

First-Gen

RESOURCE BOOK

**A GUIDE TO ALL
THE THINGS YOU
SHOULD KNOW
AS AN INCOMING
FIRST-GEN
STUDENT AT
MIDD**



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Executive Director's Note

Hello! Welcome to Middlebury--the town, college, and community! I am so excited that you have chosen to attend school here, and that you are becoming a part of the special community of support and belonging that is the Anderson Freeman Center! As the Executive Director, I work to ensure the center is the most welcoming space for students like you. We strive for the AFC to feel like home--where you can come just to hang out, to study, to connect with the staff throughout the day, and especially when you need advice, care, and guidance. I advocate consistently for physical improvements to the building, funding for center initiatives, campus-wide support of our programs, and a better environment for all students from historically marginalized identities and backgrounds. Having been a first-generation student for all three of my degrees, I know firsthand that the journey through higher education is not easy and requires the collective support of family, friends, the student support professionals at the college, as well as sheer personal will to achieve goals and dreams. I will be your supporter on that journey, and promise to always be in your corner, especially when times get tough. I look forward to meeting you and connecting with during your time at Middlebury. Together, we are going to make your college experience full of amazing memories and the picture of success!

#IamFirst #WeAreF@Mily

-Derisa C.

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Assistant Director's Note

Hey folks! It warms my heart to be part of the AFC team that will support you upon your arrival to, and throughout your time at Middlebury. In 2011, like all of you, I was a first-gen college student embarking on a journey to Middlebury. What surprised me most about Middlebury was the vast amount of resources and opportunities available to students and I am looking forward to helping you tap into them! At the AFC, we want to help you feel grounded and supported as you find your community on campus. Our space is a warm, welcoming home base from which you can explore your academic and personal interests while at Middlebury. As part of the AFC team, my role is to make sure you get the most out of your Middlebury experience. I will be there to support you during challenging times and cheer you on when you succeed. More specifically, my work centers on helping students who are the first in their families to attend college in the US. With an amazing team, we facilitate First@Midd for first-years and a variety of programming throughout the academic year for the First-Gen community. You will also see me in the AFC working with many of our amazing student staff members and the numerous student organizations that run out of the center. My door is always open for you, and I am so looking forward to joining you on your Midd journey!

-Steve Z.



WELCOME TO THE AFC!

The Anderson Freeman Resource Center is Middlebury College's intercultural center. It is located in Carr Hall and is a space for historically underrepresented students in higher education, including first-generation college students, LGBTQIA+ students, students of color, and low-income students.

The space is colorful, bright, and cheery and includes two fully-furnished lounge spaces, study rooms, a private library of books you can use to study or borrow, and a full kitchen with cooking supplies just like home. The center is unlocked during the day and you will have ID card access to get in after hours at set times.

We serve as a home base for over 20 cultural organizations including ones

specific to cultural and ethnic identity, nationality, and interests,

The AFC is also your bridge to resources. The staff will meet with you, answer questions, advise you as necessary, advocate for you in meetings with other professionals, and steer you in the direction of campus services and resources essential to meeting your needs.

During the week, there is tutoring in our library and peer career counseling where fellow students help with all your career and internship questions and preparation held in one of the lounges.

We also host monthly social gatherings, trips, learning and information sessions with other student services offices, and collaborate with faculty from the Luso-Hispanic studies and Black Studies programs for larger community events.



Our Mission

The Anderson Freeman Resource Center fosters an inclusive environment for students of color, low income students, and first-generation students by providing advocacy, holistic support, and intentional programming. Through an intersectional and social justice framework, the AFC encourages student growth, identity exploration, and achieving personal, academic and social sense of belonging. Our services ensure the accessibility and longevity of intercultural student support and success at Middlebury College.



MIDD IN A NUTSHELL

A place where you can find your community and thrive, but will have to adjust to the environment.

MIDDLEBURY IS A SMALL TOWN SURROUNDED BY RURAL COMMUNITIES, VAST GREENS, AND THE FORESTS OF THE GREEN MOUNTAINS. IT IS ABOUT AN HOUR IN EACH DIRECTION FROM BIGGER CITIES-BURLINGTON AND RUTLAND. THE POPULATION OF THE TOWN AND STATE IS MOSTLY WHITE. MIDDLEBURY IS A RELATIVELY AFFLUENT TOWN, SHAPED BY ITS CLOSE RELATIONSHIP WITH THE COLLEGE AND ITS ROLE AS A RETIREMENT DESTINATION FOR MANY ALUMNI, WHILE STILL REMAINING CONNECTED TO THE SURROUNDING AGRICULTURAL COMMUNITY. MIDDLEBURY'S STUDENT DEMOGRAPHICS HAVE AROUND 10-12% OF FIRST GEN STUDENTS AND AROUND 40% OF STUDENTS BEING STUDENTS OF COLOR.



GUIDE TO VERMONT

Things to look forward to about life in Middlebury and VT in General



Many Middlebury students engage in outdoor activities such as hiking, biking, running, kayaking, bird watching, and skiing. They enjoy walking or biking to Middlebury's downtown area where there are a number of restaurants, a movie theater, a bookstore, and a few other shops. If that is not particularly your style of fun, there is also public transportation to Burlington, Rutland, and Williston, which you can catch at the edge of campus and head out for some fun!



Middlebury has a few places to shop, but the number of chain stores and restaurants is limited. Here is a running list of places we have in town and what can be found in other towns or cities within an hour's travel:

- Hannaford (Grocery shopping and pharmacy)
- TJ Maxx (Home goods and clothing)

- Walgreens and Kinney's (Pharmacy)

Most restaurants are locally owned and run. The only chain restaurants in Middlebury are McDonald's, Subway, and Dunkin Donuts.

