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Welcome to Graduate School at UW–Madison

Congratulations on your admission to the University of Wisconsin–Madison! The Graduate School experience at UW–Madison opens doors as you open your mind to new opportunities and experiences.

The Graduate School offers support and resources to help you transition to life as a graduate student. One of these essential resources is *Graduate Student Life*.

*Graduate Student Life* holds information on important things like where to find housing, where to shop, what to do for recreation and entertainment, and tips for staying healthy while you’re here. *Graduate Student Life* is a valuable resource throughout your time at UW–Madison!

Contributors and Editors

*Graduate Student Life* has been compiled over time by many graduate students and coordinated by the Graduate School Office of Professional Development and Communications and former Graduate Student Collaborative.

Front cover photo by University Communications

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Students relax and study on Bascom Hill as the trees begin to take on a golden hue during autumn.
Congratulations! You are now an official graduate student at UW–Madison. This chapter contains useful information for new grad students about the university, the Graduate School, and life as a UW–Madison student.

UW–MADISON HISTORY

The University of Wisconsin–Madison has long been recognized as one of America’s great universities. A public, land-grant institution, UW–Madison offers a complete spectrum of liberal arts studies, professional programs, and student activities. Many of its programs are hailed as world leaders in instruction, research, and public service.

Origins

The university traces its roots to a clause in the Wisconsin Constitution, which decreed that the state should have a prominent public university. In 1848, Nelson Dewey, Wisconsin’s first governor, signed the act that formally created the university. The first class, with 17 students, met in a Madison school building on February 5, 1849.

From those humble beginnings, the university has grown into a large, diverse community, with over 40,000 students enrolled each year. These students represent every state in the nation as well as countries from around the globe, making for a truly international population.

Mission

UW–Madison is the oldest and largest campus in the University of Wisconsin System, a statewide network of 13 comprehensive universities, 13 two-year colleges, and an extension service. One of two doctorate-granting universities in the system, UW–Madison’s specific mission is to provide “a learning environment in which faculty, staff and students can discover, examine, critically, preserve and transmit the knowledge, wisdom and values that will help insure the survival of this and future generations and improve the quality of life for all.”

The university achieves these ends through innovative programs of research, teaching, and public service. Throughout its history, UW–Madison has sought to bring the power of learning into the daily lives of its students through innovations such as residential learning communities and service-learning opportunities. Students also participate freely in research, which has led to life-improving inventions from more fuel-efficient engines to cutting-edge genetic therapies.

The Wisconsin Idea

Students, faculty, and staff are motivated by a tradition known as the “Wisconsin Idea,” described by university President Charles Van Hise in 1904 as the compelling need to carry “the beneficent influence of the university . . . to every home in the state.” The Wisconsin Idea signifies the general principle that education should influence people’s lives beyond the boundaries of the classroom. It permeates the university’s work and helps forge close working relationships among university faculty and students and the state’s industries and government.

GETTING STARTED

Visit the Graduate School website (grad.wisc.edu) for information about academic programs, graduate school policies and procedures, deadlines, professional development
opportunities, forms, publications, upcoming workshops, events, funding opportunities, and more.

**Graduate School**
217 Bascom Hall
500 Lincoln Drive
Madison, WI 53706
grad.wisc.edu

**Campus and Visitor Relations**
Campus and Visitor Relations (CAVR) serves as the front door to UW–Madison, providing personalized information, experiences, and connections for the campus and community. Friendly and enthusiastic staff members will answer your questions and help you find the information you need while making the campus and surrounding area easier to navigate. You may reach them by phone (608-263-2400), chat, or e-mail, or by stopping in at one of three information and welcome centers: the Town Center Welcome Desk at the Wisconsin Institutes for Discovery (330 N. Orchard St.), or the Campus and Community Information Desks at Memorial Union (800 Langdon Street) and Union South (1308 W. Dayton Street). For more information, visit info.wisc.edu.

