Lecture*

### March
- 5-13 Spring Break
- 17-19 Mosaic Weekend

### April
- 15-16 Rites of Spring
- 24 Commons End-of-Year Celebration*
- 26–May 5 Undergraduate Examination and Reading Days

*Commons event

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**ANCHOR LINK**

anchorlink.vanderbilt.edu

Learn about the various student organizations and co-curricular programs you can get involved with using Anchor Link, Vanderbilt’s online student engagement platform. Anchor Link serves as the central event calendar for student life and features sites for every registered student organization, Commons house, and a variety of university programs and resources. Make sure to log on to Anchor Link and create your profile today, so you can begin exploring opportunities to become involved on campus.
Vandy Van Stop

Emergency Phones

Emergency phones—or Bluelights—have a button that, when pressed, automatically dials the VUPD Communications Center. An open line on any emergency phone will activate a priority response from a VUPD officer.
Student Center and Recreational Areas
1. Commons Center
2. Alumni Hall
3. Student Life Center
4. Sarratt Student Center | Rand Hall
5. The Wall and Rand Terrace
6. Greek Row
7. Recreation and Wellness Center

Academic Buildings
8. Benson Hall
9. Wilson Hall
10. Furman Hall
11. Neely Auditorium
12. Calhoun Hall
13. Garland Hall
14. Buttrick Hall
15. Featheringill Hall (Engineering)
16. Stevenson Center
17. E. Bronson Ingram Studio Arts Center
18. Blair School of Music
19. Wyatt Center
20. Cohen Memorial Hall
21. Jesup Psychology and Hobbs Lab
22. Payne Hall
23. Mayborn Hall
24. Home Economics Building

Libraries
25. Central Library
26. Peabody Library
27. Stevenson Science and Engineering Library
28. Eskind Biomedical Library
29. Wilson Music Library

Services and Resources
30. Student Health Center
31. Langford Auditorium
32. College of Arts and Science Pre-Major
    Academic Advising Resources (CASPAR) (see #2)
33. Mail Services (see #2 and #4)
34. Campus Copy (see #4)
35. Curb Center (Creative Campus Initiative)
36. Office of Honor Scholarships
37. Health Professions Advisory Office
38. The Writing Studio
39. Tutoring Program
40. Equal Opportunity, Affirmative Action, and Disability Services (EAD)
41. Psychological and Counseling Center
42. Benton Chapel
43. Margaret Cuninggim Women’s Center
44. Office of Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI) Life / K.C. Potter Center
45. Project Safe Center
46. Bishop Joseph Johnson Black Cultural Center
47. Office of the University Chaplain and Religious Life
48. English Language Center
49. Seigenthaler Center
50. Ben Schulman Center for Jewish Life
51. Barnes and Noble at Vanderbilt Bookstore
The people you see walking around this campus are just as big a part of this campus as you are. Be sure to learn from your peers—it’s crucial to your education.
I Hopped Off the Plane

RANI BANJARIAN, ’16, College of Arts and Science, Student VUceptor

The brown carpeting at Nashville’s airport stretched endlessly, at once taunting me at the end of my 24-hour journey and welcoming me to a brand new home. It was all very quiet, quite unglamorous. I was whisked away from the airport and someone from International Student and Scholar Services helped me carry my stuff up to Murray 620. It was bright and silent and a little intimidating, and the next couple of weeks were probably the hardest of my life.

How do you make small talk with the guy brushing his teeth next to you? Why do they keep singing “Shy Ronnie” whenever you introduce yourself? How do you ask if your hallmate wants to jam with you, because you love to sing but can strum only three wobbly chords on your best day? How do you ask someone out on a date? I realized quickly that I wasn’t the only one asking all these questions. Just because I had trekked across the Atlantic from Lebanon to become a Commodore didn’t mean that I had to be the odd-one-out. I was in this space discovering myself and expanding the scope of my experiences in new, fascinating, and beautiful ways—the only difference being most of mine were through the lens of this newfound Americanness that flourished about.

I quickly understood that the Commons experience is so successful because you’re thrown into it with all these other strangers, and you sort of have to make the best of it. There are 1,600 stories around you right now, and it’s entirely up to you to read any and all of them. If you’re an international student, yours just happens to have a little bit of a more unorthodox setup. It’s a wild and empowering journey, and if you don’t feel like you’ve changed—even the tiniest amount—by the time you leave The Commons, then you probably didn’t make an effort to let a new person or experience touch you. It’s so easy to let that happen. In understanding that I was not an ambassador for my culture, family, upbringing, or homeland, but rather an ambassador of my own unique human experience, that I was not a conglomerate of labels but a singular cohesive story, I was able to approach my Vanderbilt career as a journey of personal growth.

But let me tell you, personal growth is not the same as assimilation. As an international student, especially if you’re coming from a distinctly un-American place, at one point you’re going to have sit down in front of a mirror, look yourself dead in the eyes, and reevaluate yourself. Are you going to get an undercut like all the cool kids are getting? Are you going to get a piercing? Are you going to spend your Friday night drinking with the people in your student org? Do you want to go tailgating? Are you going to keep clipping the consonants at the ends of words or are you going to flatten out your Rs and smooth your Ks?

Now, all these questions are very valid, and everyone—not just your fellow internationals—will evaluate their cultural identity at some point. I had a lot of first experiences, and some I ended up feeling a little guilty about. That’s OK. It’s perfectly OK to understand that your mother culture and your host culture are going to be in tension at some point. It’s going to be up to you to figure out which experiences you want to keep having, and which elements of American culture you like, on your journey to establishing a global identity for yourself. Our choices are very powerful and very formative. If you don’t like the frats, then don’t go to the frats. If you love football, then go to all the home games and even the away ones.

Vanderbilt is a place where your choices will define but not limit you, empower but not compartmentalize you. Your degree is important, yes, but who you turn out to be four years from now is a life-affirming experience that awaits you every single day.
The Danger of Identity Foreclosure

VIBHUTI KRISHNA, ’16, College of Arts and Science

Identity Foreclosure: the adolescent tendency to conform to the expectations of others regarding their psychosocial identity rather than explore a range of options—Adapted from James Marcia & Erik Erikson’s developmental theories

When I first came to Vanderbilt, I was shocked at how few people seemed to share my core interests—free thought, creativity, and diversity of expression. It felt as though all anyone wanted to explore was Greek Row, and given its proximity, who could blame them? Within a few weeks, some had already mobilized into cliques, others formed groups based on ethnic or religious identities; I couldn’t help but notice that socioeconomic status seemed to have at least partial influence on peer selection. In my psychology class, we learned about identity foreclosure. This is when an individual assumes the characteristics of a particular identity prematurely, be it for the security of being in a group, paying little attention to (or fearing rejection from) one’s own actual interests, or because of external pressures.

I began to worry that there was little place at Vanderbilt for someone with eclectic interests who still wanted a strong social life. Where was the dorm room philosophizing? The late-night creative sessions, the adventures, the exploration? Had my perception of college been entirely romanticized? As I participated in and attended Blair performances, poetry readings, art exhibitions, and spent evenings listening to guest lecturers, I felt isolated and alone, and I coped by expressing myself less and less. I was unhappy.

As freshman year progressed, however, I realized that although Vanderbilt has some powerful (and obvious) divisions within its culture, they are not impregnable. I decided to become involved in many things so I could figure out where I felt most at ease. Multicultural Leadership Council allowed me to meet leaders of student organizations who live for diversity. When the LGBTQI flag that hung on my Commons house was shredded, my friend and I covered our dorm in flyers supporting acceptance. The art department became a second home and led me to Kefi Project, Vanderbilt’s public art organization. The possibility of correcting the somewhat backward divisions on campus lies within individual students promoting collaboration.

It took time and adjustment, but I am incredibly happy here and happy to say I have friends from overseas, different religious and ethnic backgrounds, Greek friends, openly gay friends, artistic friends, and close friends I honestly never would’ve imagined talking with. I have learned way more from them than in any classroom and am improved (and improving) as a person because of them. Don’t consign yourself to a single type of person or group, don’t foreclose your identity; at a place as diverse as Vanderbilt, you would be doing yourself—and the university—an injustice.

To Boldly Go Where You Have Not Gone Before

NADIAH NORDIN, ’16, School of Engineering

The first eighteen years of my life were spent in Malaysia, the land I was born in. Even then, I had always dreamed of going abroad for studies or on vacation. My parents, two high school teachers with four children to feed, could never have afforded it, although we have a house to call home in a suburban neighborhood of Kuantan.

When I was offered a scholarship to Vanderbilt, I was initially doubtful to accept it, as it meant leaving my family, my friends, and my homeland to live halfway around the world for most of the next four years. Nevertheless, I packed my bags and traveled aboard a plane for the very first time from Kuala Lumpur to Nashville. It was a decision I never regretted.

Studying in the United States has opened me to experiences I would never have gotten anywhere else—from meeting my VUceptors and engaging with professors as well as fellow students to falling off a bike on a rainy day and losing both of my front teeth. I have learned that there is more to life than living in a single place all of your life, and that people are meant to explore the world around them.

And so, my fellow Vanderbilt students, go out there and explore the world around you. Whether you study abroad in a faraway land or engage in a research project or even make a new friend, there is always something to look at if you open your eyes.
Be a Red Shirt

EMELYNE BINGHAM, Senior Lecturer of Aural Studies, Blair School of Music, Faculty VUceptor

A psychologist friend of mine recently asked if I would meet with a client of hers with Asperger’s Syndrome to offer him guidance as he prepared to enter college as a first-year student. Agreeing to help this fellow Aspergian, I asked Bill to meet me at a local coffee shop near the edge of campus. Because people on the autism spectrum often have difficulty with facial recognition, I figured that exchanging photographs would be a lousy idea. “I’ll be wearing a red T-shirt,” I told him, hoping that would be enough of an identifier for him.

When I walked through the door of JJ’s the next morning, Bill nearly tackled me in excitement. “You’re setting the world on fire! I want to set the world on fire, too!” he exclaimed. I was shocked. I certainly did not think of myself in those terms and was surprised to hear him say such a thing. I listened intently as he told me about his life—his hopes and fears and dreams. He was accidentally placed in an art class this past year and discovered he could draw. “Do you want to see?” he asked. He showed me a charcoal drawing of light passing through a shard of glass. It was incredible.

“How could anyone get to be eighteen years old and not know they had such an uncanny ability?” I thought. He spoke of his experiences spending ten years in a small private school and his fears about the upcoming major changes in his life. Would he be able to find his classes? Would he be able to cope? And of course the big question—would he be able to make any friends?

Asperger’s Syndrome is at the high-functioning end of the autism spectrum and is marked by restricted interests, unique language usage, repetitive behaviors, and limited social understanding. People on the spectrum often have difficulty with changing situations and with social interactions. Because the physical structure of the autistic brain differs from that of a neurotypical person, people with autism often possess incredible gifts and a unique perspective on the world. These gifts allow us unbridled freedom to think creatively in an evermore stagnant academic and artistic world.

I shared some of my own experiences with Bill and some things I have learned on my own journey. The thing I found most helpful was having a guide of sorts—someone who took the time to explain the world around me in terms that I could understand. I told him that my guides have taken different forms—from family members and classmates to my teachers who taught me how to look others in the eye and introduce myself. “So someone wore a red shirt for you,” he said. “Yes. Someone wore a red shirt for me!” I replied.

Set the world on fire. Wear a red shirt. Be a red shirt!

Working to Gain Perspective

JORDAN BARONE, ’16, College of Arts and Science

Turning sixteen meant two things in my hometown: getting a driver’s license and getting a job. My friends and I all worked various jobs throughout high school, from retail to office work to fast food restaurants (my personal forte). I didn’t think twice about applying for a job while at Vanderbilt, and one month into my freshman year, I found myself donning a Campus Dining hat and polo. Contrary to what most people assume, the challenge of having a job at Vanderbilt is not keeping up with my schoolwork. In fact, having a job has pushed me to be even more successful academically, because it taught me to manage my time more efficiently. The true challenge comes from the fact that student workers are a minority, a concept I had never been exposed to growing up. It didn’t bother me that my friends didn’t have jobs of their own—I laughed along when they teased me about my not-so-fashionable dining uniform—but the realization that I would feel left out every time they went to dinner or hung out while I was on the clock definitely got to me.

Since freshman year, I’ve traded my hat and polo for a desk job, but I definitely have enjoyed both experiences. Because of my jobs, I’ve made a handful of great friends who come from similar backgrounds and understand the importance of working. Not only does being a student worker allow me to interact with other students that I wouldn’t have met through my other campus activities, but it has given me a new appreciation for the staff members that we interact with as well. There are so many people besides professors who work hard to make Vanderbilt the amazing community it is, and student employment has given me the opportunity to practice my professionalism and interpersonal skills with these individuals as well.

I have so much respect for students who work on this campus, and I urge anyone reading this article to think deeper before dismissing a job as just another extracurricular activity. Thanks to my student employment, I have developed a sense of responsibility, self-sufficiency, and humility that would not have been possible with other activities. So whether the students serving your Comm-odore Tso chicken are working to pay their own tuition or just trying to make some extra pocket cash for all the concerts they want to attend in Music City, they are learning life lessons that can’t be taught inside a classroom.
Confusion at the Munchie Mart

JULIAN SUN, ’17, College of Arts and Science

One night last semester, I went to Kissam’s Munchie Mart to get my routine midnight swipe: blue Powerade, a bag of chips (barbeque flavor), and the best red apple I could dig out of the remaining bruised ones left. This was so automatic for me that I didn’t notice there was a new employee behind the cash register. I absent-mindedly gave her my ID, already holding up the Powerade at the right angle to be scanned.