Restaurants

In Downtown Middlebury:

- Sabai Sabai (Thai & Sushi)
- Taste of India or "Tindia" (Indian)
- Rice (Chinese, Thai, Malaysian)
- Two Brothers Tavern
- Mr. Ups (American Bar food)
- Yogurt City (Smoothies, teas, fro-yo, boba)
- Haymaker Buns (Baked goods coffee)
- Otter Creek Bakery

Middlebury (Marbleworks or on RT 7):

- Magic Wok (Chinese)
- Fire & Ice
- Green Peppers (Pizza)
- Noonie's Deli (craft sandwiches)
- American Flatbread (wood fired pizza)

Burlington:

- Red Panda (Himalayan/Nepalese, Indian)
- Sherpa Kitchen (Himalayan/Nepalese)
- Cafe Istanbul Halal Mediterranean Cuisine
- Central Market
- Taste of Asia (Indian, Himalayan/Nepalese)
- Istanbul Kebab House (Turkish)
- Ahli Baba's Kabob Shop (Middle Eastern)

Experience Midd

There are plenty of fun events and programs the community holds. You can find updates on the *Experience Middlebury* page and the Ilsley Public Library website. Some include, but are not limited to musical performances, music lessons, exhibitions, and cooking lessons, etc.

Town Hall theater: Local theater that performs musicals, plays, opera, and they offer classes to those who want to learn.

Middlebury Community Music Center: Offers group or private lessons and financial aid to those who are looking to learn how to play musical instruments. They offer a variety of instruments (guitar, piano, cello, violin, etc.)

Middlebury Studio School: Offers lessons on the arts like painting, pottery, and drawing.

Ilsley Public Library: Offers adult programs that are free and open to everyone and are updated frequently. Examples are: Poetry Slam, Philosophical Yoga, Cooking dumplings for the Lunar New Year, and Classical Film Club. etc.

You can learn more about Middlebury, its community resources, and projects through the town's website at townofmiddlebury.org.

WINTER IN VERMONT

TIPS TO BRAVE THE COLD...



Weather

The summers in Middlebury tend to be warm and wet while the winters are freezing and snowy. Over the course of the year, the temperature will vary between an average of 12°F and 80°F. However, summer temperatures have been steadily increasing over the past few years and Middlebury this past winter had days in the negatives. Snow and ice are common on the Middlebury campus, so it's important to plan strategies to keep yourself warm and healthy.

Winter Wear

- Dressing in layers will be practical as you move from building to building throughout the day.
- When choosing a winter jacket, it is important to consider a few factors such as waterproofing, insulation, and level of activity. Some winter jackets use zippers to attach a water-resistant outer shell with an inner layer made of fleece. Both layers can be worn together or separately, giving the wearer flexibility to use the jacket for multiple seasons. Avoid cotton shirts when participating in outdoor winter activities.

GETS REALLY FROSTY

MAKE THE BEST OF SKI SEASON!

Winter Wear Contd.

- Snow pants are an optional layer that provides additional warmth and waterproofing in the winter. These pants are not needed for daily use but may be useful if you plan on engaging in winter sports or playing in the snow.
- Other gear: Gloves, hats, scarves, vests, thick socks, long underwear, and hand warmers.

Winter Boots

- When buying winter boots, you should consider a few things such as height, insulation, and waterproofing. Taller boots that come up around mid-calf will help keep out ice and snow. You should also consider boots with a thick lining, which will provide greater insulation from the cold. Finally, look for boots that are waterproof. For example, boots with rubber soles and toes will offer better waterproofing than shoes without.
- Yaktrax traction cleats, found online, are another option for dealing with the ice. These cleats fit over shoes and help increase traction on snow or ice.

Campus Resources for Winter Clothing

- Each year Middlebury College hosts a winter clothing closet drive where students can come to receive some basic winter items such as boots, sweaters, jackets, layering items, snow pants, hats, gloves, etc. Depending on what the closet receives each year, some items may be limited.
- You can seek winter coat purchase assistance through the opportunity grants.

Other Winter Tips

Car: If you bring a car to campus, make sure to winterize it. It is recommended that you prepare a survival kit, ice scraper, shovel, blankets, food, water, ice melt/salt, etc. in the event that you find yourself stranded.

Dorm: Plan for blankets, a humidifier, electric kettle, and rugs. If it gets stuffy, air out your room, Cover drafty windows and use hot water bottles or heating pads.

Self: Dry skin/bloody noses is common so lotion, water, cold medications, a first aid kit, and tissues should be on your winter shopping list.

WINTER WELLNESS

TAKE CARE OF YOUR MIND,
BODY, AND SOCIAL LIFE
DURING THE COLD MONTHS.

SAD/Depression: Seasonal affective disorder (SAD) is a type of depression that is related to changes in season. For most people, symptoms begin in the fall and continue throughout the winter. This can cause you to feel listless, sluggish, sad, and low energy. Other signs and symptoms of SAD include losing interest in activities you usually enjoy, sleeping too much, experiencing a change in appetites, and difficulty concentrating. If you experience mood changes, reach out to the Middlebury counseling team to find ways to help manage your symptoms.

Flu and colds: It is common to see a spike in flu and cold symptoms during the winter months, so it is important to prepare in advance. First and foremost, it is important to get your flu shot. With COVID, Middlebury has made the flu vaccination mandatory for students on campus.





Middlebury College offers the flu shot free to students, or students can also get their flu shot from Kinney's Drugstore near campus or Walgreens.

- Prepare medications in advance: If possible try to have basic pain, fever, and cold medications on hand.

Skin Health: Although it is not always on the top of the list, Vermont's cold winters quickly dry out skin, which can cause dryness, itching, flaking, and cracking. Dryness can also cause bloody noses and scratchy throats, so it's important to stay on top of hydration in the winter. Be sure to drink plenty of water, stock up on lotion, and wear sunscreen while you are outside.

Heating will also dry out the air in your dorm rooms, so keeping a humidifier will add moisture back into the air.

THINGS TO WATCH OUT FOR AS YOU TRANSITION

Although beginning college comes with a lot of excitement, new experiences, and new challenges, sometimes students are faced with....