Campus and Visitor Relations also coordinates UW–Madison’s Campus Area Housing Listing Service. Visit the website (campusareahousing.wisc.edu) for up-to-date listings of private housing vacancies, including apartments, houses, roommate options, and cooperative living arrangements. See Chapter 6 for more information on housing both on and off campus.

Finally, learn more about UW–Madison’s rich history and traditions by taking a general campus walking tour. Tours leave from Union South and are offered daily. Tours are not offered on holidays or football Saturdays. For a schedule, or to register for a tour, visit admissions.wisc.edu/visitbucky.

**Contacting Programs**
Your program office is usually the best place to find information on anything relating to your academic career. Most of these offices offer orientation activities to help you acclimate to your new campus home. To get contact information for your program, visit the Graduate School’s list of all graduate programs online (grad.wisc.edu/academic-programs/).

Beyond your program office, the Graduate School (grad.wisc.edu), located in Bascom Hall, is the hub of information for grad students on campus. Your first contact with the staff in the Office of Admissions is when you apply. The staff in the Office of Academic Services is there to help students understand and follow Graduate School policies for satisfactory progress toward graduate degrees and manage the official records for all graduate students. The Office of Diversity, Inclusion and Funding coordinates fellowship programs. If you have a question that your program cannot answer, go to the Graduate School. For steps to prepare your doctoral dissertation, go to grad.wisc.edu/current-students/doctoral-guide.
Activating Your NetID
One of the first things to do even before you arrive on campus is to activate your free My UW–Madison (My UW) NetID and e-mail account (Office 365). The university uses your campus e-mail account to notify you of important information. In addition, you need your NetID to register for classes, which you must do online via the My UW portal (see below).

To activate your NetID, go to my.wisc.edu, choose the “Activate your NetID” link, and follow the instructions. You will then receive your NetID and campus e-mail address. For more information on activating your My UW NetID and UW–Madison e-mail account, visit the DoIT webpage on NetID activation (kb.wisc.edu/helpdesk/page.php?id=1140).

My UW
My UW–Madison (My UW) is your secure online gateway to personalized campus information and services. When you log on to My UW at my.wisc.edu, you get secure access to content based on your NetID and password. My UW content includes: Office 365, the Student Center, announcements, UW–Madison headlines, weather, campus services, tech help, academic information, campus online library catalogs, information on campus life, financial statements, and your student record. My UW is also where you enroll for classes and update your account information.

Wiscard Campus ID
Your Wiscard photo identification (Campus ID) will be your official form of identification on campus. It will give you access to libraries, recreation facilities, and other campus services, including a student discount on food purchases at several campus eateries. You should obtain your Wiscard after you have enrolled in classes. The Wiscard Office is located in Union South. For more information, call 608-262-3258 or visit the Wiscard website at wiscard.wisc.edu.

Your first Wiscard is issued to you at no cost, but you must present official photo identification (valid driver’s license, passport, or state ID) to receive it. Lost, stolen, or misplaced cards can be replaced for $25. If you wish, you can link your Wiscard with an account at the UW Credit Union in order to use it as a debit card on campus.

WiscAlerts
WiscAlerts is UW–Madison’s emergency notification system. In the event of a campus emergency, students, faculty, and staff will receive timely information and updates. As a student, you will automatically receive all WiscAlerts that you are entitled to receive except for WiscAlerts–Text Messaging. Text Messaging service requires you to enroll.

WiscAlerts–Text Messaging is one part of the WiscAlerts emergency notification system. It’s designed to reach mobile users who may be away from their computer or office. To subscribe to the service, log into the My UW portal and search for “WiscAlerts.”

Enrolling For Classes
Enroll for classes through My UW (my.wisc.edu). To sign in, you will need your NetID and password. New or returning students must activate their NetID before signing in to My UW (see “Activating Your NetID” above). If you are unsure of your NetID and password, call the Division of Information Technology (DoIT) Help Desk at 608-264-4357.