“You can’t use this card,” she said. I snapped to attention. Oh no. Did I run out of meals? “Why?” I asked in a panic. I can’t function without my usual midnight snack. “This isn’t you,” she said. “You aren’t Julie.” I relaxed. “Oh…yeah, no, that’s me.” I took the card, held it next to my face, and matched the smile in the picture. “I just got a haircut.” The worker next to her, who has rung me up many a time, reassured her that yes, it was me.

After resolving the misunderstanding, I walked happily back up to my room munching on my unhealthily timed snack. I love it when my appearance confuses people. I do it a lot, because even though I present really masculinely, I have a feminine body and voice so sometimes people can’t decipher my gender as quickly as they are used to.

I think about my ID again and chuckle. Julie in the picture was from about a year ago, when I still identified as female. She had long wavy hair (which she hated to take care of), tight-fitting clothes (which she liked looking at but didn’t particularly enjoy wearing), and a huge collection of heels that she never wore, (which probably accumulated from trying really hard to overcompensate for a lack of femininity).

Julie was always just an idea—a façade designed to convince myself and everyone else that I was a girl, destined to do girl things. I’m proud to say that I don’t need Julie anymore. In her place is a stronger, truer me, who is more a boy than a girl, who actually likes my clothes, who is more confident, and who doesn’t feel so out of place anymore.

The cashier at Munchie was right. I’m not Julie. I am Julian, looking forward to becoming the best me that I can be.

My Mom, My Sister, and My Boyfriend

CONNOR D. HENDERSON, ’16, College of Arts and Science

That’s how I came out at Vanderbilt. I sat in a circle with my pledge brothers, the last to answer the question “Who are the three most important people in your life?” I fix my eyes on a chip of paint on the ground, unwilling to meet their eyes. Possible scenarios flash through my head. Maybe I’ll get off easy, they’ll make a joke of it, and we’ll move on. Five seconds of silence pass. Ok, maybe it’s worse. I’m going to get another lecture on God and sin. Another five seconds. One of my brothers clears his throat. “Connor, I... had no idea... Thanks. I mean, thanks for telling us.” I look up and meet his eyes. He was sincere. Slowly, my eight other pledge brothers chime in, agreeing. “Yeah, thanks.” “Dude, that’s so cool of you.” “Can you help me do my hair for a date later?” We laugh. Looks like I was right about the joke, at least.

In that moment, I needed someone to support me, and I found it in a place I thought less than likely—my fraternity.

I began my Vanderbilt career in a long-term relationship of almost three years with a boy named Dillon from my hometown. Coming from a conservative, fundamentally Christian town in Southern Illinois, our love story was complicated. That is, we both had family, friends, and pastors who would disapprove of us. Dillon is in the Army, and “Don’t Ask, Don’t Tell” hadn’t been repealed yet; thus, our coming out would have resulted in a dishonorable discharge, akin to a scarlet letter on his future job applications.

As many LGBT people know, the closet is a dark place. For me, it only bred self-loathing. That first semester at Vandy, as my relationship with Dillon ended, I wanted out of the closet, but I needed someone to catch me once I was in the light. I leapt out of the closet, and my pledge brothers caught me. You might be surprised who would catch you too if you just opened the door.
Tokenism

CHelseA Yip, ’18, School of Engineering, Student VUceptor

Tokenism is the inclusion of a member of a minority into a group to give the appearance of inclusivity. When I learned about the concept, I found it appalling. I never imagined it would be present on a college campus. More, I never imagined that I would be the token.

When I came to Vanderbilt, I jumped at any opportunity to get involved. I tried out for the BhangraDores and was ecstatic when I made the team. At our first practice, returning members gushed about how I was just like a younger Angela. I was happy to be compared to a talented alum until I realized that they meant—I was fulfilling the team quota for the token Asian girl. Was it my audition or my race that gave me a spot on the team?

When my sorority was a finalist for “chapter of the year,” my president asked me to help represent our sorority at our chapter presentation. This past recruitment, my sorority listed “diversity” as a value, as if diversity were a goal attained by having a certain number of minority girls in the newest pledge class. I wanted to help my chapter win this award, but it frustrated me that I may have been chosen to speak at our presentation because of my heritage.

To the class of 2019, pursue your passions without hesitation. You may end up a Vanderbilt poster child for diversity. A name tossed into conversation as “proof” that campus organizations embrace diversity. My challenge to you is this: don’t let yourself simply be a token of a minority group. Understand that your identity is as much rooted in your values as it is rooted in your background, so that when people say your name, you are a representation of beliefs rather than a token of a minority.

Acceptance

FAriSHTAy yAMin, ’17, School of Engineering

I tolerate a fly buzzing around a room. I tolerate an electricity outage. Maybe I complain, but I’ve learned to become patient. The fly irritates me, but I have to deal with it. It’s a fact of life.

My freshman year I prayed somewhere in the stacks of Peabody Library, because I didn’t have time to go back to my room. I carefully chose a secluded spot with no traffic—on the top floor in a far corner. I made a prayer mat out of notebook paper, took a black scarf out of my backpack, and prayed as fast as I could.

“No one comes up here; you’ll be fine. What if someone sees me? You don’t have time to pray the second half; get out of here fast and take your scarf off.”

I breathed with relief when my prayer ended. The day before, a man had wandered into my corner, stared at me, and ran out before I could say something. The previous day I saw two girls grimace as they watched my friend pray in a study room. And another time, a girl smirked when she saw me wash my elbows in the sink before I prayed.

Sure, they exhibited tolerance. They were displeased. They were amused. They were condescending, but hey, they let me pray, right? As long as they didn’t rip my scarf off, they were tolerant.

But tolerance and acceptance are two different things. When you see someone doing something different, that may be strange to you, don’t smirk. Don’t laugh. Ask questions. You can ask me why I’m praying in a corner of Peabody Library or why I wash my elbows. But I ask that you accept me as your equal. Don’t make another student feel scared to pray in the library. Don’t tolerate them. Accept their identity. Accept their differences.
Privilege

NICK SPARKMAN, ’17, School of Engineering

“So… what are you?” This question, asked by a white student, was posed to a person in my house who identifies as biracial. I watched my friend hesitantly fielding the question. I cannot truly understand what he felt as he was (under social pressure) forced to explain his racial identity to someone just because that person was curious. Moments like this make me realize that I have a huge privilege, or advantage. As an obviously white person, my race is easily accepted in social scenarios at Vanderbilt, and I am never asked to explain it to someone.

Vanderbilt is in the midst of a lot of discussions surrounding privilege—what it is, how it influences our experiences, and so on. It is critical to understand privilege in order to understand and participate fully in these discussions.

Here’s my advice: don’t be angry if someone attempts to explain to you that you have a privilege. If you’re a straight person, I may explain my experiences as a gay person to you in terms of your privilege. If straight, you can confidently walk with a significant other in public without having to evaluate the probability that you will be the target of undue scrutiny or hatred for doing so. If you rarely wonder what it would be like to be a gay person, you may not realize your own relative comfort due to your privilege. No one is bad for having privilege, and I don’t deny any of your struggles just because you have privilege.

Educate yourself on the topic of privilege, and dive into the discussions happening around you. I can promise you that your experience here will be richer for having done so.

Microaggressions

LAUREL HATTIX, ’16, Peabody College

“It must be nice knowing that even though you aren’t really black, you always have affirmative action to get you where you want to go.” Welcome to my first week at Vanderbilt. Along with rocking the first-year T-shirt, trying to decipher what counted as a side or entrée, I was bombarded with countless “So, what are you?” questions, several unwelcomed hands pulling at my hair, and a few too many people labeling me as “exotic.” I had never been so aware of the inconvenience my racial ambiguity caused complete strangers.

Weeks later, as Commodore Tso’s Thursday had become routine and I knew how to pronounce “Grins,” I sat in my sociology class. The professor scrawled across the board “microaggressions.” As she explained its definition, I found myself breathing in relief. There was a word to explain my experiences. A word that understood the libraries in my chest, which carried my accumulated stories. Stories of being told “You are beautiful for a black girl,” “You sound so white,” and “Are you here on a track scholarship?”

For some of you, this story reads like your own narrative. For you, know that here you will find professors with open ears and cups of tea who will give you poetry, research articles, and their own narratives for solace. There will be VUceptors, RAs, and that upperclassman in your Spanish class who will handle your rants with grace and Jeni’s ice cream. People who will let you be angry without defining you as angry.

For some of you, this story is foreign. And for you, I ask that you meet your fellow ‘Dores with listening ears. See people as people not as social issues to be dissected. Know that you can never invalidate someone’s personal experience. And above all, seek to understand more than you seek to be understood. Our common identity is Commodores. Make it an identity we are proud to claim.
To be honest, not every day at Vanderbilt will be easy. These bumps on the road will make you who you are. Please learn from them.
College is a truly amazing time: a time to discover who we really are, independently of those who have been most influential in our pasts, yet surrounded by those who will inevitably shape our futures. It is a crossroads at which we make some of the most important decisions thus far in our lives, and it provides us with countless opportunities for personal growth, discovery, and community building. Amidst the excitement and chaos of your first few weeks on campus, it is so easy to forget that with these great opportunities come significant social, academic, and personal challenges.

Life at Vanderbilt is not always easy. We, your VUceptors, are not going to hide it or deny it. We’re going to talk to you openly about all sorts of uncomfortable topics, from binge drinking to discrimination to depression. To start these important conversations, VUcept created True Life: I Go to Vanderbilt. This performance, presented by a cast of VUceptors, introduces you to issues that can and do arise for Vanderbilt students. It emphasizes the importance of looking out for one another and highlights the campus resources that can help students grow.

True Life consists of a series of stories based on struggles real Vanderbilt students have faced, and anonymous student quotes stating how they have overcome their own personal hurdles and grown in the process. It also focuses on the importance of building a campus community that we can be proud of, in which each member feels safe and supported, takes responsibility, and seeks counsel when help is needed. We hope that these stories will not only provide vital information but inspire lasting, critical dialogue across The Commons and the greater campus community.

At times, the material can be hard to swallow, but we are united in our belief that these issues are too important to ignore. You will likely face situations that pose challenges to your integrity or character in one way or another, whether because a friend, classmate, roommate, or you yourself is in need of help and support. Whatever the case, True Life and VUcept promote increasing awareness and open discussion of the issues confronting students from all corners of campus. We firmly believe that we all have a responsibility to actively engage these issues, even when it may be uncomfortable, to care for each other and help one another make the right decisions, and to strengthen the community that we all share.

On the Downside of “Work Hard, Play Hard”

ANONYMOUS

My experience at Vanderbilt has been exceptionally challenging and incredibly rewarding. There is this accepted notion that we “work hard, play hard,” and I strived hard to fit that mold. But in my attempt to keep up with everything, I became depressed and turned to dangerous coping mechanisms, namely excessive drinking and drugs. On the surface, my success seemed evident. I managed to be the president of an organization, a VUceptor, a member of a sorority, while handling a heavy course load. Despite my outwardly happy nature, I would drink until I blacked out and abuse painkillers to avoid the reality that I was, in fact, struggling with depression. When I began to get in trouble—earning myself a visit to the hospital and a citation from the police—I finally realized that I couldn’t keep up my lifestyle.

Making decisions for one’s own benefit is extremely hard, but my situation finally convinced me to act on my own behalf. I chose to distance myself from people who would make it difficult for me to change, to seek help from the Psychological and Counseling Center, and to put my energy into things that make me happy. As a result, I became a better friend and person, and a happier, more fulfilled me, and I was chosen to serve as a resident adviser and in a small position in my sorority.

I am so fortunate to have had my struggles, because without them, I would have never known the immense joy I feel now after overcoming them. There are hard days, and there are even harder days. It’s never easy to keep distance from certain friends when you must choose between nights out or putting your health first. But, I write this with so much happiness and gratefulness, for I owe many people at Vanderbilt—from counselors and residential education staff to recovery meeting peers and my friends—for their support. The Vanderbilt community is one large support group available to every student. Proudly, I am both a member of the Vanderbilt community of support and a beneficiary of its understanding.
Take Control and Think

ANONYMOUS

For many students, college is the first time they find themselves on their own, away from the supervision and guidance of their parents. For some, it is the first time they are exposed to drinking alcohol while for others it is not. Either way, drinking can become an overwhelming responsibility.

When I came to college, my drinking became an issue and got out of control. It was very easy to find reasons to go out multiple times a week, but I now understand what a problem that can become. My grades suffered, and my alcohol issues led to a semester-long suspension from Vanderbilt.

I deeply regret what happened and now face the consequences of my actions—not only did I miss a semester, but I also went through counseling, guilt, and embarrassment. Furthermore, now I have a tainted transcript that will affect future employment. In addition, I have a reputation amongst my peers and the staff of Vanderbilt University that does not reflect who I truly am as a person, but rather, who I was one night when I was too drunk to make better decisions.

The term “drinking responsibly” holds greater meaning for me, because I now realize how one bad choice under the influence of alcohol can turn into a challenge that needs to be dealt with every day for a long time, and probably for the rest of my life. I have realized how important it is not only for myself, but my family, my friends, and my future to not let the college drinking scene take control over who I become.

Alcoholism exists in college although it may seem as if drinking is just the typical atmosphere. Students need to learn that regular drinking can lead to alcoholism and speak with campus resources if they find themselves traveling down, or even nearing, that road. Do not tell yourself that, “I will not become that person;” you might not even realize it. I have experienced first-hand the negative effects of alcohol abuse.

I let alcohol take control over me and my better judgment, and I have continued to pay the price for it. To this day, I continue to face the consequences of my irresponsible actions. Believe me, it is not easy to have to explain to someone why my transcript includes “Suspended for Disciplinary Reasons.”

Help a Roommate in Crisis

ANONYMOUS

I was a little concerned about random roommate assignments at the beginning of the year, but I was lucky and got someone I could have been good friends with. We probably were not our RA’s favorite residents, but we had a good time and still managed to do fairly well in school.