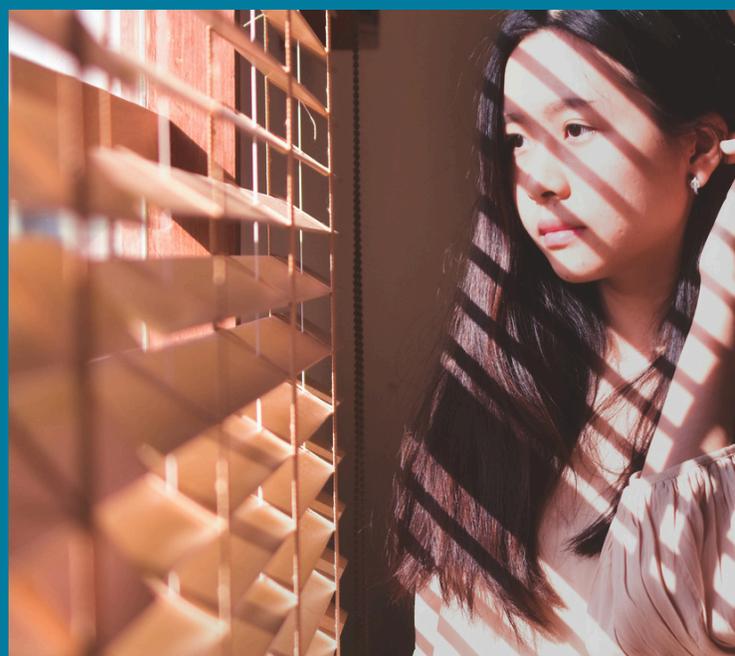
Homesickness

Homesickness is the feeling of emotional distress when you're away from home and in an unfamiliar environment. It is common among college students who may be living away from home for the first time.

Homesickness can be caused by a disruption of lifestyle or routine, cultural mismatch, difficulty adapting, and feelings of isolation or not belonging. These feelings are usually most poignant as you are trying to establish yourself in your new environment- trying to find a community, routine, or new ways to stay connected with communities back home. Homesickness is normal and temporary.

When it Doesn't Go Away

However, if these feelings persist throughout your first semester, consider seeking support from the Center for Health and Wellness as homesickness can increase feelings of anxiety or depression.





Imposter Syndrome

Imposter syndrome is a persistent feeling of being a fraud or believing you don't belong or deserve to be somewhere. This is fueled by self-doubt about one's own abilities, experiences, or accomplishments. This can be exacerbated by the Middlebury campus culture, where students can feel that they need to live up to a standard of "flawless perfection"

How It Often Shows Up

- You attribute achievements to "luck" or downplay the importance of your accomplishments.
- You do not feel worthy of your opportunities or the space you are in.
- You subconsciously hold back when in class, at work, or in groups because you do not feel your contributions are equal to or important as that of others.
- You practice overworking to prove that you are achieving.

When those feelings arise, connect with the staff at the AFC, your academic dean, or first-generation faculty, staff and older students who can give advice and offer encouragement as you sort through your thoughts.

When you feel imposter syndrome coming on:

- Remind yourself that you belong here.
- Remember that you worked hard to be where you are.
- Remember that you are doing YOUR best.
- Resist the urge to compare yourself to others.
- Find moments to talk to people who lift your spirits and encourage you to keep going.



Culture Shock

Culture shock is the feeling of disorientation experienced by someone who is suddenly subjected to an unfamiliar culture, way of life, or set of attitudes. Culture shock is very possible at Middlebury for students who come from big cities and places with diverse populations or more people of color. Adjusting to Middlebury's "ski life and country club" type environment can also be a shock.

How It Often Shows Up

- Extreme homesickness
- Feelings of helplessness or dependency
- Disorientation and isolation
- Depression and sadness
- Hyper-irritability, including inappropriate anger and hostility
- Sleep and eating disturbances (too little or too much)
- Loss of focus and ability to complete tasks

Working through culture shock:

- Remember that adjustment takes time.
- Work to make connections with other students who understand and can support you, especially those with similar identities.
- Talk about it; if you're feeling out of sorts, name it and let the feelings out.
- Know your resources and supports (like the AFC).
- Seek additional support from loved ones.

When those feelings arise, connect with the staff at the AFC, your academic dean, or first-generation faculty, staff and older students who can give advice and offer encouragement as you sort through your feelings. Culture shock can be easier to manage if you anticipate it ahead of time and take steps to surround yourself with people and things that help dispel those feelings.

HOW TO GET INVOLVED

THE GROUPS AND ACTIVITIES WHERE YOU CAN FIND BELONGING AND COMMUNITY AT MIDD.



Underrepresented in STEM (URSTEM)

Mentorship (with upperclassmen and faculty), study sessions with peers, de-stressing activities

Social Organizations

- JUNTOS (immigrant activism and community outreach to migrant workers)
- Women of Color (WOC)
- Radical Asians (RAISINS)
- Distinguished Men of Color (DMC)
- QTPOC (Queer POC org on campus)
- Project Pengyou

Recreational Organizations

- Verbal Onslaught (open mic, poetry)
- WOMP (student bands, performances)
- Midd Masti (dance)
- Evolution (dance)
- Riddim (dance)
- On Tap (dance)
- Cafe Con Leche (dance club)
- Baggage Claim (improv group)
- FIRE (Fostering Inclusive Recreational Experiences)
- Unlikely Riders

School-wide Events

- Concerts
- Winter Carnival
- Midd Mayhem
- Stressbusters during finals
- Hirschfield film series in Sunderland
- Nocturne Arts

MILC

Middlebury Intercultural Leaders Coalition or MILC (pronounced "Milk") is the cluster of intercultural organizations on campus. They are official student organizations funded by the Student Activities Office. These organizations range from identity-based connections to special hobbies and interest groups, to language and nationality-based groups. There's something for everyone within this cluster of organizations. The students who lead them help create community, host social events and collaborate with each other, and support other students altogether.

