

From: Zehle, Christa H

Sent: Thursday, September 20, 2018 5:18 PM

To: LCOM Class of 2022 List <classof2022@med.uvm.edu>

Cc: Bookless, Michelle C <michelle.bookless@med.uvm.edu>; Wood, Madison A <madison.wood@med.uvm.edu>

Subject: Please read - Important information about White Coat Ceremony on October 5, 2018

Sent on behalf of The Office of Medical Communication with approval from the Associate Dean for Students:

Hi Class of 2022,

Today marks just two weeks from the big day – White Coat Ceremony on October 5, 2018 in the Ira Allen Chapel.

Please read this important reminders about the day below:

- **Breakfast & Mindfulness Presentation:** The breakfast will start at 8:00 am. in the UVM Davis Center Grand Maple Ballroom. Please make sure you and your family/guests arrive **no later than 8:30 am**. A presentation/mindfulness exercise led by Professor James Hudziak, M.D. will begin promptly at 9:00 am. and last until 10:00 am.
- **Ceremony Arrival Time:** All students in the Class of 2022 must arrive at Billings Ira Allen (the back, bottom entrance of Ira Allen) **no later than 11:45 am on Friday, October 5, 2018**. A light lunch of sandwiches, salad, and water will be served for students in the Class of 2022 from 11:45 am – 12:30 pm.
- **Parking & Shuttle Service:** Please direct family and guests to park at the Gutterson parking lot. There are three regularly scheduled shuttles that run from Gutterson (Patrick Gym) to Ira Allen. They stop at Gutterson every 10 minutes. We will have signage directing guests to the bus stop as well as volunteers on site. We will also have an additional fourth shuttle running from Gutterson to Ira Allen. If family members are attending the Mindfulness Breakfast, we strongly encourage them to park at Gutterson and **not move their car** once they are parked as parking will be first-come, first-serve and will get much more limited as the day goes on. A shuttle will also bring those who do not want to walk or cannot walk from Ira Allen to the reception in the Davis Center and from the Davis Center back to their cars parked at Gutterson.
- **Your White Coat:** You will not receive your white coat before the Ceremony. You will be cloaked with your white coat on stage during the Ceremony.
- **What to bring and not bring:** Students **should not** bring backpacks, laptops or other valuables with them. While we will have a location for students to leave coats, purses, and other belongings during the ceremony, this is not an event where students want to carry their belongings with them.
- **Watch a video about how to be properly cloaked:** During the Ceremony, students will be called on stage by name to be cloaked with their white coats by Christa Zehle, M.D., or Tania Bertsch, M.D. It seems like a silly question, but getting cloaked properly with your white coat can be challenging. [Watch this video](#) to see how to stand and move your arms appropriately to help the cloaking go more smoothly.
- **Livestream:** The Ceremony will be livestreamed so that family and friends who cannot attend will still be able to watch online. The livestream link will be provided on the <http://med.uvm.edu> homepage and [here](#) one week prior to the Ceremony.

Please do not hesitate to contact Madison.wood@med.uvm.edu with any questions or concerns.

Best,
Michelle

Michelle C. Bookless

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