Some time around midterms, things began to change. My roommate started going out five nights a week, almost every week. He’d sleep through classes and then take Adderall to fuel his all-nighters. Sure, I’m not perfect and I did that too from time to time at first, but not nearly as much as he did. By March my roommate was living in a cycle of alcohol binges and Adderall abuse. His behavior was risky; I knew he could run into some serious issues with VUPD and the Office of Student Accountability. I was mostly just worried about him, though.

I tried telling him to slow it down, but he brushed me off every time. My roommate needed help but didn’t want it. It’s scary realizing you have to choose between helping your friend and saving your friendship. Eventually, I went to my RA, who handled everything from that point forward. Sometimes you need help to help.

Naturally, my roommate was pretty mad. He gave me the cold shoulder for the rest of the year, and we stopped hanging out together when we weren’t in our room. We left the year on pretty bad terms, but at least he was starting to change his dangerous lifestyle. When it comes to friends, their problems are your problems. I hope one day he realizes that this was the only way I could help him.

VANDERBILT RECOVERY SUPPORT

As our Collegiate Recovery Program, Vanderbilt Recovery Support offers weekly student-facilitated meetings as well as social and service events. For more information about meetings and events, please contact Katherine Drotos Cuthbert at 615-343-4740 or email recovering@vanderbilt.edu.

Recovery Housing, a sober living and learning community, is also available for undergraduate students with a minimum of six months sobriety. Students in Recovery Housing are provided with individual mentorship, accountability to one another through randomized alcohol/drug testing, and a discreet and substance-free living environment.
Vanderbilt is a dynamic community with high expectations for its members. The core values espoused in the Community Creed—scholarship, honesty, civility, accountability, caring, discovery, and celebration—provide a framework to guide students as they engage in academic and social experiences in addition to when they are faced with challenges and difficult decisions.

To refine and give life to these core values, specific community standards that apply to a student’s participation in the community exist within the various schools, departments, organizations, and facilities on campus. These standards govern personal interactions with faculty, staff, and fellow students, respect for university property and the property of others, and the possession and use of alcohol and other drugs.

Good citizenship and mutual adherence to Vanderbilt’s values and standards are critical to the continued success of our community. Students are expected to respect themselves and others, to act responsibly, and to be accountable for their actions. Students make the most effective decisions when they are mindful and demonstrate an understanding of potential impacts on the individual and the community.

**Alcohol and Drug Policies at Vanderbilt**

Reflect and supplement all state and local laws pertaining to alcohol as well as illicit and prescription drugs, including underage possession and consumption of alcohol. Here are summaries of a few of Vanderbilt’s policies that are helpful for members of our community to understand.

**Sanctions:** The student accountability system has five levels of sanctioning:

- Educational Conference
- Deferred Probation
- Probation
- Suspension
- Expulsion.

An Accountability Action Plan will accompany all sanctions, except expulsion. A student may receive any of the five sanctions depending on factors such as the severity of the incident and the student’s disciplinary history.

**Consequences** for students placed on disciplinary probation are high. During the period of probation, students may not, for example, study abroad, hold certain leadership positions in student organizations, become an RA or VUceptor, or join a fraternity or a sorority.

**The Immunity Rule** provides that students who seek medical attention for intoxication and those who help them in doing so will not be formally disciplined for the intoxication and the underlying violations of drug and alcohol policies; however, they will be required to complete a drug or alcohol assessment.

**Respect for Others**

**Kait Spear, ’16, College of Arts and Science**

As incoming students to Vanderbilt, we experience unprecedented autonomy and privacy, particularly with regards to our bodies and actions. This can bring unmitigated joy in discovery—perhaps of clothing style, food preferences, or the transformation of a dorm room into a home—but it can also bring responsibilities with which we are not yet familiar. At the dawn of our discoveries, we may become so enraptured with our own choices and our own uncertainties that we neglect to respect the autonomy of our peers and the values that sustain our community.

No one wants to realize that they have hurt someone, have done wrong, or have made a mistake. No one wants to realize that they may never receive absolution for actions taken in ignorance, or that ignorance cannot excuse them from responsibility. However, regardless of our good intentions and our distaste for wrongdoing, sexual misconduct is prevalent, and people of all identities have been and will be hurt by their peers.

The first step in addressing this pain and disrespect is to admit that our community has not been damaged by outsiders, nameless villains of evil intent, but rather it has been disrupted from within, not only by students on this campus, but by our friends and ourselves. We must accept accountability for our actions if we hope to revolutionize our campus climate. For while educational programs and institutional reform are vital tools in our toolbox, a nail is useless without a hammer.

How can we be accountable? Open and honest discourse. Education about consent and fact-based research surrounding holistic sexuality. Critical self-assessments. Systematic inquiry into and review of our institutions. As someone who has experienced personal power-based violence and as a campus leader for reform, I am not here to ask you for anything, nor am I writing in order to guilt you into attending seminars or writing a critical op-ed about the court systems. I am simply informing you that worthwhile and prompt change is not possible without accountability.

A healthy campus culture is not possible unless we explore our freedom and autonomy with a cautious respect for the freedom and autonomy of others.
Share the Burden

ANONYMOUS

In August before school started, I lost my virginity in nonconsensual sex to the guy I was dating at the time. I blamed myself for the incident, thinking that I should have been able to stop him. I valued my virginity and had wanted to lose it in a meaningful way. The months following the incident I felt ashamed, worthless, and as if my life was spinning out of control.

I sought to regain control of my life by obsessively controlling what I ate and avoided dealing with my feelings by obsessively running. I did not take care of myself because I felt unworthy, and after months of this behavior, I was worn out and empty. I lost my energetic personality and no longer enjoyed the great things about my life. My friends saw the changes in my behavior and my appearance, and finally I confided in a best friend.

Realizing what a huge burden I had placed on myself, she recommended that I use the resources available at Vanderbilt and visit the Project Safe Center and the Psychological and Counseling Center. While seeking help was scary at first, I am happy that I went. The counselor did not pry into my life, and I never felt that I had to tell her anything I wasn’t ready to reveal. I was afraid of being judged, but all I received was care and understanding.

Explaining my circumstance to someone else made me come to a place of acceptance. I was taken advantage of, and although it is not what I wanted for myself, from now on I can write my own story and take charge of my own life. I would not have gotten there without the guidance of my counselor. We are not meant to handle life’s disappointments alone, and it is never a weakness to ask for help.

My Green Dot

ANONYMOUS

I met Sarah* towards the end of freshman year. I could tell from the beginning that we were going to get along. Plus, we were kindred dance buddies, which meant that neither of us had any shame in looking stupid and goofing off. Pre-med, pretty, and funny, this girl had everything together. It wasn’t until one late night conversation when we stayed up into the morning that she told me her secret.

For two years, she had been in an abusive relationship. Her boyfriend would routinely yell at her and sometimes he would even hit her, but always in places where her long sleeves could cover up the bruises. She had finally ended things a few months into the school year, but she still remembered every damaging word he had ever said to her. Then she said something that I’ll never forget. “Everyone told me after it was over that they were so glad, because he wasn’t any good for me. Why didn’t anyone say anything before? Didn’t they care enough about me?”

Imagine a United States map covered with dots. Red dots represent acts of violence. Green dots represent prevention, awareness, and the individual choice to make the community safer. The Green Dot program seeks to raise awareness and prevent power-based violence by empowering individuals to recognize red dots and to do something to prevent them from happening.

We are surrounded by red dots. We’ve all seen the girl who’s been put down by her boyfriend. Maybe it’s when he calls her worthless and stupid. Or maybe it’s when he actually slaps her. Maybe we don’t say anything because we don’t want to step out of line. But silence only means that people like Sarah keep getting hurt over and over again. That’s where things need to change. I care. Instead of silence, my Green Dot is honesty. What’s yours?

*Name has been changed

GREEN DOT: A green dot symbolizes a moment acted to prevent or intervene in power-based personal violence. Be a part of the solution by visiting vanderbilt.edu/greendot. If you or someone you know has been a victim of power-based personal violence, please contact the Project Safe Center at (615) 875-0660, or you can call the 24-hour Support Hotline at (615) 322-SAFE (7233).

Upcoming Events

Sunday, August 30 • The Commons Addresses Sexual Violence
Join your house to learn more about Vanderbilt’s resources designed to prevent and address sexual violence, including stalking, intimate partner violence, and sexual assault, and how you can get involved on campus to help eliminate power-based personal violence.

Student Life Center Ballrooms—See page 15 for the time your house will attend.

Thursday, September 10 • 7:00 p.m.–9:00 p.m. • Join the Bystander Movement
Presentation by Dr. Jackson Katz, co-founder of Mentors in Violence Prevention.

Student Life Center Ballrooms—Check page 17 for more information.

Our Community Standards Continued: POWER-BASED PERSONAL VIOLENCE

Power-based personal violence, including sexual violence, is antithetical to Vanderbilt’s values and standards and has no place in the community. Vanderbilt’s policy requires students to obtain effective consent when engaging in sexual activity. Effective consent is consent that is informed, freely and actively given, and consists of mutually understandable words or actions indicating a willingness to engage in mutually agreed-upon sexual activity. In general, students are expected to show care and concern for fellow community members. One way they may do this is by intervening, when appropriate, to ensure the safety and well-being of a friend. Vanderbilt provides opportunities for students to learn how to be an effective bystander and intervene safely.

Students affected by power-based personal violence may seek support and assistance at the Project Safe Center, or they may speak confidentially with a mental health practitioner at the Psychological and Counseling Center, a health practitioner at the Student Health Center, or a pastoral counselor at the Office of the University Chaplain and Religious Life.
Cutting Through the Pressure

ANONYMOUS

I left high school with complete confidence in myself and was excited to come to Vanderbilt. When I arrived on campus, I met so many fascinating and accomplished people. It seemed that all my classmates had taken 15 AP classes, or published a paper in a prestigious research journal, or started a burgeoning nonprofit. By comparison, I felt just average. I had never accomplished anything extraordinary. My first three semesters flew by and I did everything in my power to become more than ordinary: I took 18 hours, declared a double major, volunteered at the hospital, tutored underprivileged high school students, worked two jobs and 15 hours a week in a research lab. Each semester I took on new commitments, while trying to stay on the dean’s list. However, I still did not feel good enough. My peers still appeared to excel way beyond me through their extracurricular commitments and academic feats.

Then my long-term boyfriend broke up with me, because I was no longer making time for him or myself. He dismissed all my efforts and said I was killing myself. I brushed it off because he just seemed to discourage my attempts to succeed, but my feelings of inadequacy grew. I hated myself every time I didn’t get an A or couldn’t make it to a meeting. As everything spiraled out of control, I searched for a quick solution. I began to cut to allow myself to feel like I could control my struggling. Yet my emotional pain worsened along with the physical pain from my cuts. After four months of personal turmoil, twenty lost pounds, and many added scars, I finally realized that my ex-boyfriend was right: I was killing myself to fit in and was hurting myself to manage all my overwhelming feelings of insecurity.

I gathered all my courage, went to the Psychological and Counseling Center, and told the receptionist, “I’m having issues and I don’t want to feel like this anymore.” Within five minutes of showing up, a psychologist took me in for an appointment. She understood the social, physical, and academic pressures of Vanderbilt. She listened to my story, validated my feelings, and referred me to a psychiatrist whom I saw for quite a while. Now after being in complete remission from self-harm for five months, I no longer feel the dark sense of inadequacy. Instead, I have learned again to be proud to be me, a strong, smart and involved Vanderbilt student, and proud to have sought help from a campus resource.

Running Toward the Ever Elusive Carrot

ALISHA NEWTON, ’17, Peabody College

In high school, I fetishized food and elevated my exercise routine to the level of a religion. Although I was strong and physically fit, I suffered psychologically.

Since then, I have worked to change my perspective. Now, although I support regular exercise, I believe that the reason to exercise is not to whip your body into an “acceptable” shape, nor even to ameliorate the dreaded “Freshman 15” (which is actually more like the “Freshman 5”).

No, the reason to exercise is to care for your body and to feel and appreciate its strength. Exercise even boosts stress-fighting hormones in your brain like serotonin—the same compound targeted by many depression and anxiety medicines.

Furthermore, if you exercise because you do not feel good enough the way you are, your motivation will not last. If you are a rabbit literally running toward the ever elusive carrot on a stick, it won’t be long until something snaps. As a troubled teenager, I realized that what I was doing to myself was only hurting me, despite my best intentions to be “healthy.”

Going to the gym to lose weight is often intricately tied to societal attitudes toward our bodies, especially for college students. Many women (and men) feel pressure to match an ideal body size, whether that means a flat stomach or muscular arms, but continually ramping up your exercise habits is not the answer to this systemic issue.

The solution is a deep understanding of how to meet your body’s needs in healthy ways. As long as you are within a healthy weight range, you do not need to compare your body to others’. Instead, treat your whole self with kindness. Go to the gym, choose the salad, but do it to take care of yourself, not to “fit in.”

Support for Healthy Body Image

The student organization Vanderbody promotes creating healthy lifestyles among undergraduate students.

The Wellness Center at the Rec Center offers general wellness and nutrition advice.

The Psychological and Counseling Center offers support with eating disorders, including the Mind4Body Group.

The Student Health Center provides comprehensive eating disorder care including a nutritionist.
Fight the Unseen

ANONYMous

I vaguely remember a time when I didn’t think about food all the time, but that was a long time ago. After my freshman year of high school, a few “healthy choices” spiraled into a painful battle with anorexia nervosa. I counted every calorie, weighed myself twice a day, and isolated my friends and family who were reaching out to help.