Organizations

- Alianza Latinoamericana y Caribeña
- Asian Students in Action (ASIA)
- Black Student Union (BSU)
- Chinese Society
- Club de Français (French Club)
- Distinguished Men of Color (DMC)
- German Club
- Il Circolo Italiano (Italian Club)
- International Students' Organization (ISO)
- Japanese Club
- Korean American Student Association (KASA)
- Mixed@Midd
- Project Pengyou

- Queers and Allies (Q&A)
- RAISINS (Radical Asians)
- Scandinavian Society
- South Asian Student Association (SASA)
- SEAS (Southeast Asian Society)
- SPUTNIK (Russian and Eastern European Society)
- UMOJA (African Student Club)
- Vietnamese Student Association (VSA)
- Voices of Indigenous Peoples (VIP)
- Women of Color (WOC)
- Queer and Trans People of Color (QTPOC)

Initiatives

These groups are not officially sponsored by the Student Activities Office and do not follow the SAO's guidelines for student organizations. They are usually affinity spaces that cater to specific identity groups.

- First Gen Collective
- Questbridge (for Matches & Finalists)
- Caribbean Student Association

Search and find out more about any of the organizations on Presence, the student activities online platform that you will use to manage your groups and other activities. You will be able to request membership there:

<https://middlebury.presence.io/organizations>

LGBTQIA+ STUDENT RESOURCES

LGBTQIA+ students have been served by the AFC since its founding in 2015. They will continue to be served by the AFC, but the primary source of direct support is the Prism Center for Queer and Trans Life. Director Janae Due specializes in LGBTQ+ issues and is here to offer support, advocacy, and programming for students.

The Prism Center website has links to information on all-gender housing, name and pronoun information, all-gender restrooms, programs and events, campus resources, and Vermont resources.

- [The Planned Parenthood in Burlington, VT](#) offers LGBTQ services such as hormone replacement therapy (HRT), resources, service referrals, and PrEP (pre-exposure prophylaxis)
- [Vermont Gynecology Transgender Care](https://vtgyn.com/services/transgender-care/)
<https://vtgyn.com/services/transgender-care/>
- [Transgender and Gender Nonbinary Health Care at Middlebury](#)
- [Middlebury Directory for Trans Students](#)
- [Sex-Positive Education for College Students \(SPECS\)](#): A peer-led sexual health and education collective that offers comprehensive and inclusive sex education using LGBTQ-informed, medically accurate information.

Housing

- [The Queer Studies House](#) is an academic interest house dedicated to the study of sexuality and gender and their relationships to race, class, ability, geography, culture, and more. This space welcomes all students regardless of gender or sexual identities.
- [Effervescence House](#) is a social interest house for Queer and Trans people of color.

Email: jdue@middlebury.edu | Tel: (802) 443-2377

LOW-INCOME STUDENT RESOURCES

Zero Dollar Store

The Zero Dollar store is a new initiative to provide no-cost dorm items made available through donations to students at the beginning of the semester. The Zero Dollar store is located on the first floor of the AFC and will be made available during Arrival Week. Students can find small rugs, lamps, shower caddies, and unopened snacks and hygiene materials.

Student Access and Support (SAS) Grants

These are funds you can apply for to get assistance with books among other things. See the resources section on financial assistance on p. 28 for more details on how those work.

Reuse Shops

Buy Again Alley, Neat Repeats, HOPE (Helping Overcome Poverty's Effects), Your Turn Resale Shop, Marion M Mumford Thrift Shop. Round Robin.

Freecycle Addison County

Freecycle is a nonprofit movement of people who are giving & getting stuff for free.

Online Options

Buy Nothing, Facebook Marketplace, Free & For Sale pages are all active. Front Porch Forum is a locally used webpage as well, just select Middlebury College's Address (14 Old Chapel Rd, Middlebury, VT. 05753) as your home address to be added to the local forum.

Cheaper book finding options and helpful tips

Middlebury College has a bookstore in Proctor where it is possible to purchase new/used textbooks, ebook options, and rent textbooks for your classes. However, this option tends to be very expensive. Students with demonstrated financial need will also be offered a loan to pay for books by Middlebury; however, you will have to pay it back within the next month. There are alternative ways to get textbooks outside of formal Middlebury channels that are more financially accessible.

• Middlebury Resources

- go/summoms and Midd's e-reserve
- Interlibrary Loan (ILL) for specific chapters
- Check out the AFC library!! Loads of donated textbooks there

LOW-INCOME STUDENT RESOURCES

Informal student buying networks

- Sometimes students will sell old textbooks on their class Facebook pages, post to YikYak, or advertise in group chats. It may be possible to find other students in your department who will be willing to sell or lend out their textbooks; this will require you to ask around.
-
- Sometimes professors put textbooks on hold at the library (reserve) so you can go to the library and check them out for 2 hours at a time to do your readings
-
- Photocopy a chapter/section from a friend who has a book

Other resources

- To buy or rent: Amazon and Chegg
- Bigwords.com, slugbooks.com, and libgen.is: all sites that help students find the lowest price for a specific book
- Sometimes free pdf files of books will be posted online
- Zotero: good resource for citations, if you need help learning how to use this program/citations in general, head to the Help-Desk at Davis Library

The Giving Fridge

A community refrigerator stocked with prepared meals from local restaurants and made with local ingredients. You can reserve a meal at <https://careofvt.com/the-giving-fridge>

Food During Breaks

During other shorter breaks dining hall hours will operate normally.

For the Thanksgiving Break the college has open dining hall hours, including a special Thanksgiving Meal prepared. Let the college know that you'd like to participate by responding to an email you receive near the break.

If you would like to be on campus during the winter break, be sure to petition to stay on campus via Res Life and request access to a food stipend through the Center of Student Success.

Summer dining halls are available to students who pay a weekly fee to access them; some students who are working jobs or internships like the convenience of this.

CENTER FOR STUDENT SUCCESS

Assistant Deans

All students have access to Assistant Deans who serve as a source of support, guidance, and advocacy for students while they are at Middlebury. Deans will be introduced during Orientation and via email.