The Office of the Registrar provides detailed information about course enrollment, including online demos that walk you through the steps: registrar.wisc.edu/course-enrollment. Once you are signed in to My UW, go to the Student Center tab. Here, use
Graduate Student Life

Class Search/Course Catalog to look at a comprehensive list of course offerings. Course Guide and Class Search can also be accessed through the Office of the Registrar’s website (registrar.wisc.edu). Also available at the Office of the Registrar’s website is important enrollment deadline information and detailed enrollment rules and regulations, including online demos that walk you through the steps: (registrar.wisc.edu/dates). Note: Some departments or programs may require that you meet with your advisor before you enroll. If so, there may be a “hold” status on your enrollment. Your advisor and enrollment status are listed in Student Center.

Course Guide (registrar.wisc.edu/course-guide) is an online, searchable catalog of courses that includes the ability to browse course sections offered each term. It is updated six times per day. Clicking on any course section within Course Guide will take you to Class Search, which offers real-time updates of seat availability in the course section. From there, you can click on course sections to add them to your “enrollment shopping cart.” This saves your choices for later consideration, but does not officially enroll you. You must return to your “shopping cart” later and go through a few more steps in order to officially enroll in the courses.

For more details or if you have questions, Enrollment Services at the Office of the Registrar can help (registrar.wisc.edu or 608-262-3811).

How Do I Know What Courses to Take?
Once again, the first place to start is in your program. Your advisor should have some suggestions. Also talk with continuing students in your program. The earlier you find people with similar interests, the sooner you can learn from their experiences. Most grad students are willing to share their opinions on courses they have taken. Be sure to ask specific questions relating to what you hope to get out of the class, since everyone has different expectations and interests.

Keep in mind that some programs have a very rigid program of study, while others are more flexible. Make sure that you understand the requirements of your program before you enroll.

STUDENT ACCOUNTS
Office of the Registrar
The Office of the Registrar is available to provide you with official transcripts, enrollment verifications, diplomas, grade reporting, course enrollment deadlines, information regarding the release and withholding of private information under the Federal Education Rights and Privacy Act (FERPA), and more. Visit the Office of the Registrar’s website (registrar.wisc.edu) for more information on services, or visit the office in person at 333 East Campus Mall (Suite 10101).

Your Addresses
Keep your addresses current through the Personal Information section of Student Center in My UW (myuwisc.edu). Most university mail will be sent to your UW e-mail address or to a U.S. postal mailing address. You may specify different mailing addresses for mailing, home, and billing. Student account invoices will be sent to your billing address. Refunds and other communication will be sent to your mailing address.

To withhold your address information from public release, complete a withhold form at the registrar’s office. To authorize the release of information to others, complete an academic information release form at the Office of the Registrar (333 East Campus Mall, Suite 10101, 608-262-3811).
Student Account Invoices

All enrolled students receive tuition bills via email. Students and authorized payers will also receive an email alert when a new tuition bill is available to view. The bill includes instructions for online payment.

Student tuition bills are sent in late August for fall term, early January for spring term, and late May for summer term. Students who initially enroll after the first notification can expect to receive a bill shortly after they enroll. See Chapter 5 for more information about tuition, funding, and employment.

Bursar’s Office

While the Office of the Registrar is responsible for enrollment and charging tuition, the Bursar’s Office (www.bussvc.wisc.edu/bursar/) is often involved with questions about a student’s account. For more information from the Bursar’s Office about tuition and fee assessment, visit bussvc.wisc.edu/bursar/tuitasmt.html.

COMPUTING AT UW–MADISON

The Division of Information Technology (DoIT) coordinates the computing, networking, telephone, video, and other information technology services on the UW–Madison campus. DoIT offers expert consulting and advice to help you select and purchase computers, software and other IT-related products and services to achieve your academic goals.