I’ll spare you the details of my illness; suffice it to say that my 5-foot, 6-inch frame weighed about 95 pounds by the time my recovery started. I was lucky; my recovery went smoothly. By my senior year in high school, I was a completely “normal” student. I graduated salutatorian of my class, was involved in numerous student organizations, had amazing friends that I was terribly sad to leave, but I could never shake the label of “The Anorexic Girl.” I was determined to go to college and never let anyone know.

During my first year at Vanderbilt, I fought some of the biggest battles of my life. I learned to eat in public regularly. And, I don’t know how it happened, but sometimes I just didn’t obsessively count calories. Over the course of that semester, I learned to eat ice cream, pizza, peanut butter, birthday cake, and frozen yogurt. Holidays had always been the hardest, but, at home for breaks, I ate my first Thanksgiving and Christmas dinners in years. My parents were incredibly relieved; I had actually gained weight in college. I’m not going to tell you that accepting this was easy; on the contrary, I cried, panicked, and swore I would never eat again. I calmed down when I realized that I was actually living a normal life—the disease didn’t consume me quite as much anymore.

My time at Vanderbilt was part of my larger recovery. I saw a nutritionist for a while during my first year; she helped a lot with the adjustment, and I went to the Student Health Center regularly until I graduated. I was able to talk to some of my closest friends about it, and that was really good, because I still needed help sometimes. I’m still praying for the day I look in a mirror and don’t see myself as huge. When I think how much I was able to grow at Vanderbilt, when I realize the illness no longer paralyzes me, I have hope that that day might actually come.

Almost Transferring

ANONYMous

I could not have been more excited to come to Vanderbilt. My brother, cousins, and older friends loved their experiences, and this was MY TIME. Everyone seemed certain I was going to love everything about school, so it never occurred to me that this might not be the case. Unfortunately, my first semester at Vanderbilt did not go according to plan.

The reality of “Vandyland” did not meet my expectations. At first, I couldn’t put it into words, but the excitement I thought I should be feeling was replaced with a feeling of emptiness. I kept telling myself that more new friends, a particular meeting or sports practice, or another football game would make the emptiness disappear. Instead, when these events didn’t bring this turnaround, I became more and more discouraged. Not wanting my parents to worry, I tried not to mention it.

But by Family Weekend, I said to my mom for the first time: “I hate this school.” Although it was difficult to explain why, there were a few things I was able to verbalize. I did not know how to deal with the shallowness that I felt dominated student culture. Whereas I had been passionate about my role as an athlete in high school, here I couldn’t find anything I truly cared about. Worst of all, I wasn’t myself. Not that I was being fake to make other people happy, but rather I felt as if a part of me was missing. Usually a happy, outgoing, and relatively funny person, I was so miserable that I actually noticed the few instances I smiled. The fear of losing myself drove me to apply to transfer for second semester, which was one of the best decisions I ever made. The moment I sent the application a weight lifted off my chest. With a way out, I saw my situation with fresh eyes. Towards the end of the semester, things began to turn around. I talked to upperclass students who had gone through similar experiences, developed relationships with a couple of professors and with two people who are now my best friends, and I committed to two student organizations. With more interest in my work, more laughter in my life, and an outlet for my energy, I told my family over winter break that I would stay at Vanderbilt, if a few more things fell into place second semester. Everything has fallen into place. The last piece of the puzzle for me was participating in Greek life, although I had been strongly against joining the Greek community first semester. Reaching out to other students and faculty and furthering my engagement with campus has connected me with so many fantastic people. My advice: no matter how many times you feel like things are not going your way, put yourself out there and keep trying.
Failures in a Bottle

ANDREW BRODSKY, ’18, Peabody College, Student VUeceptor

The problem on our campus is that everyone is just too wonderful. There is someone here who is better than you at everything, and without effort. They’re double majoring in chemical and biomedical engineering, studying abroad, and feeding 2,000 starving children at a food bank in Tanzania.

The problem on our campus is that we don’t want anyone to see us struggle. What do we do, if we don’t put our failures out in the open for others to identify with? We bottle them up, giving them agency to grow and devour our sanity. We bottle them up to evade weakness, afraid it will scare off the friends we work so desperately to hold on to. And the price is isolation, insecurity, and depression of our fellow students and ourselves. I challenge you to uncork that bottle and let your story pour out. Here, I’ll go first.

I’m a sophomore, double majoring in HOD and communication studies. Of course, I don’t want to admit that I’ve actually changed majors 17 times, twice entertained the idea of dropping out (once to be a florist, the other to be a New York cabbie), and had four mental breakdowns because I have no idea what I’m doing with my life.

I’ve been to several appointments at the Psychological and Counseling Center. I’ve also cried for ten minutes straight while looking at their website to make an appointment and convinced myself that there was something wrong with me, because I knew no one else who went there.

I was in the alternate pool to be an RA, applied to be on Honor Council but didn’t get an interview, and was rejected from ‘Dore for a Day and as a tour guide. I barely made a C in Chem 102 my fall semester and withdrew from Math 150 because, apparently, I’m not nearly as good at those subjects as high school had led me to believe. But, I still have to constantly placate myself, because I’m still awesome and proud of what I’ve experienced—and everyone I know goes through those exact same struggles.

Well, that’s me.

Now swallow your pride, step out from behind your facade of felicity, and expose the insecurities and doubts and worries that keep you up at night. Don’t let these so-called failures and deficiencies tear you down in silent solitude. It will be a comfort to many to know that they aren’t facing these issues alone.

Losing a Loved One

JACKSON VAUGHT, ’16, College of Arts and Science, VUecept Board member

The first year of college can be difficult for anyone—moving away from home, finding new friends, adjusting to class…the list can get quite lengthy in terms of what can make the transition not the easiest.

During the spring semester of my first year at Vanderbilt, I experienced something quite unexpected that made the transition take on a new level of difficulty. The loss of my grandmother was perhaps the hardest thing I have ever undergone. Not being able to spend every Sunday afternoon on her back porch while away at school had been hard enough, but the thought of never being able to share more memories with her was almost unbearable. As a result of her death I had to take off a week from school to go home and be with my family, and the thought of getting behind in class added a new layer of stress on top of the grief. However, I soon experienced something else that was very unexpected: the overwhelming support of the Vanderbilt community.

Losing a loved one while separated from your family is unique in that the immediate grief is not the hardest; it’s weeks later, when the numbness has worn off and the reality of loss has begun to settle in, that support is needed the most. Not only were my professors incredibly understanding of my situation, but the amount of support I received from my hallmates, friends, and even my faculty head of house was nothing short of incredible. Although I still miss my grandmother every day, experiencing the loss showed me that our community creed is not just a piece of paper that we sign our first day on The Commons. Rather, it is an oath to support, guide, and love your fellow Commodores through all of life’s ups and downs.

Grief Support

The Psychological and Counseling Center offers ongoing support groups for students dealing with grief. To learn more and how to join, please contact Johanna Shadoin at 615-322-2571 or go to medschool.vanderbilt.edu/pcc/grief-talking-circle.

To learn about grief support through the Office of the University Chaplain and Religious Life, contact University Chaplain Mark Forrester and Associate University Chaplain Gretchen Person at 615-322-2457.
There’s a reason Vanderbilt can only exist in this city. Nashville is an amazing place. It’s hard to see all of this city, but we can help you get started.
Around the World with Nashville’s Immigrants

**JONATHAN HISKEY,** Associate Professor of Political Science, Faculty VUceptor, and  
**KATHARINE DONATO,** Professor of Sociology, Faculty VUceptor

As Vanderbilt has transformed itself into an internationally recognized university with an increasingly diverse campus, so too has Nashville undergone dramatic changes. Moving from a small Southern city known for its country music and cowboy boots, Nashville has become a place that AOL calls “America’s New Boomtown City,” *Business Insider* ranks it one of the “Hottest American Cities of the Future,” and *The New York Times* describes Nashville as the new “it” city for immigrants, diversity, and economic growth. The buzz is robust: a growing and dynamic immigrant community is translating into innovations throughout Nashville and Tennessee.

Between 2000 and 2012, immigrants accounted for nearly 60 percent of Nashville’s population growth, and now make up 9 percent of the city’s population with close to 124,000 foreign-born residents. They come from all over the world, including India, Mexico, Iraq, El Salvador, Guatemala, Egypt, Laos, and Somalia. Among those from Iraq, most entered as Kurdish refugees—Nashville houses the largest population of Kurds in the United States. This demographic dynamism offers Vanderbilt students a chance to experience the world without ever leaving metro Nashville.

A trip down Nolensville Pike (easily done by car or public transit) signals to visitors the diverse contributions of Nashville’s immigrant community. You can find restaurants and markets that span the globe, such as Thai Taste, Seoul Garden, Azadi International Food Market, La Esquina Pupuseria Salvadoreña, Kabul Global Foods, Guantanamera Restaurant, and, for dessert, Basmah Sweet and Pastry. Across the region, signs with the words *tiendas, iglesias,* and *taquerías* abound. Nashville’s Chamber of Commerce reports hundreds of businesses run by foreign-born residents, and they currently employ more than 40,000 people in health care, advanced manufacturing, music and entertainment. Together, these establishments offer an exciting and appetizing opportunity for a real-world education in the international vibrancy that defines the new Nashville.

Volunteering at one of the immigrant community organizations around Nashville offers a fabulous chance to learn and become an active participant and contributor to the city’s international dynamism. Conexión Américas, the Casa Azafrán community center, Islamic Center of Nashville, and Tennessee Immigrant and Refugee Rights Coalition, for example, provide a wealth of volunteer opportunities guaranteed to open many doors of discovery.

Every year, thousands celebrate Nashville’s internationalism by attending cultural festivals. Do not miss the African Street Festival or the Celebrate Nashville Cultural Festival in Centennial Park! These are some of the events that bring us together and show the many nationalities that contribute to Nashville’s global community.

Casa Azafrán: casaazafran.org  
Conexión Américas: conexionamericas.org  
Islamic Center of Nashville: icn.org  
Tennessee Immigrant and Refugee Rights Coalition: tnimmigrant.org

**INTERNATIONAL MARKETS**

**AL SANABIL BAKERY AND MARKET**  
Middle Eastern, halal  
18 Thompson Lane  
(615) 333-3793

**ALEKSEY’S**  
Russian and Central European  
718 Thompson Lane  
(615) 383-0071

**INTERNATIONAL FOOD MART**  
Middle Eastern, halal  
206 Thompson Lane  
(615) 333-9651

**INTERNATIONAL MARKET AND RESTAURANT**  
Asian, Thai  
2010 Belmont Blvd. (walking distance)  
(615) 297-4453

**K&S WORLD MARKET**  
Huge global supermarket, particularly Asian and Mexican  
5861 Charlotte Pike  
(615) 356-8771

**NASHVILLE FARMERS MARKET**  
Lots of ethnic eateries and International Market-Shreeji’s  
for Asian, South Asian, Middle Eastern, and Mediterranean  
900 Rosa L. Parks Blvd.  
(615) 880-2001

**Upcoming Cultural Festivals:**

**33RD ANNUAL AFRICAN STREET FESTIVAL**  
Friday–Sunday, September 18–20  
(Friday 6:00–8:00 p.m. and Saturday–Sunday 11:00 a.m.–9:00 p.m.)  
Hadley Park by Tennessee State University  
Aacanashville.org

**CELEBRATE NASHVILLE CULTURAL FESTIVAL**  
Experience the many international cultures in Nashville.  
Saturday, October 3, 10:00 a.m.–6:00 p.m.  
Centennial Park  
(across from Barnes & Noble at Vanderbilt)  
Celebratenashville.org
Nashville Bucket List

Anyone who has ever stepped in the Nashville International Airport has heard the following sentence play over the Nashville PA. “Hello, this is Trace Adkins. Welcome to the Nashville International Airport. We’re happy to have you.” Do you think world-famous country stars just show up anywhere and records these messages? No way. Trace knows that people flock from all over the world to arrive in the Music City. And you get to spend four years here! This is an incredible compilation of 25 musts, all of them off campus, all of them integral parts of the city. We’ve combined the famous and the obscure, the world-renowned classics and the best-kept secrets. This is more than a list of tourist attractions; this is the true Nashville experience. Good luck finishing them all.

1. **Ryman Auditorium**
   - 116 5th Avenue North, 37219
   - (615) 889-3060
   - ryman.com
   - Previously a church, the Ryman is well known for housing the Grand Ole Opry for over 30 years. You can also buy tickets to go and hear artists ranging from Janelle Monae to B.B. King to Vampire Weekend, as well as country favorites. Every performer you see there will tell you how big of an honor it is to be playing at the Ryman. There’s no such thing as a bad seat at the Ryman.

2. **Country Music Hall of Fame and Museum**
   - 222 Fifth Avenue South 37203
   - (615) 416-2001
   - countrymusichalloffame.org
   - Tickets are FREE when you show your Vanderbilt ID. This museum is a behemoth, the size of an entire city block, and is shaped like a giant keyboard. You don’t have to be a fan of country music to appreciate a cabinet filled with Loretta Lynn and Reba McEntire dresses.

3. **Jeni’s Splendid Ice Cream**
   - 2312 12th Avenue South
   - (615) 292-7794
   - jenisc.com/scoop-shops/12-south
   - Banana French Toast, Brambleberry Crisp, Goat Cheese with Red Cherries, Pistachio and Honey, Wildberry Lavender, The Milkiest Chocolate in the World. Don’t worry, you can try them all. Jeni’s has arguably the most unique, and definitely the most delicious, ice cream flavors in the world. Walk in, take your time sampling every flavor they offer, and leave satisfied with your bowl of chocolate-cinnamon-cayenne pepper ice cream.