There are many reasons you can go to your Dean. A non-exhaustive list of reasons to speak with your dean may include:

- Academic extensions in case of emergencies
- Problems with your schedule (e.g., schedule conflicts, dropping/adding a class, and more)
- If you need help/have concerns regarding financial difficulties
- Roommate issues
- Medical emergencies
- Family emergencies
- A liaison to other departments

To request an appointment with your dean or ask general questions, email centerforstudentsuccess@middlebury.edu

DEAN OF STUDENTS OFFICE



The Office of the Dean of Students, simply put, deals with the student experience and college community. Staff in the office are there to assist with problems beyond academics and can be an important ally in getting the support you need. They can assist in areas such as living situations, health issues, learning accommodations, disability, conflicts with other students, campus climate, or other personal situations. The dean of students is very knowledgeable about campus resources and can connect you with people who may be able to help address your concerns.

Joe Russell Dean of Students

Smita Ruzicka, Vice President for Student Affairs

<https://www.middlebury.edu/college/student-life/dean-students>

RESIDENTIAL LIFE (HOUSING)

Housing is supported by the Residential Life, or ResLife, staff, who coordinate housing assignments, residential programming, and other support services.

Residential Staff

The ResLife staff is comprised of full-time professionals and student employees. Some of the positions include:

- Residence Directors (RD) which are a part of the full-time Middlebury College staff. RDs oversee the residential life students staff, address student behavioral concerns, connect students to campus support, and provide after-hours emergency support.
- Residential Life student staff includes resident assistants (RA) and community assistants (CA) who are housing's student leaders who live in student housing. These students uphold community standards, residential policies, and serve as student support.

Housing

First-year housing is assigned by the college. Most students will reside in traditional-style rooms (a private space shared with a



roommate and community bathrooms). First-year dorms include Allen, Battell, Hepburn, and Stewart. Dorms will not have air conditioning, but they will have heating.

After their first year, students can apply to live in social houses or special interest houses, which offer good opportunities to connect with students who have similar interests. Some special houses include: Chromatic, PALANA, Tavern, Xenia, language houses, etc.

More information about housing can be found at <https://www.middlebury.edu/office/residential-life/housing-overview>

KNOW WHO TO TALK TO WHEN IN NEED...

There are many student support offices at Middlebury, all with a specific role in ensuring your success. You will get chances to connect with them briefly during First@Midd and Orientation, but you should also become familiar with what they do so you are aware if you ever need those services. The key is to access these services from the beginning, so that you are supported along your journey, not just when you have a hardship.

WHAT TO DO ABOUT DISCRIMINATION OR BIAS

Title IX

Title IX protects people from discrimination based on sex in education programs that receive federal financial assistance.

The U.S. Department of Education defines this as: “discrimination based on sex, including sexual orientation and gender identity [including] recruitment, admissions, and counseling; financial assistance; athletics; sex-based harassment, which encompasses sexual assault and other forms of sexual violence; treatment of pregnant and parenting students; treatment of LGBTQIA+ students; discipline; single-sex education; and employment.”

Issues with Title IX are handled by the Civil Rights and Title IX Office, headed by Title IX Coordinator Butterfly Blaise Boire

<https://www.middlebury.edu/office/title-IX/about/title-ix-information>

To learn more about the reporting process visit

<https://www.middlebury.edu/office/title-IX/file-report-or-complaint>

Bias Incidents

Middlebury has a [non-discrimination policy](#) and you can file a report if you have experienced biased treatment from someone or you have witnessed it perpetrated against someone else. These incidents should be reported no matter where on campus, and whether they are done by faculty, staff or students.

You can report conduct prohibited by the non-discrimination policy and other behavior that negatively impacts community members, but doesn't fit under that policy. If you are made to feel uncomfortable, you can fill out a “Bias Incident Report Form” located on the Civil Rights and Title IX Office page [“File a report or Complaint”](#) or [“Reporting to Middlebury.”](#)

WHO TO SEE AND WHAT TO DO FOR FINANCIAL ASSISTANCE

College Finance

Student Funding Opportunities

Middlebury has money available to financially support students in a variety of situations. A breakdown of all the types of funding available can be found at <https://www.middlebury.edu/student-funding>. Students can also contact certain offices directly depending on the situation (e.g. contacting the Center for Careers and Internships to fund an unpaid internship).

Student Access And Support (SAS) Grants

SAS grants can be used for a variety of purposes, but they are essentially available to ensure that all students have access to the full Middlebury experience. Some of this funding is specifically designated for high-need international students and first-gen students. SAS grants may be put towards travel needs, materials (e.g. technology, textbooks, winter clothing), and experiences (e.g. ski rentals) among other things.

To apply for a SAS grant, you must fill out an application at [go/sasgrant](#)

Emergencies

Funds are available in case of emergency (illness, death, etc.), but a student's first course of action should be to contact the Center for Student Success.

WHO TO CONTACT IF YOU NEED SPECIAL ACCOMMODATIONS, ACADEMIC OR OTHERWISE

Disability Resource Center (DRC)

Jodi Litchfield (litchfie@middlebury.edu) and Peter Ploegman (pploegman@middlebury.edu) run this student services office and will help you identify and arrange the accommodations you need.



Jodi Litchfield

What They Cover

Academic accommodations: assisted or early registration, classroom access, course load, course withdrawal, time extensions

Auxiliary aids and services: interpreter services, note-taker/scribe services, reader services

Dining and housing accommodations: food allergies, quiet housing, single room

Mental health accommodations: Depression, anxiety, and other forms of mental and emotional health are eligible for support and accommodation.

We recommend connecting with Jodi and Peter before the school year begins to make sure you are set up for all your needs.



Peter Ploegman

WHERE TO CONNECT IF YOU NEED A JOB

Student Jobs

Student job listings are available on the job Workable platform. You can sign in by navigating to workable.com/signin. On the sign-in page, select “Sign in with Single Sign-On (SSO)” which is the same as your email address and password login for email and all things at Middlebury. You will be asked to enter your account’s subdomain which is (middleburycollege). Submit the subdomain and you’ll be redirected to your Middlebury SSO. Sign in and you’ll be automatically redirected to your Workable dashboard. Most positions are posted and kept open until they are filled. Positions can be temporary, for a semester, for an entire school year or for multiple years.