DoIT Tech Store

The DoIT Tech Store has three physical locations for convenient shopping:

- Computer Sciences Building
  1210 West Dayton Street
  Hours: 7:45 a.m.–5:30 p.m.
  Monday–Friday
- Health Sciences Learning Center
  750 Highland Avenue
  Hours: 8 a.m.–4 p.m.
  Monday–Friday
- 333 East Campus Mall
  Hours: 12–4 p.m.
  7 days a week

Shop online at techstore.doit.wisc.edu.

Before purchasing any hardware or software, check out the variety of services and resources available to you. Go to doit.wisc.edu/students and click on Shop the Tech Store, or contact the DoIT Tech Store at 608-264-3648, help@doit.wisc.edu, or by clicking on the Chat icon at the top of every online Tech Store page. You can also try out a variety of computing products at the Tech Store.

In addition to computers and hardware, you can buy the most popular software packages at greatly reduced prices through the Tech Store. If you need to upgrade your computer, DoIT also sells memory, cables, Ethernet cards, hubs and routers, modems, hard drives, flash drives, video cards, motherboards, and many other parts at competitive prices.

Several service plans and warranties provide a convenient, efficient, and economical way to keep computer systems in good operation with a minimum of down time. For details, see Repair Services at it.wisc.edu/services/repair.

Box

Box offers unlimited, free storage to store files and post personal web pages. Use this space to publish a personal home page; store important files such as homework, notes, papers, theses, dissertations, and graphic images; or do team projects online. You can retrieve and store files at any time from any computer with Internet access. Go to it.wisc.edu/services/box for more details about your free account.
Computer and Internet Connection Options

You’re never far from a computer on campus. More than 1,000 computers are available in the 18 general-access computer labs conveniently located across campus. Printers, scanners, DVD/CD-RW drives and digital editing resources are available in the labs (doit.wisc.edu/services/computer-labs-infolabs). Laptops with wireless connections are available at many of the labs for free, and can be checked out for 3 days by anyone with a valid UW–Madison ID (see doit.wisc.edu/services/equipment-checkout).

UW–Madison offers a variety of options for on-campus Internet access. Besides the computer labs, there is an ever-growing number of computer kiosks that provide easy access to the Internet. For locations and more information on kiosks, see it.wisc.edu/services/kiosks. From your own laptop or one that you borrow from a campus computer lab, you can sign onto the university’s wireless network, UW-Net, which is available in most campus buildings. You will need to sign in with your NetID in order to access the wireless network. If you have questions about Internet connection options, contact the DoIT Tech Store at 608-264-3648 or help@doit.wisc.edu.

If you live in Eagle Heights or University Houses, you will have access to the University’s Ethernet connection called ResNet.

See Chapter 6 for information about off-campus Internet service providers.

Help Desk

DoIT provides full Help Desk services. Phone and email support is accessible seven days a week, or you can go to the walk-in Help Desk at any of its three locations. At Help Online (helpdesk.wisc.edu), you will find answers to most common computing questions. You can also send a request for more assistance or chat with a technologist in real time with LiveChat (8 a.m.–10 p.m.).

Help Desk services are available:
Phone: 608-264-HELP (4357),
7 days a week: 7 a.m.–11 p.m.
Email: help@doit.wisc.edu, 7 days a week: 7 a.m.–11 p.m.
HelpOnline: 7 days a week: 7 a.m.–11 p.m.

Walk-in Help Desk:
• Computer Sciences Building,
  1210 W. Dayton St.
  Monday–Friday: 7:45 a.m.–5:30 p.m.
• Health Sciences Learning Center,
  750 Highland Ave.
  Monday–Friday: 8 a.m.–4 p.m.
• 333 East Campus Mall
  7 days a week: 12–4 p.m.
LiveChat: helpdesk.wisc.edu,
7 days a week: 8 a.m.–10 p.m.

Free Computer and Software Workshops

Take advantage of free workshops, taught by
Protect Your Computer and Identity
The security tips below are key to practicing safe computing. See cio.wisc.edu/security for more information.