4. **Loveless Café**
   - 8400 Tennessee 100, 37221
   - (615) 646-9700
   - lovelesscafe.com
   - Biscuits. The perfect biscuits. All the perfect biscuits you can eat. We’ll go ahead and repeat that last part for those of you who weren’t paying attention, or who didn’t understand the significance. ALL the PERFECT BISCUITS you can eat. Loveless is almost a thirty-minute drive from campus, but oh so worth it. This food-coma-inducing café has some of the best comfort food in the Nashville area and will leave you dreaming of buttermilk biscuits and peach preserves.

5. **The Stone Fox**
   - 712 51st Avenue N, 37209
   - (615) 953-1811
   - thestonefoxnashville.com
   - On your drive out to The Stone Fox, you’ll feel like you’ve taken a wrong turn. This place, which doubles as a music venue and a restaurant, has performances by amazing local and national acts every day of the week, as well as a full-service kitchen, and it all takes place in what looks like a cute little home. It’s also owned by William Tyler of Pavement and Lambchop fame, so fans of indie music will feel overwhelmed by hominess here.
Put away your phone. It’s not allowed at the table. There’s not enough room for your phone with the dozens of mouthwatering, homestyle dishes surrounding you. Fried chicken, mac ‘n cheese, fluffy biscuits, grits, corn pudding, and mashed potatoes cover the entire table, which is saying a lot since all of the tables seat twelve. Communal seating and comfort food combine to give you a true taste of Nashville.

On June 1, 1994, country music superstar Reba McEntire herded a group of live cattle through the streets of Nashville, down Second Avenue, and past the front doors of the newly opened Wildhorse Saloon. Truly an angel among us. Wildhorse continues to wow Nashville by winning the “Best Dance Club” award two years in a row. It also offers free dance lessons and a live band. This 66,000-square-foot warehouse was converted into a restaurant, bar, concert site, dance venue, and TV studio. Very cool.

You can get free tickets to go see Wicked. What more do you want to know? TPAC is the home of the Tennessee Repertory Theatre, the Nashville Ballet, and the Nashville Opera. If you’re not into Wicked (What’s wrong with you?), you can go see a number of other rotating Broadway shows, musicals, and comedy acts.

Maybe you’re the next Michelle Kwan, or maybe you’re a wall inspector. Either way, you should go ice-skating. Ice-skating builds character, tones your calves, and has been shown to increase the number of neural synapses in your brain. It’s really good for you. Get to the Sportsplex and strap on some blades, the ice is waiting.
13. **CAFÉ COCO**  
210 Louise Ave, 37203  
(615) 321-2626  
cafecoco.net  
This place is the weirdest and the coolest. A 24-hour café, it blurs the lines between coffee house, restaurant, and music venue. You can listen to innovative new music acts, as well as pick up on up-and-coming trends years before they catch on. Grab a Chocolate Explosion Cake for dessert: heavier than a brick and richer than Warren Buffet. You’re just as likely to see a group of Vandy students studying here as you are to see a group of Swedish out-of-towners rehearsing their hip-hop dance routine. All at 4 a.m. on a Monday.

14. **PERMANENT EXHIBITION OF THE CIVIL RIGHTS MOVEMENT IN NASHVILLE AT THE PUBLIC LIBRARY**  
615 Church Street 37219  
(615) 862-5800  
library.nashville.org/civilrights/home.html  
This exhibit captures the drama of a time when thousands of African American citizens in Nashville sparked a nonviolent challenge to racial segregation in the city and across the South. Among their leaders was James Lawson, a Vanderbilt Divinity School student, who was expelled from school for his actions and returned decades later as a distinguished visiting professor.

15. **SCHERMERHORN SYMPHONY CENTER**  
1 Symphony Place 37201  
(615) 687-6500  
nashvillesymphony.org  
The Schermerhorn is home to the acclaimed Nashville Symphony and hosts concerts in a variety of musical genres. Whether you’re craving classical, pop, cabaret, choral, jazz, or blues, the Schermerhorn will get you your musical fix.

16. **THE BLUEBIRD CAFÉ**  
4104 Hillsboro Pike 37215  
(615) 383-1461  
bluebirdcafe.com  
Chris Tompkins and Josh Kear wrote “Before He Cheats,” the song made famous by Carrie Underwood. Imagine chilling in a 90-person venue while the two of them perform their hit song. Sounds pretty intimate. That’s what the Bluebird Café is known for. Twice a day, seven days a week, patrons can hear the songwriters behind some of nation’s largest hits showcase their new material.

17. **INTERNATIONAL MARKET AND RESTAURANT**  
2010 Belmont Blvd, 37212  
(615) 297-4453  
internationalnashville.com  
Yes, International Market and Restaurant is supposed to be capitalized like that. While the restaurant may lack a distinct name, the experience here is nothing but unique. The food, which accommodates for nearly any diet, is authentic and delicious. The people who work here are incredibly kind. It also doubles as a grocery store, so after you’re done rubbing elbows with Belmont students and enjoying your pad thai, you can bring some of the great ingredients back to your dorm room.

18. **SHAKESPEARE IN THE PARK**  
161 Rains Avenue, 37203  
(615) 255-2273  
nashvilleshakes.org  
This is the best way to show off your cultured side to your friends. Take a group of people to Shakespeare in the Park, a free festival and play in Centennial Park. Enjoy the beautiful Nashville weather, snack on some cheese and grapes, and appreciate Henry V until September 13.

19. **EDWIN AND PERCY WARNER PARKS**  
nashville.gov/parks-and-recreation/parks/warner-parks.aspx  
Taylor Swift recently was strolling through this park on one of her trips home. She ran into only one small group of fans through her entire walk. Get lost in here. It’s really a beautiful place, and you might even run into TSwift.

20. **THE END**  
2219 Elliston Place, 37203  
(615) 321-4457  
endnashville.com  
A walk from The End to Rand is shorter than a walk from Rand to The Commons. The End is a pretty hardcore place. On any given night, you’re sure to see an amazing band from the Nashville area who is just waiting to make it big. Although, there are plenty of bands here who are fine with thrashing and screaming for
21. KIEN GIANG
5845 Charlotte Pike, 37209
(615) 353-1250
Most don’t know of this hole-in-the-wall Vietnamese restaurant. It’s easy to drive right past without ever noticing it. But step inside the small dining area, and you’ll discover one of the hottest deals in the Nashville food scene. Kien Giang offers enormous bowls of high quality pho and delicious BBQ pork bánh mì sandwiches for jaw-dropping low prices. Come with a stretchy waistband and a pocket full of bills, this little shop is cash only.

22. THE BELCOURT THEATRE
2102 Belcourt Avenue 37212
(615) 846-3150
belcourt.org
If movies like Terminator Genisys, Furious 7, and Mad Max: Fury Road make you want to vomit, the Belcourt Theatre is the place for you. An 80-year-old venue dedicated to independent and classic films, the Belcourt fosters thoughtful discussion and study of a variety of films. To find out how to get free tickets, go to the Dean of Students website at vanderbilt.edu/flicx. Also, be absolutely sure to keep on top of the Belcourt’s weekend midnight series. The theatre plays a cult classic every weekend, and their annual Rocky Horror Picture Show performances brings audience members from all over the country.

23. GRIMEY’S NEW AND PRELOVED MUSIC
1604 8th Avenue South, 37203
(615) 254-4801
gromeys.com
You don’t have to be a vinyl fanatic to be blown away by Grimey’s. It’s a must for anyone who loves music. The place offers an unbelievably wide selection of records and music memorabilia, all in a seriously cool homestyle environment. Grimey’s doesn’t stop at being a store, either. The venue frequently puts on live performances, featuring indie luminaries such as Grimes and Mac DeMarco as well as mainstream legends like Metallica and John Hall from Hall and Oates. Pick up some coffee from the Frothy Monkey next door and explore.

24. THE WILD COW
1896 Eastland Ave, 37206
(615) 262-2717
thewildcow.com
The Wild Cow is an absolute must for all vegan and vegetarian Commodores, but your meat-eating friends should make the trip out to East Nashville with you, as well. The Wild Cow features house-made sauces that people can’t get enough of, and the food is all natural and delicious. Plus, the ambiance is awesome, and you’ll be sure to see some characters.

25. GÖTEN
1719 West End Ave #101, 37203
(615) 321-4537
Dinner and a show. Who doesn’t love towering flames, spinning eggs, and flying fried rice? Bring all of your friends to this exciting Hibachi grill, especially the ones with slow reaction times and poor mouth-eye coordination. They’ll keep you entertained while you enjoy expertly cooked steak, chicken, and shrimp.

Passport to Nashville
The Passport to Nashville Program offers students free visits to some of Nashville’s tourist attractions, including:
• Country Music Hall of Fame
• Ryman Auditorium
• The Hermitage
• Johnny Cash Museum
• Adventure Science Center
• The Parthenon
• Frist Center for the Visual Arts
• Schermerhorn Symphony: Classical Music Series

In order to score free admission to these venues, you must present your Commodore ID and mention “Passport to Nashville.”

DoreBusters VSG’s Student Discount Program connects Vandy students with reduced prices at businesses across Nashville.

Nashville Ballet Student rush tickets only $15 and night of the show only
Nashville Opera Buy one, get one half off
TPAC 20–60% off select shows

For more DoreBuster deals, go to: studentorgs.vanderbilt.edu/vsg/projects-and-initiatives/dorebusters
No matter what kind of food you enjoy, Nashville has it. From country cooking to ethnic foods from all over the world, great dining awaits you just off the edge of campus. Here are some local recommendations compliments of your VUceptors.

To find the areas of the following restaurants, look at the map for the corresponding colors.
DINING ON A BUDGET

Nashville is nationally recognized for its exciting restaurant scene. However, when looking for fine dining, expensive menus often come with the territory. Fortunately, there are plenty of new and delicious places serving great food that won’t break the bank. Affordable dining options will have a star (*) beside their names.

**Italicized restaurants** are part of the Taste of Nashville (TON) program where you can pay with Meal Money. See Meal Plan, page 70, for more information.

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### EDGEHILL AREA

**BELLA NAPOLI**—Wood-fire pizzas on a brick-lined patio

**EDGEHILL CAFÉ**—Music row hangout for coffee and light lunches

**LEGATO GELATO**—Tons of gelato flavors in a 50s-inspired shop

**NOMZILLA**—Inventive takes on sushi in a vibrant restaurant

**TACO MAMACITA**—Creative Mexican-inspired food and an amazing patio

### HILLSBORO VILLAGE

**CABANA**—Upscale Southern food served in your own private cabana

**FIDO**—One of Nashville’s favorite hangouts with fair-trade coffee and organic menu

**HOT & COLD**—Best place to get Las Paletas and fair-trade coffee near campus

**JACKSON’S BAR AND BISTRO**—Dishes that are as creative as they are delicious

**KAY BOB’S**—American dishes served in a Mediterranean style

**LUCKY BELLY SUSHI**—A sit-down sushi restaurant with surprisingly great milkshakes

**MCDougAL’S CHICKEN**—Seriously spicy chicken in a comfortable environment

**PANCAKE PANTRY**—People line up down the street for these delicious pancakes

**PIZZA PERFECT**—By-the-slice pizza and Italian food with fresh ingredients

**PROVENCE BREADS AND CAFÉ**—A French-style café serving light fare

**SAM’S SPORTS BAR AND GRILL**—People spend many hours in this classic sports bar

**SWEET CECE’S**—The place for frozen yogurt and cold-pressed juices

### 21ST AVENUE/ BROADWAY AREA

**BRUEGGER’S BAGELS**—Breakfast food near The Commons

**CHUY’S TEX-MEX RESTAURANT**—A loud and fun Mexican restaurant

**HATIE B’S HOT CHICKEN**—One of the best places to get Nashville’s signature dish

**JJ’S MARKET AND CAFÉ**—Lunch food, coffee, and nicer grocery options

**MELLOW MUSHROOM**—A big pizza restaurant with weekly trivia nights

**NOSHVILLE**—New York-style deli serving all three meals all day long

**PANERA**—Sandwiches, soups (bread bowls), and cookies

**SATCO**—Soft tacos and queso that you’ll dream about for the rest of your life

**SOULSHINE PIZZA FACTORY**—Bar, music venue, and restaurant serving creative pizza

**STARBUCKS**—Good coffee and tea that is always consistent

**TAVERN**—Pub-style food in a chic restaurant. Don’t skip the tableside s’mores.

**TWO BOOTS**—DIY music venue that serves delicious pizza by the slice

### BELMONT AREA

**BLVD NASHVILLE**—A modern restaurant with a rotating menu of French food

**BONGO JAVA**—Hipster coffee spot serving fair trade and organic meals

**CHAGO’S CANTINA**—An intersection between Mexican food and Caribbean food

**INTERNATIONAL MARKET & RESTAURANT**—Delicious and authentic Thai food inside an Asian grocery

**KALAMATAS**—A Mediterranean-style fast food restaurant

**PM**—A trendy Thai restaurant with surprisingly great burgers, as well

### DEMONBREUN AREA

**DESANO PIZZA**—Artisan pizza that maintains a casual feel

**ETCH**—Generally regarded as one of the best restaurants in Nashville

**SALSA**—Puerto Rican and Caribbean food served in a restaurant that doubles as a Latin dance hall

**SOUTH**—Modern Southern food in an industrial space

### 12 SOUTH AREA

**BURGER UP**—Grass-fed burgers with organic sides in a trendy space

**EDLEY’S BAR-B-QUE**—A must for any fans of Southern BBQ

**FROTHY MONKEY**—A comfortable coffeehouse with an impressive menu

**LASS PALETAS**—Flavorful desserts that will change your mind about popsicles

**Mafiaozas Pizza**—Italian restaurant that is committed to authenticity

**SLOCO**—Gluten-free sandwich and lunch spot in a public art space

**TAQUERIA DEL SOL**—A Tex-Mex spot in a bright and pleasant environment

### WEST END AREA

**AMERIGO**—American and Italian food in a nice space

**BLACKSTONE RESTAURANT & BREWERY**—Upscale pub food in a tavern-style place

**BREAD & COMPANY**—Sandwiches, salads, and soups all served in their own stations

**BRICKTOP’S**—Upscale American food in a nice space

**CHILI’S**—All types of food and dessert made quickly and consistently

**CHIPOTLE MEXICAN GRILL**—Mexican-style burritos and tacos with organic ingredients

**COOKOUT**—Cheap fast food served all night long

**FIVE GUYS**—Delicious burgers and an unreal amount of fries

**GOLDEN COAST**—A daily buffet with takeout and standard Chinese options

**GOTEN**—A Nashville hot spot serving upscale Japanese food

**J. ALEXANDER’S**—An American restaurant with nice presentation

**JASON’S DELI**—Delicious deli options with a salad buffet and free ice cream

**JIMMY JOHN’S**—Quickly made sandwiches

**MOE’S SOUTHWEST GRILL**—Tex-Mex fast food place that’s open late

**NEWK’S EATERY**—Soups, sandwiches, and pizza with some great ingredients

**P.F. CHANG’S**—Upscale Chinese food with a nice atmosphere

**Qdoba**—A Mexican fast food place open very, very late

**SITAR**—Very good Indian food served buffet-style or a la carte

**STARBUCKS**—Good coffee and tea that is always consistent

**TIN ANGEL**—Brick-walled vintage place with a Mediterranean flair

**WHICH Wich**—A fast sandwich place with tons of options

**WOODLANDS**—A great Indian vegetarian place that delivers
THE GULCH
CANTINA LAREDO—An upscale Mexican restaurant in a fancy building
RU SAN’S—A busy sushi restaurant with a large lunch buffet
SAMBUCA—An upscale American restaurant with a live jazz band
WATERMARK—Upscale Southern food in a modern space with rooftop seating
WHISKEY KITCHEN—Warm wood decor and food typical of a tavern