Students are allowed to have multiple jobs on campus. Positions are posted as they become available but there are usually more postings in the beginning of the school year.

Student wage scale and level definitions can be found here: <https://www.middlebury.edu/office/human-resources/student-employment/getting-paid/wage-scale-and-level-definitions>

Finding a Student Job without Work Authorization

Undocumented Students should contact Alicia Gomez (agomez@middlebury.edu) at the Center for Careers and Internships (CCI) for job options open to students with that status. There are Middlebury offices (including the AFC) and other local businesses that employ undocumented students via a paid internship-type arrangement.

WHAT TO DO ABOUT HEALTH & WELLNESS

Center for Health and Wellness : Middlebury's on-campus home to help students access counseling, health services, health education, and sports medicine at no extra cost. If you want help with your physical health call Health Services in Centeno House at 802-443-3290. Nurses who answer the phone can help you to determine what your right next step is.

If you want mental health support contact Counseling at 802-443-5141 or counseling@middlebury.edu. Counselors offer individual sessions, group counseling and times you can just stop by to learn from or talk to a counselor. Counseling staff holds a wide range of identities, lived, and professional experiences. Counselors are located in Centeno House and the Service Building.

If you want to learn more about a health topic contact Health & Wellness Education at 802-443-2376 or healthandwellnessed@middlebury.edu. A health educator can meet with you or suggest events you attend to learn more about: sexual health, mental health and well-being, alcohol and other drugs, violence prevention or advocacy, cold/flu prevention, nutrition, movement, and more. Health and Wellness Education is located in Ross Basement.

If you are a varsity athlete or Tier 1 club athlete you can access support through Sports Medicine in the Peterson Athletic Complex by contacting your team's athletic trainer or emailing sportsmedicine@middlebury.edu. Athletic trainers help students to practice safely, avoid injury, and support recovery from injuries.

In addition to in-person services at the Center for Health and Wellness offices, all enrolled students have access to 24/7 telehealth through TimelyCare. Students can use SSO to log in via the app or on a browser at [go/TimelyCare](https://go.TimelyCare). Choose from on-demand services (average wait time is 4-8 minutes) or scheduled services where you can choose the day, time, and provider you want to meet with. Provider searches for scheduled services can be done by identity, specialty, languages, and more.

Pharmacies: There are three pharmacies in Middlebury. Kinney Drugs is about half a mile from the Middlebury Campus on Route 7, making it the closest pharmacy. The second closest pharmacies are Walgreens and Hannaford, about a 1 mile walk across the street from each other on Route 7. Kinney offers on-campus delivery of prescriptions at Health Services for students who would like to pick up on campus (pre-payment by phone is required).

Porter Medical Center: This center is part of the University of Vermont Health Network and is the local hospital in Middlebury located 1 mile from the center of campus. It also has an ExpressCare (urgent care) office that accepts walk-in appointments including evenings and weekends. Students who need urgent (ExpressCare) or emergent (Emergency Department) care can call the Department of Public Safety and request a ride to Porter.

WHAT TO DO IF YOU ARE AT MIDD OR WITHOUT HOME SUPPORT

The Wily Network

The Wily Network supports students who are facing challenges such as:

- **Aging out of foster care**
- **Experiencing homelessness**
- **Lacking family support** (including LGBTQIA+ students who may have separated from family)

Wily aims to help students succeed by managing finances, securing summer and break housing, and working to provide themselves with food, books, clothing, and dorm essentials.

Current and incoming students can contact Elaine Orozco Hammond at ehammond@middlebury.edu with questions and for support.

WHAT TO DO IF YOU ARE UNDCOUMENTED OR DACA MIDD

On Campus:

Reach out to the Anderson Freeman Center to learn more about ways to be connected and supported while at Middlebury.

External resources, groups and FAQs:

- [Beyond DACA, Immigrants Rising](#)
- [FAQs on Consideration of Deferred Action for Childhood Arrivals, USCIS](#)
- [What to Do If You're Stopped By Law Enforcement, ACLU](#)
- [Everyone Has Basic Rights No Matter Who Is President, NILC](#)
- [Know Your Rights, United We Dream](#)
- [Immigrant Legal Resources Center: Family Preparedness Planning](#)



MIDD BUILDING GLOSSARY

All the buildings on campus, what they're used for, and what students or others on campus may call them.





FIRST-YEAR RESIDENCE HALLS

Name	Colloquial Name	Notes
Allen Hall		
Battell Hall		There is now old and new Battell
Hepburn Hall	Hep	
Stewart Hall	Stew	All dorms have group chats that are usually shared by their year's senators. There also might be floor group me's, but it depends on a person's RA or hall.

OTHER RESIDENCE HALLS

Name	Colloquial Name	Notes
Atwater Hall	Fratwater	
Coffrin Hall	Coff	
Gifford Hall	Giff	
Hadley Hall	Had	Part of the Ross Complex
Milliken Hall	Milli	Part of the Ross Complex
Kelly Hall		Part of the Ross Complex
LaForce Hall		Part of the Ross Complex
Lang Hall		Part of the Ross Complex
Le Château		
Painter Hall		
Pearsons Hall		
Ridgeline Townhouses	Townhouses	
Ridgeline View Suites	Ridgeline	
Starr Hall		
Voter Hall		
Forest Hall		

SPECIALTY HOUSING

Name	Colloquial Name	Notes
Language Houses	Arabic, Chinese, French, German, Hebrew, Italian, Japanese, Portuguese, Russian, Spanish	Students living in Language Houses take a pledge to only speak said language when in the house. A native speaker, usually also the TA, lives in the house as well.
Chromatic	Chrome	Art social house; Social houses are both student organizations and residential communities.
The Mill		Music Social House
PALANA		Social house for students of color
Tavern	Tav	
Xenia		Substance-free Social House
Food Studies / Local Food House	Weybridge	
Intentional Living	Meeker	
Interfaith		
Outdoor Interest	Brooker	
Wellness	Homestead	