- Install the free Security Software (anti-virus and spyware protection) that is available at SOAR and the DoIT Tech Store and Help Desk locations.
- Keep your operating system patches up to date.
- Use the Virtual Private Network (VPN) when accessing the campus network from off-campus locations or when using wireless networks.
- Choose strong passwords and do not share them with others.
- Do not open e-mail or attachments from unknown sources.
- Never give out passwords, personal information or account numbers (e.g., Social Security number) in response to an unsolicited “phishing” request.
- Adjust your spam filters to ward off spam.
- Back up your computer data on separate media (i.e., external hard drive, flash drive, CD, DVD, etc.) and store in a secure place.
- Log out of applications fully, especially on public machines (e.g., campus kiosks) and quit web browsers.
- Limit the amount and type of identity information you post on social networking and other websites.

Be A Good Net Citizen
As a UW student, you are expected to adhere to campus IT policies that govern the use of the campus network and other electronic devices. Failure to follow these policies may result in loss of access privileges or other disciplinary actions.
- Respect copyright. Download only from legal sources. Turn off file-sharing.
- Be civil in your electronic communication.
- Be respectful of others’ privacy online.
- Use computing resources legally.

STUDYING AT UW–MADISON
The university offers a variety of environments for studying and research. Below, we have listed some campus libraries and other study spots that grad students prefer. Many departments also have grad student lounges. These can be great areas for group meetings or for interacting with other students in your program. If you are looking for a quick place

students for students. DoIT’s Software Training for Students (STS) offers classes that vary from basic desktop applications to advanced web design. You can pick up a workshop schedule at campus computer labs, campus libraries, or the DoIT Tech Store. Schedules and other program details are also available on the STS website at at.doit.wisc.edu/training/software-training-for-students/. Want to acquire some new software skills on your own time? Log in to the STS website with your NetID to access an enormous library of professional-quality online video tutorials that you can stream with an internet connection anytime, anywhere.
to study between classes or meetings, an empty classroom always works. For some popular study places off campus, you can refer to Chapter 10’s section on Madison’s coffee shops.

**Campus Libraries**

library.wisc.edu

The UW–Madison Libraries support students, faculty, and staff by providing the resources, services, spaces, and expertise they need to be successful. Whether it’s guidance in conducting a literature review; help organizing citations for a dissertation; advice on how to manage your data, equipment and technology; or just a space that allows you to get your work done, the libraries are here to support you.

Distributed across campus in locations large and small, the Libraries’ collections include over 7 million print volumes and 1.3 million eBooks representing human inquiry throughout history. In addition, the libraries house more than 6 million microform items and more than 7 million items in other formats, including maps, musical scores, government documents, and more.

**Researching at the Libraries**

- The UW–Madison Libraries’ website is the gateway to its many digital and physical resources (library.wisc.edu).
- Via its catalog, you can quickly find books, journals, or other items at any UW–Madison or UW System location. Don’t have time to trek across campus? Request to have an item delivered to a library closer to you for pick-up, or have a book chapter scanned and emailed to you as a PDF. You can also renew items online.
- If UW–Madison Libraries do not have what you need, or if the item is checked out, don’t worry: UW System search allows you to search the library holdings of all UW schools in the state and request that an item be delivered to you at the UW–Madison library of your choice. Items typically take 2 to 4 business days to arrive.
- If a UW System school doesn’t have what you need, you can request materials from all over the world through the Libraries’ Interlibrary Loan service.
- The Libraries provide access to more than 1,400 databases, where you can find everything from full-text articles in scholarly journals and eBooks, to newspapers and streaming audio and video. You can access them anytime, anywhere, using your NetID.
- Library seminars and workshops are offered on a diverse range of research, data, and funding-related subjects each year to support students, faculty, and staff in their work. In particular, check
out the Graduate Support Series that focuses on research skills for graduate work: library.wisc.edu/help/events.