ELLISON PLACE AREA
CAFE COCO*—A large menu with many coffees. Open forever.
ELLISON PLACE SODA SHOP—Milkshakes and diner food amid tiled walls and jukeboxes
IHOP*—Serving breakfast food consistently and quickly; open very late
LOGAN’S ROADHOUSE—Casual steakhouse with made-from-scratch yeast rolls
Michaelangelo’s Pizza*—A Greek-inspired pizza restaurant open late
OBIE’S FLYING TOMATO PIZZA*—A pizza place with a halal menu that delivers
ROMA PIZZA & PASTA*—Homemade favorites at a reasonable price
ROTIER’S—A small, cool space and Nashville favorite serving great burgers

SAMURAI—A cozy restaurant serving straight-up sushi
SATAY THAI GRILL*—Delicious and dependable, with an incredibly nice staff
SMOOTHIE KING*—Several options with ingredients centered on fitness

DOWNTOWN AND GERMANTOWN
GERMANTOWN CAFÉ—An eclectic Southern menu with a great view of downtown
JACK’S BBQ—Southern food and BBQ that’s worth the drive
MONELL’S—Classic Southern food; you can taste the heart
NASHVILLE FARMER’S MARKET—A sample of Nashville’s flavors; the Jamaican place is great
NUVO BURRITO—Both vegetarian and Tex-Mex with a modern and healthy approach
OLD SPAGHETTI FACTORY—Looks like the Titanic inside and serves great Italian food
PUCKETT’S GROCERY AND RESTAURANT—Seafood and American favorites near the river
RIPPY’S—Live country music and great BBQ with a rooftop deck
SUZY WONG’S HOUSE OF YUM—Asian-fusion food spot with two decks
THE MAD PLATTER—Locally sourced food with a menu that changes by the day

8TH AVENUE/FRANKLIN PIKE
A MATTER OF TASTE—Lots of sandwich options, including gluten free
ARNOLD’S COUNTRY KITCHEN—An authentic meat-and-three with lots of options
ATHENS FAMILY RESTAURANT—Serving Greek and Mediterranean food in a homey space
THE SMILING ELEPHANT—Authentic Thai food that’s worth the wait for a table

CHARLOTTE AVENUE
BEST OF INDIA*—Freshly cooked Indian dishes and a lunch buffet
BOBBIE’S DAIRY DIP*—Angus beef burgers and hand-dipped shakes served from a walk-up window
BRO’S CAJUN CUISINE—Casual Cajun, including favorites from the smokehouse out back
COCO’S ITALIAN MARKET AND RESTAURANT—Made-from-scratch Italian food and groceries

KIENTHANG—A small and informal place selling delicious Vietnamese dishes; cash-only
KOREA HOUSE—Authentic Korean food with excellent food and service
MISS SAIGON—A varied menu spans across many classic Vietnamese dishes

FAST FOOD/DELIVERY
(Taste of Nashville only)
BEST WOK—Easy and dependable Chinese food delivered to your door
DOMINO’S PIZZA—Pizza plus good wings and desserts
PAPA JOHN’S—Dependable pizza options that deliver
WENDY’S—Open late with milkshakes, burgers, and fries

For a complete and current list of all restaurants participating in Taste of Nashville (TON), see campusdining.vanderbilt.edu/taste-of-nashville.
Fourteen Useful Stores

You can get a lot of your needs met on campus by shopping at the Barnes and Noble at Vanderbilt Bookstore and Varsity Markets. For larger shopping trips, this map shows the location of malls, discount stores, and grocery stores close to Vanderbilt. Before you buy items for your room, please check the Housing FAQ to learn which items are not allowed in residence halls.

1. WALMART SUPERCENTER AND LOWE'S HOME IMPROVEMENT STORES
   7044 Charlotte Pike
   (615) 352-1240 (Walmart)
   (615) 356-9223 (Lowe's)

2. TARGET
   26 White Bridge Road
   (615) 352-8461

3. PUBLIX SUPERMARKET
   4324 Harding Pike
   (615) 279-2038

4. PIGGLY WIGGLY SUPERMARKET
   2900 West End Avenue
   (615) 327-4187

5. RITE AID PHARMACY
   2416 West End Avenue
   (615) 321-4505

6. OFFICE DEPOT
   2312 West End Avenue
   (615) 340-9544

7. CVS PHARMACY
   426 21st Avenue South
   (615) 321-2590

8. THE MALL AT GREEN HILLS
   2126 Abbott Martin Road
   (615) 298-5478

9. KROGER SUPERMARKET, GREEN HILLS
   2131 Abbott Martin Road
   (615) 297-7531

10. WHOLE FOODS, GREEN HILLS
    4021 Hillsboro Road
    (615) 440-5100

11. TRADER JOE'S, GREEN HILLS
    3909 Hillsboro Road
    (615) 297-6560

12. WALMART
    2421 Powell Avenue
    (615) 383-3844

13. HOME DEPOT
    2535 Powell Avenue
    (615) 269-7800

14. 100 OAKS SHOPPING CENTER
    719 Thompson Lane
    (615) 383-6002

Vanderbilt University offers the following trips to major areas stores during the week of CommonVU:

For international students only:
Shuttle to Walmart and K&S World Market
Friday, August 21 • 10:00 a.m–1:00 p.m.
VUceptors will accompany international students.
Buses depart from the ISSS Office in the Student Life Center
Co-sponsored by ISSS, Vanderbilt Student Government

For all first-year students:
Shuttle to Target Store
Saturday, August 29, Noon–3:45 p.m.
Buses depart every 30 minutes from behind the Dean’s Residence starting at noon and return every 30 minutes with the last one leaving stores at 3:45 p.m.
Sponsored by Vanderbilt Student Government

For all students during the school year:
The Commodore Express operates on select Sundays every month with shuttles to the Target Store. Shuttles leave from the Dean’s Residence. Schedules can be found at studentorgs.vanderbilt.edu/vsg.

You can get a lot of your needs met on campus by shopping at the Barnes and Noble at Vanderbilt Bookstore and Varsity Markets. For larger shopping trips, this map shows the location of malls, discount stores, and grocery stores close to Vanderbilt. Before you buy items for your room, please check the Housing FAQ to learn which items are not allowed in residence halls.
On to the practical information. Here’s how we can help you get through CommonVU and beyond.
Card Access Policies for the Houses

1. MAIN PORTALS:
All residents of a building have 24/7 access to their building through a designated “main portal.” In most cases, these are the architectural “front doors” of the residence halls.

2. COMMON AREAS:
Certain areas within each building are considered “common areas.” These include some lobbies, all seminar rooms, laundries, etc. If access to common areas is separated from residential floors or parts of floors, all Ingram Commons students can access the common areas 24/7 through the main portals.

3. RESIDENTIAL FLOORS:
Card access to residential floors of a building is restricted to residents of that building 24/7. A student living in one building wishing to visit a residential floor of another building must be escorted by a resident of that other building who has card access privileges to that floor. The host resident is then accountable for the presence and actions of his or her guest(s).

4. ACCESS TO OTHER FLOORS:
Within buildings where males and females live on separate floors, all female residents have 24/7 card access to female floors, and all male residents have 24/7 card access to male floors of their own buildings. Between noon and midnight, seven days a week, all residents of a building have card access to all residential floors of their building. Between midnight and noon, students of one sex can also gain access to a floor of the opposite sex but only if escorted by a resident of that floor. The host resident is then accountable for the presence and actions of his or her guest(s).

5. EXCEPTIONS:
Some access points differ from these guidelines for security or architectural reasons.

6. CHANGES:
Access policies are subject to change at any time.

THE COMMODORE CARD IS YOUR “KEY” TO THE INGRAM COMMONS RESIDENCE HALLS AND FLOORS

All exterior house entrances and entryways (stairwells and elevators) to residential floors are controlled by a card access system 24 hours per day, 365 days per year.

To access your house and floor, swipe your card through the card reader located at the entryway. On elevators, swipe your card before pressing the button for your floor. One deliberate card swipe is generally sufficient. Multiple fast swipes can counteract your initial swipe.
The First-Year Student Meal Plan

Your Meal Plan—Flexible, Fresh Foods and Friendly Faces

The Meal Plan for first-year students is comprehensive and supports the initiatives of The Ingram Commons. In addition to dining at The Commons Center itself, the meal plan can be used in 21 locations across campus. You will be able to choose from a large variety of foods and serving styles to meet your needs and your tastes. The first year of college is stressful enough—don’t worry about eating; we’ve made it simple with a convenient plan that caters to our busy students.

THE FIRST-YEAR MEAL PLAN INCLUDES:
3 meals daily—You choose 3 of the 4 offered meal periods (1 meal per meal period)
$175 Meal Money per semester (5 Flex Meals per semester)

MEAL PERIODS:
Period 1: Midnight—7:00 a.m.  Period 2: 7:00 a.m.—11:00 a.m.
Period 3: 11:00 a.m.—4:30 p.m.  Period 4: 4:30 p.m.—11:45 p.m.

Meals: A “meal” is a complete combination of items from the menu that composes a meal. That combination may differ from one on-campus dining location to another, depending on the menu and type of service offered. At each location, signs will define the items that compose a meal. Meals may be used at all 21 locations.

Meal Money is to be used to tailor the plan to specific needs. Get an extra entrée, side, or dessert using Meal Money. Meal Money can be used at all ON-CAMPUS locations, vending machines, and Varsity Markets. Meal Money can be used OFF-CAMPUS at 26 local partner restaurants in the Taste of Nashville Program.

Flex Meals can be used ANYTIME to customize the plan and offer flexibility. Use one for yourself to get an extra meal in a meal period, or to treat a friend or family member to a meal. Add Flex Meals online.

Taste of Nashville: This program allows you to use your Commodore Card just as you would a debit/credit card at local partner restaurants. Purchases at Taste of Nashville locations are charged against your Meal Money. ("Meals" and “Flex Meals” cannot be used off-campus.) Visit campudining.vanderbilt.edu/taste-of-nashville for the complete list of participating restaurants and to place orders online for delivery.

Individual Dietary Accommodations: Vanderbilt Campus Dining is equipped to serve students with food allergies and special diets. Several resources are available, including a registered staff dietitian, our online nutrition calculator, the Certified Executive Chef, Grins Kosher Vegetarian Cafe, and more. See campudining.vanderbilt.edu/vu-meal-plans/nutrition/individual-dietary-accommodations for details.

VU Meal Plan Locations

The Commons Center has a state-of-the-art Food Gallery that includes a salad bar, sizzle station, Chef’s Table, specialty pizza oven, deli, wok, grill, and vegan/vegetarian food. Menus are on a cycle and do change often. There is no take-out here, as it is a green facility that received LEED Gold Certification from the U.S. Green Building Council. Common Grounds (in the Commons Center) is a 24-hour coffee shop offering grab-n-go meals, beverages, sundries, and bookstore supplies. If you need a meal on the run, Common Grounds is the perfect place to stop. Use your Meal Plan, Flex Meal, or Meal Money here.

Rand Dining Hall serves deli, Mexican, barbecue, burgers, salads, and cuisines of the world. Chef James Bistro, also located in Rand, serves a variety of chef-crafted entrées and sides, soups, coffee, and an assortment of gourmet grab-n-go meals. Grab a meal to go on the cold side or a hot meal to stay. Rand Lounge offers chef-crafted pizzas and freshly tossed salads.

Kissam: The Kitchen at Kissam serves hot, prepared meals for breakfast and dinner. This open-air kitchen is where chef-crafted themed meals are served.