DINING OPTIONS

Name	Colloquial Name	Notes
Atwater Dining Hall		
Proctor Dining Hall	Proc	Also houses Campus Bookstore, WRMC student radio
Ross Dining Hall		Part of the Ross Complex

Academic Buildings

Name	Colloquial Name	Notes
Alexander Twilight Hall	Twilight	Education Studies, Classics
Axinn Center at Starr Library	Axinn	American Studies, English and American Literatures, Film and Media Culture, History
Franklin Environmental Center at Hillcrest	Hillcrest	Environmental Studies
Freeman International Center	FIC or Freeman	German, Hebrew, Japanese, Russian
Johnson Memorial Building	Johnson	History of Art and Architecture (Art History, Architectural Studies), Studio Art
Le Château	Chateau	French
McCardell Bicentennial Hall	Bi Hall	Biology, Chemistry, Geography, Geology, Molecular Biology and Biochemistry, Neuroscience, Physics, Psychology
Munroe Hall		Anthropology, Religion, Sociology
Mahaney Center for the Arts	Mahaney, CFA (Center for the Arts), Arts Center	Dance, Music, Theatre
Sunderland Language Center	Sunderland	Dana Auditorium is located within
Voter Hall		Chinese, Arabic, Italian, Luso-Hispanic
Warner Hall		Economics
Chellis House		Gender Studies, Feminist Resource Center
75 Shannon Street	Shannon	Computer Science, Mathematics





Administrative Buildings

Name	Colloquial Name	What's There
Carr Hall	AFC	Anderson Freeman Resource Center (AFC), Black Studies offices
Emma Willard House	Admissions	Admissions
Hathaway House	Scott Center	Charles P. Scott Center for Religious Life
Kitchel House	CCI	Center for Careers and Internships, Midd2Midd Office
Old Chapel		Office of the President Academic Affairs
Service Building & Biomass Gasification Plant	Service Building	Civil Rights & Title IX Office Disability Resource Center Office of Diversity, Equity, and Inclusion (OIDEI) Student Financial Services (SFS), International Student and Scholar Services (ISSS)
Sunderland Language Center	Sunderland	Study Abroad Office
125 South Main Street		Public Safety (Pub Safe)
Farrell House	Prism	Prism Center for Queer and Trans Life

Places of Interest

Name	Colloquial Name	Notes
Centeno House	Health Center	Houses the Parton Center for Health and Wellness, which offers medical health services for non-emergency cases, some basic medical procedures, testing, vaccines, telehealth, and counseling.
Davis Family Library	Davis	Center for Teaching, Learning, and Research (CTLR), Fellowships, Wilson Cafe (Starbucks), Information technology Services/Technology Helpdesk, Midd Archives, classrooms
Kirk Alumni Center	Kirk	Golf Course
Mahaney Center for the Arts	Mahaney, CFA (Center for the Arts), Arts Center	People who work in the building and employees who have been here longer often avoid calling it Mahaney. Houses the Middlebury College Museum of Art (MCMA)
McCullough Student Center	McCullough	Mail center, Midd Express, Student Activities Office, The Grille, Crossroads, Wilson Hall (auditorium)
Middlebury Chapel	The Chapel	Largely used for formal events
Porter House		Medical center (off-campus)
Wright Hall		Houses the Wright Theater

MIDDLEBURY TERMS GLOSSARY

There will be many terms used on campus by faculty, staff, and other students. Here is a glossary of commonly used terms that may be new to you.



Abbreviations Quick Guide

CCE: Center for Community Engagement

CCI: Center for Careers and Internships

CTLR: Center for Teaching, Learning, and Research

FAFSA: Free Application for Federal Student Aid

FYS: First Year Seminar

ISSS: International Student Scholar Services

OIDEI (oy-dey): Office of Institutional Diversity, Equity and Inclusion

RA: Resident Assistant

RD: Resident Director

SAO: Student Activities Office

SFS: Student Financial Services

TA: Teaching Assistant

Academic Jargon

Academic Year

At Midd, the academic year runs from early September of one year until mid-August of the following year. Midd's academic year consists of three terms: Fall semester, spring semester, and J-term, which takes place in January.

Course Catalog

Middlebury College's catalog provides information about the college's programs, degree requirements, courses, student services, and policies. A new college catalog is issued for each academic year. More information about the Middlebury College Catalog can be found at <https://www.middlebury.edu/academics/catalog>

Corequisite

A course that a student is required to participate in while enrolled in another course. These courses will be taken simultaneously. These requirements are listed in the college course catalog.

Credit Hour

One credit hour at Middlebury is equivalent to 30 hours of classroom instruction over the course of one semester/term. This does not include additional work done outside of class, including reading, writing, language drills, laboratories, discussion, etc. At Middlebury, each class counts as one credit.

Academic Jargon Contd.

CSS Profile

An online financial aid application used by certain colleges and universities in the United States to assess a student's eligibility for non-federal financial aid, including institutional grants, scholarships, and need-based aid.

Curriculum

All of the courses that must be successfully completed in order to earn a degree constitute the curriculum, or course of study, for that degree.

Declining Balance

A \$35 credit added to your student account every fall and spring semester. It can be used at any retail location on the Middlebury Campus by scanning your student id card.

Distribution Requirements

General education courses that all students at Middlebury are required to take in addition to their major course requirements. More information about the types of courses students should take can be found on the Academic Advising web page. The page also has the worksheets "Your Four Years" and "Distribution Worksheet" that help students track the completion of their distribution requirements.

FERPA

Family Educational Rights and Privacy Act. A federal law that protects the privacy of student education records. Once students turn 18 years of age or enter an institution beyond the high school level, the right to privacy is transferred to the student. Parents and guardians need the permission of the student to access their education records.

Financial Aid

Financial support that students receive for college expenses. Types of financial aid include loans, grants, scholarships, and work-study earnings. Collectively all the financial aid that students are offered is known as their financial aid package.