- Need funding for your education or research? Visit the Grants Information Collection on the second floor of Memorial Library or attend a hands-on workshop: go.wisc.edu/grants (see p. 59).
- Subject librarians serve as liaisons to programs to provide specialized assistance with subject-specific research and course support. Find your program’s subject librarian and schedule a one-on-one research consultation on the Libraries’ website.

Libraries on Campus

library.wisc.edu/libraries/campus-libraries

The campus libraries are some of the most popular places for grad students to study. Easy access to power outlets for laptops, high-speed internet, large tables on which to spread out, and good reading light—not to mention having key research resources and expert assistance nearby—make them attractive alternatives to local coffee shops. Moreover, most campus libraries allow beverages as long as the container has a lid.

In addition to the spaces described below, most libraries also offer group study rooms that you can reserve online at library.wisc.edu/libraries/library-study-rooms.

Memorial Library is the main library on campus for the humanities and social sciences. With more than 3.25 million volumes, it houses the largest single library collection in the state of Wisconsin. Grad students can apply at Memorial Library after their first year of study for personal study carrels, commonly known as “cages.” Both carrels and—alternatively—lockers are available for rental free-of-charge. The Graduate Room in the Memorial Library opened in 2016. Located in room 464 of the library, this space is dedicated to graduate students working alone or in groups. Once in Memorial Library, venture up to the ninth floor to visit the Department of Special Collections. There is always an amazing rare collection on display that may inspire your intellect in unexpected ways.

Other larger campus libraries frequented by graduate students include:
- Ebling Library for health sciences
- Steenbock Library for agriculture and life sciences
- Wisconsin Historical Society Library for North American history and government publications

All these locations have excellent study spaces and computers, as well as librarians on hand to assist you with your research.

College Library is the main undergraduate library on campus. Providing a social, food-friendly study space, some grad students prefer it for its coffee-shop-like noise level and lovely views of Lake Mendota. College Library also provides some unique services on campus that are useful for grad students. The InfoLab on the second floor is a one-stop shop for many of your technology needs. In addition to high-resolution scanning, video-editing, and large-poster printing capabilities, it has a vending machine that sells everything from flashdrives to rain ponchos. On the first floor, Room 1250 houses the Open Book Café which offers a quick bite to eat and a well-stocked vending room featuring a notoriously elusive campus commodity: a microwave oven.

Music, Movies, and Games

Like everything else in the libraries, music, films, and other audiovisual materials can be located using the UW–Madison Libraries online catalog. There are a few central film and game collections on campus. On the first floor of College Library, Room 1250 houses the Open Book Collection in addition to the Café. Intended for leisure use, the Open
Book Collection includes popular fiction, board games, mainstream movies, music CDs, and video games (including PS4 and Xbox One). (Video game consoles can be checked out from the near-by InfoLab in Room 2250.)

Looking for more esoteric films? A likely place to find what you want is the extensive film collection at the Microforms/ Media Center (MMC) in Memorial Library (Room 443). For musical theater, opera, and concerts on DVD and VHS, try the Mills Music Library located in the lower-level of Memorial Library (Room B162).

Whether it’s for research or entertainment, you can find music collections on campus to fit your needs. The Mills Music Library contains aisles of sheet music, music scores, as well as an extensive behind-the-desk collection of CDs, LPs, and other audiovisual materials.

See Chapter 2 for more leisure and study materials available through the Madison Public Library.

More Study Hangouts
Besides the main study areas above, some grad students have found their own niche of concentration heaven elsewhere:

- The Art Library nestled on the ground floor underneath the Chazen Art Museum, has a quiet, spot-lit, and cozy atmosphere.
- The Law Library attracts students who like the ample natural lighting and efficient, silent intensity.
- The Library & Information Studies Library is known for its quiet, relaxed surroundings and spectacular view of Lake Mendota.
- The Geology Library is another hidden gem for studying.