Ro*Tiki: Chef-crafted salads, wraps, pizza, and more (Branscomb)

The Pub: Casual “pub” food (Sarratt, 3rd floor)

Last Drop Coffee Shop: Smoothies, grab-n-go meals, and Starbucks coffee (Sarratt, 1st floor)

Bamboo Bistro: Asian inspired bistro (Alumni Hall)

Rocket Subs: Made-to-order sandwiches (Carmichael Towers West, Basement Floor)

Grins Vegetarian Café: Kosher sandwiches, paninis, and more (Ben Schulman Center)

Suzie’s Espresso: Grab-n-go meals (Blair, Featheringill, and Divinity School)

Food for Thought Café: Paninis, sandwiches, soups, and more (Central Library, ground-level entrance)

Campus Stores offer fresh fruits and vegetables, snacks, beverages, grab-n-go sandwiches and salads, fresh baked goods, plus health and beauty items, bookstore supplies, and more. You may use a Meal Plan, Flex Meal, or Meal Money at all Varsity Market locations.

Campus Stores are located in:
BRANSCOMB QUAD
Near Student Life Center (24/7)
CARMICHAEL TOWERS EAST
West End Ave & 24th Ave (24/7)
SARRATT STUDENT CENTER
Next to Rand and Chef James Bistro
MORGAN
Highland Quad, 25th Ave, near the Rec Center
COMMON GROUNDS
The Commons Center (24/7)
KISSAM
First floor (24/7)
ONLINE RESOURCES

The Ingram Commons Website

commons.vanderbilt.edu
The Commons website is the news, events, and information hub for first-year students. Here you will find information about Commons programs, the houses, and their faculty heads.

Special Information for the Class of 2019
This website features a mobile-friendly online version of The Road to Vanderbilt including recent updates and live links that take you directly to the relevant websites. Here you can also find the PDF version of VUpoint.

The Ingram Commons on Social Media

Follow The Ingram Commons on Twitter, Instagram, and Facebook. You will receive frequent updates about what is happening on The Ingram Commons and become part of the digital community that connects us all. Be sure to use #vu2019!
To hear from current VUceptors about the transition to Vanderbilt and your first semester on The Ingram Commons, check out the VUceptor blog at my.vanderbilt.edu/VUcept. Here you will also find profiles for your faculty and student VUceptors.

#VU2019 theingramcommons ingramcommons

YES Online Student Services

yes.vanderbilt.edu
YES (Your Enrollment Services) provides access to the online applications that you will need at Vanderbilt. You accessed the registration system from your YES landing page when you registered for your fall classes. During the open enrollment and change periods for registration (see YES landing page for dates), you can access the registration system to make any necessary changes. YES also gives you access to:

• Check on the status of your financial aid
• Find information on textbook ordering
• View current activity on your student account
• View your bill
• View, export, or send a copy of your schedule via email
• Keep your addresses updated and provide your emergency contact information
• Use your planner to plan your academic career at Vanderbilt
• View your academic record on the AAI (Access2Academic Information), including any AP or IB credit you may have been awarded
• Access Blackboard, Vanderbilt’s online class management system, to view information on your classes posted by your instructors

Please familiarize yourself with YES and the many services available through your YES landing page. Click on “Help” in the upper right corner of any YES page to access video tutorials and frequently asked questions. An email link is also available if you need more individual help. For user guides to YES, please go to registrar.vanderbilt.edu/registration/yes-user-guides.

Registration features available through YES include:

• ADD, DROP, and WAITLIST a class
• DROP IF ENROLLED: waitlist a class and set another course to automatically drop if you are enrolled in your waitlisted class
• SWAP: exchange classes without risking a dropped class
Library Online Resources

library.vanderbilt.edu

Books, articles, databases, and library services are available online and through your mobile phone.

Help with Research: Ask Us

Get help finding materials, identifying topics, and presenting your research. Click the Ask Us button on our homepage to email a librarian.

Search and Discovery Resources

The Heard Library website features a new ALL search box that searches for your terms in a variety of available resources: article databases, the catalog, DiscoverLibrary, research guides, and electronic journals. All of these resources may be searched individually as well.

DiscoverLibrary provides single search access to a superset of resources, including the contents of ACORN, our library catalog, in addition to other resources such as the Vanderbilt Television News Archive, ebooks, articles, and digital collections. DiscoverLibrary is designed to make academic research more intuitive and Google-like.

Getting Books from Other Libraries: Interlibrary Loan System

Use interlibrary loan to access items from across the world that the Vanderbilt University libraries do not own. Log in to your online account for request forms or follow links provided in many of the databases and catalogs provided by the library.

Blackboard Course Management System

blackboard.vanderbilt.edu

Blackboard is a set of technology-related tools designed to enhance your academic experience. Instructors use Blackboard in various ways: display a course syllabus or schedule, provide more detail about assignments, link to helpful or additional resources, and make course materials available through the library-managed repository known as e-reserves or through podcasts. You may be asked to use Blackboard to take tests, submit assignments, or participate in online discussions. Blackboard can also be used to provide important information to you and link to external academic resources.

Log in to Blackboard using your VUnetID and e-password, and a list will display of your current and past courses. If your instructor has enabled Blackboard for your class, you will be able to click on the course name to enter the course site.

VSG Online Resources

studentorgs.vanderbilt.edu/vsg/projects-and-initiatives

This useful student government-created webpage offers information on the Commodore and Airport Express, Vandy Vans, Zipcars, VanderBIKES, Commodore Cabs, as well as DoreBusters (student discounts), Passport to Nashville (free admission sites), calendars, and other helpful programs.

The App World: Useful Applications for Vandy Life

vanderbilt.edu/apps

In keeping with today’s increasingly mobile world, we offer several iPhone and Android apps to help with your Vanderbilt career. You can get VU news, find your way with campus maps, manage your library materials, and search for dining on and near campus, all right from your smart-phone. There are also opportunities to help develop new apps.
STUDENT SERVICES AND RESOURCES

**Ben Schulman Center for Jewish Life**
(615) 322-8376
2421 Vanderbilt Pl. (near the Student Life Center and Branscomb)
vanderbilt.edu/hillel
The Schulman Center houses Grins (a great vegetarian, kosher restaurant), the offices of Hillel, and gathering space for religious and secular student organizations.

**Bishop Joseph Johnson Black Cultural Center**
(615) 322-2524
Behind Buttrick Hall (near Rand Hall)
vanderbilt.edu/bcc
The BCC promotes diversity, inclusion, and understanding through multicultural educational programming for the entire campus and is a great place to learn more about black history and culture. It also sponsors a student ambassadors program, as well as numerous other programs to help students develop, network, and make new friends.

**Campus Copy**
(615) 322-6849
Rand Hall
printingservices.vanderbilt.edu
Campus Copy offers copying and printing, signs and banners, binding, faxing, and more—all at prices below retail.

**Equal Opportunity, Affirmative Action, and Disability Services**
(615) 322-4705
110 21st Ave. S., Baker Building (across from Warren I Moore)
vanderbilt.edu/ead
EAD is responsible for compliance with EEO/AA laws, providing reasonable accommodations for persons with disabilities, and helping students, faculty, and staff with investigating allegations of discrimination and harassment. This includes allegations of sexual misconduct and power-based, personal violence. The EAD also facilitates interim accommodations for students impacted by sexual misconduct and power-based personal violence.

**Inclusion Initiatives and Cultural Competence**
(615) 322-6400
337 Sarratt
vanderbilt.edu/iicc
IICC promotes an environment of cultural competency, inclusivity, and awareness where the dignity of all people is respected. IICC supports faculty, staff, and students alike through programs and trainings and equips individuals with the tools to become culturally and civically proficient leaders in an increasingly diverse world.

**Mail Services**
(615) 322-2934
vanderbilt.edu/mailservices
THE INGRAM COMMONS POST OFFICE (The Commons Center, 2nd floor)
Mon.–Fri. • 8:00 a.m.–4:00 p.m.
The most convenient location for first-year students to mail letters and packages.

**RAND HALL STATION B** (Main Post Office)
Mon.–Fri. • 8:00 a.m.–4:00 p.m.
Where students will pick up their mail and packages.

**Package Window**
Mon.–Fri. • 8:00 a.m.–4:00 p.m. (open until 5:00 p.m. for the first four weeks of spring and fall semesters)
Sat. • 8:00 a.m.–Noon (during semesters)

**Package Pickup (other than Move-In Day)**
You are notified via email of packages received. Bring your Vanderbilt ID for pickup. First-year students with large packages may request (in person only) to have packages transferred to The Ingram Commons Post Office for pickup. Students with disabilities can request special assistance with packages at Station B.

**METHODS OF PAYMENT**
Cash, Check, or the Commodore Card.

**Margaret Cuninggim Women’s Center**
(615) 322-4843
316 West Side Row (right behind Tolman Hall)
vanderbilt.edu/WomensCenter
The Women’s Center is a resource for programming and support related to gender equity topics such as sexual health, pregnancy, body image, disordered eating, healthy relationships, and women’s leadership. Home to the Kitchen Table Series and Let’s Talk About Sex, Vandy, as well as to signature events including the Cuninggim Lecture and Women’s History Month, the center welcomes everyone on campus.

**Office of Active Citizenship and Service**
(615) 343-7878
305 Rand (across from The Anchor)
vanderbilt.edu/oacs
OACS encourages students to engage in community service and civic activism. It is a great resource to learn about service at the local, national, and international levels and is home to over 70 student-led service organizations.

**Office of Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex Life**
(615) 322-3330
312 West Side Row in the K. C. Potter Center (behind Tolman Hall)
vanderbilt.edu/lgbtqi
The Office of LGBTQI Life seeks to foster an open and welcoming environment to people of all sexual identities, gender identities, and expressions through educational, social, and cultural opportunities. Follow them on Twitter and Instagram: @VULGBTQILIFE.

**Office of the University Chaplain and Religious Life**
(615) 322-2457
401 24th Avenue South (between Stapleton and Featheringill Hall)
vanderbilt.edu/religiouslife
The OUCRL seeks to educate the “whole person,” viewing ethical and spiritual formation as well as religious life as integral to the university’s overall educational mission. The office offers religious services, pastoral and grief counseling (Grief Net), educational programs, and support religious organizations. It recognizes these affiliated chaplains: Methodist, Episcopalian, Catholic, Baptist, Presbyterian
Let’s Talk—an informal, walk-in consultation at three locations

Project Safe Center
24-Hour Support Hotline: (615) 322-SAFE (7233)
Office: (615) 875-0660
304 West Side Row behind McGill Hall
vanderbilt.edu/projectsafe

The Project Safe Center for Sexual Misconduct Prevention and Response partners with students, faculty, and staff to create a campus culture that rejects sexual misconduct and sexual violence. It supports survivors of sexual violence and engaging the campus community in bystander intervention efforts and sexual assault prevention. Students may walk in M–F 8:00 a.m.–5:00 p.m., call the office to schedule an appointment, and/or call the hotline to speak with a victim resource specialist. The center assists students in obtaining medical and legal assistance, academic, housing, or other accommodations, as needed, and can help students understand the range of options and resources available to those impacted by power-based personal violence. See also page 54.

Psychological and Counseling Center
Appointments: (615) 322-2571
2015 Terrace Place (across from the Baker Building)
medschool.vanderbilt.edu/pcc

The PCC supports the mental health needs of all students to help them reach their academic and personal goals. Psychologists, licensed counselors, and psychiatric medical providers collaborate with students to provide evidence-based treatment plans tailored to each individual’s unique background and needs. They address needs such as stress management, crisis intervention, substance abuse counseling, management of medications, individual counseling, group counseling, reading and study skills services, ADHD assessments, biofeedback, and psychiatric assessment and treatment. The PCC also emphasizes prevention through outreach and consultation focused on developing the skills and self-awareness needed to excel in a challenging educational environment. Programs include “Let’s Talk”—an informal, walk-in consultation at three locations across campus—and appointment slots with a PCC academic counselor in The Commons Center. For more information on Let’s Talk, see page 56.

Student/Alumni Programs of the Vanderbilt Alumni Association
(615) 322-2929
vanderbilt.edu/alumni/student-alumni-programs
vuconnect.com

In addition to connecting students to a worldwide alumni network for career advice and to VU chapter events in 40+ cities, the alumni association offers programs such as “Opening ‘Dores” dinners that provide valuable alumni advice for current students.

Student Health Center
Appointments and 24/7 emergency consultations: (615) 322-2427
Zerfoss Center (across from McTyeire and adjacent to Stevenson Center)
medschool.vanderbilt.edu/student-health
Semester Hours: Mon.–Fri., 8:00 a.m.–4:30 p.m.; Sat., 8:30 a.m.–Noon
Call ahead for an appointment.

The Student Health Center provides primary care services and is staffed by physicians, nurse practitioners, nurses, and a lab technician. The SHC services are similar to those offered in a private physician’s office or HMO, including routine medical care, specialty care (e.g., nutrition and sports medicine), and some routine lab tests. Most services are pre-paid. Those that are not are the responsibility of students to coordinate with their health insurance.

Students with urgent problems will be seen on a same-day basis. They will either be given an appointment that day or “worked in” on a first-come, first-served basis.

Student Centers and Recreational Areas

The Commons Center—Your community square, with a dining hall, meeting rooms and space studies, a print station, A&S Pre-major Advising Center (CASPAR), Academic Support Center (satellite space for the Writing Studio, Center for Student Professional Development, and the Psychological and Counseling Center), a post office, the Department of Political Science, and a workout facility.

1801 Edgehill Avenue (Curb Center)—Health Professions Advisory Office (HPAO); Office of Honors Scholarships; Ingram Scholarship Program; Curb Center for Art, Enterprise, and Public Policy.

Student Life Center (SLC)—Global Education Office, International Student and Scholar Services, Center for Student Professional Development, and the Commodore Ballroom.

Sarratt Student Center | Rand Hall—Rand Dining, the Pub, the Market, offices of the Dean of Students (including OACS, Student Accountability, Greek Life, Sarratt Studio Arts, VU Dance, Sarratt Art Gallery), Sarratt Cinema, VanderbiltBikes (bicycle rental business), post office, Campus Copy, print stations, box office, classrooms, and study spaces including Baseball Glove Lounge.