Financial Aid Award Letter

A letter that describes the financial aid package that the college is able to offer a student. A prospective college student will receive a letter from the financial aid office of the college after that student has submitted a FAFSA and has been accepted into a degree program. Students receive a new Financial Aid Award Letter for each academic year, after completing the FAFSA. You can find the definitions of many other common financial aid-related terms, such as Expected Family Contribution and Enrollment Status here: <https://www.nasfaa.org/glossary>

First-Generation College Student

A first-generation college student is typically defined as a student whose parent(s) did not complete a four-year college or university degree. This definition closely coincides with the federal definition, which determines students' eligibility for federal financial assistance and support programs.

First Year Seminar (FYS)

A small, discussion-based class that all incoming students participate in during their first semester of college. The aim of these courses is to introduce students to a liberal arts education and familiarize them with the standards of college-level work. For more information, visit <https://www.middlebury.edu/academics/fys>

Academic Jargon Contd.

Full-time student

Middlebury students enrolled in a minimum of 3 to 5 credits during the fall and spring semesters are considered full-time students. During the summer and winter sessions, a full-time load is 1-course credit. There are different policies for Summer Intensive Language Programs,

Go Links

Shortened links that can be used on the Middlebury network. These links are created by people in the Middlebury community. To use a go link, connect to the Middlebury WiFi then type go-slash-link name-slash. For example, the Anderson Freeman Resource Center can be found by typing go/afc/

Half-time student

Middlebury students who are enrolled for 2-course credits during the fall and spring semesters.

Handshake

A career-services platform used by Middlebury and other colleges and universities. Students can login with their Middlebury login information. On Handshake, students can look for jobs, internships, and other opportunities. It is also where you can find CCI events and book appointments with CCI advisors.

Matriculation

A student who is enrolled in a degree or credit-bearing certificate program as “matriculating.”

Midd2Midd

An online community that pairs Middlebury students with alumni for mentorship, coaching, and networking opportunities. For more information, visit <https://www.middlebury.edu/office/midd2midd>.

MiddView

The Middlebury first-year orientation program. This takes place in the fall before the beginning of the fall semester. There is also an orientation in February for those who will begin classes in the spring.

Office Hours

Time scheduled by professors and teaching assistants to meet with students outside of class. Office hours are a time when students can meet to ask questions and discuss class materials, performance, grades, and other related interests. This is also a good time to get to know your professors outside of class. Office hours are generally not required and it is up to the student to decide whether or not they want to participate. Office hours can be found in the class syllabus.

Part-time student

A student enrolled who is half-time or less than half-time. See corresponding definitions in this glossary.

Prerequisite

A requirement that must be met before a student can register for a course or be admitted to a particular program of study.

First-Generation Faculty and Staff

A list of all the people on campus who know, have personal experience, and understand what it takes to thrive as a First-Generation Student

Alicia Gomez	she/her	Center for Careers and Internships (CCI)	agomez@middlebury.edu
Amal C Duprey	She/her/hers	Sports Medicine	aduprey@middlebury.edu
Amitava Biswas	No preference	Enterprise & Business	amitavab@middlebury.edu
Barbara McCall	she/her/hers	Center for Health and Wellness	bmccall@middlebury.edu
Crystal Jones	She/Her/Hers	OIDEI	crystalj@middlebury.edu
Daniel Silva	he/they	Luso-Hispanic Studies and Black Studies	dfsilva@middlebury.edu
Derisa Collymore	she/her	OIDEI/AFC	dcollymore@middlebury.edu
Erin Pockett	She/Her	Health Services	epockett@middlebury.edu
Fernando Rocha	he/ele/él	Luso-Hispanic Studies	frocha@middlebury.edu
Heather Sitkie	She/Her	Residential Life	hsitkie@middlebury.edu
Héctor J Vila	he/him	Writing & Rhetoric	hvila@middlebury.edu
James Calvin Davis (James)	He/him	Religion	jcdavis@middlebury.edu
Jen Sellers	she/her	Student Life	jsellers@middlebury.edu
Jennifer Bleich	she/her	Grants & Sponsored Programs	jbleich@middlebury.edu

Jennifer Mallory	she/her	Student Affairs	jmallory@middlebury.edu
Jessica Teets	she, her	PSCI	jteets@middlebury.edu
Karly Beavers	she/her/hers	Health & Wellness Education	kbeavers@middlebury.edu
Kate Odell	She/her/hers	Counseling	kgodell@middlebury.edu
Kim Balparda	She/ her	Admissions	kbalparda@middlebury.edu
Kristy Carpenter	she/her	Residential Life	kristyc@middlebury.edu
Larry Hamberlin	he/him/his	Music	lhamberl@middlebury.edu
Marybeth Nevins	she/her/they	anthropology (chair), linguistics	mnevins@middlebury.edu
Michael Sheridan	he/him in English, none in Swahili (b/c it doesn't have them)	Anthropology	msherida@middlebury.edu
Michele Dube	she/her	Chemistry and Biochemistry	mdube@middlebury.edu
Michelle Nelson	she/her	Admissions	mmnelson@middlebury.edu
Natalie Eppelsheimer	she/her [sie/ihr]	German	eppelshe@middlebbury.edu
Nicolas Poppe	he/him	Luso-Hispanic Studies / Latin American Studies	npoppe@middlebury.edu
Pam Berenbaum	she/her	Global Health	pberenbaum@middlebury.edu
Robert Cluss	He, him, his	Dept Chemisty & Biochemistry	rcluss@middlebury.edu
Sam Prouty	He/Him	Admissions	sprouty@middlebury.edu
Sandra Robinson	she/her	Health Services/CHW	sandrar@middlebury.edu
Santana Audet	She/hers	Admissions	slaudet@middlebury.edu
Shannon Bohler	she/her	CTLR	sbohler@middlebury.edu
Steve Zatarain	he/him	OIDEI/AFC	szatarain@middlebury.edu
Ursula Olender	she/her	Center for Careers and Internships	uolender@middlebury.edu