Alumni Hall—Tutoring Services, Writing Studio, Bamboo Bistro, large event space, lounge, classroom, reading room, print station, and a workout facility.

Kissam Center (Warren and Moore Colleges)—Varsity Market, classroom, multipurpose room, meeting rooms, print station.

The Wall and Rand Terrace—Area where student organizations publicize events and programming by hanging banners, passing out flyers, and selling tickets.
Recreation and Wellness Center—workout facilities, practice fields, and a Smoothie King.

Vanderbilt University Police Department
(615) 421-1911 (emergency)
(615) 322-2745 (non-emergency)
police.vanderbilt.edu

Besides protecting the Vanderbilt campus, VUPD offers educational resources, lost and found services, Vandy Vans, Victim Services (615-322-7846), and AlertVU, which notifies all Vanderbilt community members of an emergency (sign up at vanderbilt.edu/alertvu).

For information about Academic Resources and Services, see page 30.
Commons Center Exercise Room
Located on the second floor and open from early morning until late at night, the exercise room offers treadmills, stationary bikes, elliptical trainers, free weights, weight machines, rowing machine, Stairmaster, exercise and medicine balls, exercise mats, and a Ping Pong table.

Vanderbilt Recreation and Wellness Center
vanderbilt.edu/recreationandwellnesscenter
This facility includes 289,000 sq. ft. of indoor space and six acres of outdoor space. All classes and clinics are taught by qualified instructors and include yoga, lifeguard training, rock climbing, weight training, spinning, kayaking, and countless more. Most classes and clinics are free, but some may include additional fees.

Indoor Facilities and Amenities
14,000-sq. ft. fitness center space
Fieldhouse featuring turf field and 300-meter track
36-meter x 25-yard multipurpose pool
Strength and aerobic conditioning room
Three basketball/volleyball courts
Auxiliary gym
Four-lane bowling alley
Six racquetball courts
Two squash courts
Indoor elevated track (9.2 laps/mile)
25-ft. climbing wall
10 multipurpose activity rooms
Demo kitchen
Lounge with big-screen TV
Ping Pong tables
Two conference rooms
Billiards table
Smoothie King

Outdoor Recreation
2000 Children’s Way
(behind the intramural fields)
vanderbilt.edu/outrec
Outdoor Rec offers adventures in the great outdoors. Nashville is close to gorgeous state parks, making it an ideal location for weekend backpacking, spelunking, canoeing, and rafting trips. You can participate in an Outdoor Rec trip or rent gear from them. The resource library includes maps and guidebooks for local parks to help you plan a trip on your own.

Wellness Resource Center
vanderbilt.edu/recreationandwellnesscenter/wellness
The WRC offers fitness assessments and screenings, nutritional information and demonstrations, and a library of wellness resources available for checkout. Look forward to “Fall into Fitness,” an incentive program that promotes a healthy lifestyle in the fall semester.

Intramural Sports
vanderbilt.edu/recreationandwellnesscenter/intramurals
The intramural program includes more than 40 sports ranging from basketball to inner tube water polo. Leagues are available in men’s, women’s, and co-recreational divisions. Competitive and recreation divisions exist to meet the skill or interest level of the participants. All registration is done through the Office of Campus Recreation.

Club Sports
anchorlink.vanderbilt.edu/organization/ClubSports
Club sports are slightly more competitive than intramural sports, as clubs may represent the university in intercollegiate competition. Currently, there are 39 club teams open to all students, faculty, and staff. All clubs are student-run organizations, and many have regular practice times and tournament play. The National Intramural Recreational Sports Association sets the standards to which our club sports program is held.

Varsity Sports
Vanderbilt is home to many outstanding SEC teams! Men’s sports include baseball, basketball, cross-country, football, golf, and tennis. Women’s sports include basketball, bowling, cross-country, golf, soccer, lacrosse, swimming, tennis, as well as track and field.

Whether you watch from Memorial Gym, Vanderbilt Stadium, Hawkins Field, or one of our other great facilities, cheer on your fellow students as they lead the ‘Dores to victory! Your fellow classmates would love your support, and it’s also a bargain—bring your Commodore Card to most regular season home games and get in for FREE!
ON- AND OFF-CAMPUS TRANSPORTATION

Students can walk from one end of Vanderbilt’s pedestrian-friendly campus to the other in 20 minutes. Many restaurants and other attractions are in walking distance from campus. However, there are many other transportation options.

Vandy Vans
vandyvans.com
You can visit this website from any Internet-capable mobile phone to get live updates and estimated arrival times for any stop on any route. The vans operate from 5:00 p.m. to 5:00 a.m. on a daily basis and are managed by the Vanderbilt University Police Department.

ROUTE STOPS
Main Route—Branscomb Quad, Carmichael Towers, Kissam, Crawford House, Highland Quad (Morgan)
Perimeter Route—Branscomb Quad, Carmichael Towers, Kissam, Terrace Place, Wesley Garage, Crawford House, Blair School of Music, Highland Quad (Morgan), McGugin Center
Reverse Route—Highland Quad (Morgan), Crawford House, North Hall, Carmichael Towers, Branscomb Quad
To get a visual of where the stops are, see the campus map on page 40.

Walking Escorts
Vanderbilt University Police Department also provides walking escorts to students walking to and from any location on campus during the nighttime hours. All you have to do is call (615) 421-8888 (cell phone) or 1-8888 (on campus).

VanderBIKES
studentorgs.vanderbilt.edu/vanderbikes
VanderBIKES is Vanderbilt’s student-run bike rental business that provides a sustainable transportation solution and gives students the opportunity to have a bike on campus without having to worry about transport, summer storage, or maintenance. Even if you choose to bring your own bike, you can store it with VanderBIKES. For more information and to sign up, go to our website or visit our store around lunchtime in Rand next to Campus Copy.

Car-Sharing Programs
vanderbilt.edu/traffic_parking
(Click the “Alternative Transportation” tab.) Zipcar and Enterprise CarShare are membership-based car sharing services for Vanderbilt students, providing a convenient, low-cost transportation alternative without the hassles of owning a car. Students can drive cars by the hour or day, any time of the week for running errands, going to the airport, shopping, visiting family, and more. Members can reserve the car online or over the phone. Gas, maintenance, insurance, and campus parking are all included in the cost. Cars are conveniently located around campus, including Magnolia Circle on Peabody. For current program costs, check their respective websites.

Commodore Express and Airport Express
studentorgs.vanderbilt.edu/vsg
Vanderbilt Student Government sponsors the Commodore and the Airport Express. The Commodore Express operates on select Sundays every month with shuttles to the Target Store. The Airport Express provides transportation to and from Nashville International Airport for fall break, Thanksgiving break, winter break, and spring break. Both services are free for students.

Nashville MTA (Bus System)
nashvillemta.org
You can ride buses around Nashville to various malls and sightseeing locations with just a swipe of your Commodore Card. Pick up bus schedules in the Commons Center by the post office, the Rand Post Office, or go to the MTA website.

Nashville, Diamond, Allied Cabs and the Commodore Card
nashvillecab.com
You can use Commodore Cash on your Commodore Card to pay for cabs around Nashville. Nashville, Diamond, and Allied Cab are the only companies to accept the card. Make sure to ask your driver if they take Commodore Cash. Also, two students may split fares.

VanderBIKES is a 2012 winner of the Vanderbilt Ventures Competition, which supports students who wish to start their own businesses on campus.
Words You Need to Know

Vanderbilt has its own unique vocabulary. The barrage of acronyms and other abbreviations can be pretty intimidating at first. We present this section in hopes that the campus vernacular doesn't add any more awkward moments into your first year than necessary.

*Houses*  
Refers to the ten residential halls on The Ingram Commons

*Anchor Dash*  
Traditional annual tailgate for first-year and transfer students, who then rush the field before the Commodore football team enters the stadium.

*Fall for the Arts*  
Annual fall festival during Family Weekend on The Ingram Commons that celebrates arts and creativity.

*Quake*  
Short for “Commodore Quake,” Vanderbilt’s homecoming concert, which in the past has brought several huge artists such as Kendrick Lamar and Kanye West.

*Rites*  
Short for “Rites of Spring,” the two-day music festival that occurs on Alumni Lawn at the end of spring semester.

*Munchie*  
Also known as “Munchie Mart,” campus markets in various residence halls where you can use your Commodore Card to buy meals, snacks, and other items.

“On the Card”  
If something is “on the card,” you can pay for it by using either Meal Money or Commodore Cash.

*Randwich*  
Specially made sandwiches in Rand Dining Center.

*Brookie*  
A mix between a brownie and a cookie, can be found at Rand and sometimes at The Commons Center.

*The Wall*  
Area right outside of Rand; this is a lunchtime hangout and area for student organizations to publicize events.

*The Rec*  
The Recreation and Wellness Center (see page 76).

*The Bridge*  
Pedestrian bridge that connects main campus and Peabody.

*Vandy Van*  
Shuttles that run across campus from 5:00 p.m.–5:00 a.m.

*The Hustler*  
Student newspaper that appears every Monday and Thursday.

“Who you with?”  
Spirit call for Vanderbilt athletics, answered with “VU!”

Check out “Vandy Lingo” on YouTube (another Vicept production).

Vanderbilt Alphabet Soup

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>ASB</td>
<td>Alternative Spring Break</td>
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<tr>
<td>BCC</td>
<td>Black Cultural Center</td>
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<tr>
<td>CLC</td>
<td>CommonDores Leadership Council</td>
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<td>FHOH</td>
<td>Faculty Head of House</td>
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<td>GEO</td>
<td>Global Education Office</td>
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<td>HAC</td>
<td>House Advisory Council</td>
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<td>MRB III</td>
<td>Medical Research Building III</td>
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<td>PCC</td>
<td>Psychological and Counseling Center</td>
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<td>SLC</td>
<td>Student Life Center</td>
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<td>VPB</td>
<td>Vanderbilt Programming Board</td>
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<td>VSG</td>
<td>Vanderbilt Student Government</td>
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<tr>
<td>VUPD</td>
<td>Vanderbilt University Police Department</td>
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The Vanderbilt Community Creed

**SCHOLARSHIP** is the pursuit of knowledge in an environment of academic freedom. Members of our community engage in a partnership of learning in which the exploration of ideas is encouraged and protected.

**HONESTY** is a commitment to refrain from lying, cheating, and stealing. Recognizing that dishonesty undermines community trust, stifles the spirit of scholarship, and threatens a safe environment, we expect ourselves to be truthful in academic endeavors, in relationships with others, and in pursuit of personal development.

**CIVILITY** is the genuine respect for the rights of others. We value constructive disagreement and are mindful of the potential impact of our words and actions.
ACCOUNTABILITY is taking responsibility for our actions and their consequences. We accept the duty to actively participate in the decisions that affect our academic and personal lives, and we honor our commitments to ourselves and to others.

CARING is the concern for the well-being and dignity of others. We are dedicated to supporting one another within our community. We make a lifelong commitment to channeling service, knowledge, and experience toward the betterment of humanity.

DISCOVERY is the exploration of the wonders of self in relation to a larger world. We embrace the opportunity to take risks, challenge assumptions, and understand disparate experiences at Vanderbilt and beyond.

CELEBRATION is the active appreciation of Vanderbilt University’s tradition of excellence. We support the endeavors and recognize the achievements of our community members. In celebrating the expressions of our differences, we delight in the spirit that unites individuals throughout our community.

We pledge to foster the values set forth in the Vanderbilt Community Creed and confront behaviors that threaten the spirit of our community.

ALMA MATER

(Words by Robert F. Vaughn, 1907)

On the city’s western border,
Reared against the sky,
Proudly stands our Alma Mater
As the years roll by.

(Refrain)
Forward! ever be thy watchword,
Conquer and prevail.
Hail to thee, our Alma Mater,
Vanderbilt, All Hail!

Cherished by thy sons and daughters,
Memories sweet shall throng
’Round our hearts, O Alma Mater,
As we sing our song.

(Refrain)
Forward! ever be thy watchword,
Conquer and prevail.
Hail to thee, our Alma Mater,
Vanderbilt, All Hail!
enroll in AlertVu

In the event of an emergency, AlertVu is one of the ways members of the Vanderbilt community can receive information. All Vanderbilt students are automatically enrolled in AlertVu using their Vanderbilt email address. For instructions on how to update your contact information to include phone numbers for voice and text alerts see emergency.vanderbilt.edu/alertvu

Vanderbilt Directory Assistance
(615) 322-7311

Barnes & Noble at Vanderbilt Bookstore
(615) 343-2665

Bishop Joseph Johnson Black Cultural Center
(615) 322-2524

Dean of The Ingram Commons
(615) 322-4948

Dean of Students
(615) 322-6400

Equal Opportunity, Affirmative Action, Disability Services
(615) 322-4705

Financial Aid
(615) 322-3591

Housing and Residential Education
(615) 322-2591

International Student & Scholar Services
(615) 322-2753

LGBTQ Life
(615) 322-3330

Margaret Cuninggim Women’s Center
(615) 322-4843

Project Safe Center
(615) 322-7233

Psychological and Counseling Center
(615) 322-2571

Student Accounts
(615) 322-6693

Student Health Services
(615) 322-2427

Ticketmaster (Sarratt Student Center)
(615) 343-3361

University Chaplain & Religious Life
(615) 322-2457

Vanderbilt Police
(615) 322-2745 (Non-Emergency)
(615) 421-1911 (Emergency)
(615) 322-7846 (Victim Services)

Vandy Vans/Walking Escort
(615) 421-8888

Finding Rooms in Stevenson

First Digit = Building
Second Digit = Floor
Third and Forth Digits = Rooms

Hence, this room would be in building 5 (Science and Engineering) on Floor 2, Room 15.

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