Besides libraries, the campus abounds with other study-friendly public locations. The bright, well-kept, open spaces of Grainger Hall (975 University Ave), the home of the Wisconsin School of Business, draw students from nearby departments. Its main attraction is the first-floor Capital Café (union.wisc.edu/dine/find-food-and-drink/capital-cafe), which has nice tables and seating, an outlet of Peet’s Coffee & Tea, and a coffee-shop-like environment during peak hours. A vending machine alcove near the cafe provides a microwave oven for public use.

Slightly quieter, the main atrium and cafe of the newly-renovated School of Education (1000 Bascom Mall, union.wisc.edu/dine/find-food-and-drink/crossroads-cafe) offer a comparable study space to the Capital Cafe. The Memorial Union Terrace (800 Langdon St, union.wisc.edu/visit/terrace-at-the-memorial-union) can be a good place to knock back an article or two when the weather is pleasant, while other students have discovered the hushed study nooks at the Student Activity Center (333 East Campus Mall, 3rd and 4th floors, asm.wisc.edu/sac).

PLANNING AHEAD

Graduate Student Professional Development
In addition to opportunities provided by your program and discipline-specific professional organizations, the Office of Professional Development (OPD)—located in the Graduate School on the 2nd floor of Bascom Hall—coordinates, develops, and promotes learning opportunities to foster the academic, professional and life skills of the graduate education community. OPD provides many options for advancing your professional and personal development. This includes workshops on a wide variety of topics designed to assist you in your eventual transition from student to professional in academic and other careers. Workshop topics range from career exploration and planning
to scholarly integrity and research skills.

OPD operates a clearinghouse of information and resources to help you navigate the array of opportunities that are available on campus. The office also serves as a resource for faculty and campus personnel who work with grad students. For more information on professional development and other helpful resources for graduate students, visit the OPD online resource page at grad.wisc.edu/professional-development.

**GradConnections Weekly**
GradConnections Weekly is the newsletter produced by the Graduate School’s Office of Professional Development (OPD). It is distributed to all graduate students each week and is a link to funding and professional development opportunities and important graduate student information.

**The Writing Center**
6171 Helen C. White Hall
608-263-1992
writing.wisc.edu
Email: wcenter@writing.wisc.edu

The Writing Center provides assistance to hundreds of graduate and professional students every semester, as well as undergrads. Master’s and doctoral candidates working on theses and dissertations can sign up for an “ongoing appointment” for individual instruction or take classes to help with the thesis/dissertation process. Teaching assistants can also get advice on how to integrate writing into the classes they teach.

**Writing Center Workshops**
The Writing Center offers free noncredit workshops throughout the semester. Some meet just a single time; others meet once a week for two weeks. Each class will give you the chance to pick up valuable writing skills in a supportive, small-group environment. These short-term classes are not, however, substitutes for regular semester-long writing courses. They do not provide the sustained practice with writing and the critical response that good writing courses do. Rather, they briefly review general principles about writing and give students opportunities to read and discuss models of particular types of academic writing.

If you cannot find a class to fit your needs, let them know. If you aren’t sure which class is right for you, or if you have questions about a specific class, send an e-mail, call, or stop by the center.

Writing Center courses designed for grad students include: Getting Your Dissertation off the Ground, Writing Literature Reviews of Published Research, Writing Graduate Research Proposals, Writing an Effective CV, Developing and Delivering Conference Presentations, and many more. The Writing Center also offers A Writer’s Retreat and Graduate Writing Groups, where students and dissertators can have structured writing time for large projects. For an up-to-date schedule of the current semester’s courses visit writing.wisc.edu.

**Program in Writing Across the Curriculum**
The L&S Writing-Across-the-Curriculum (WAC) program helps faculty, instructional staff, students, and teaching assistants in all disciplines to develop writing assignments that help students learn the subject matter of a course. To that end, the WAC program staff sponsors cross-disciplinary workshops on designing effective assignments and responding efficiently to student writing; develops workshops for programs; and consults individually with instructors about the writing component of their courses.

The WAC program also helps programs and individual instructors design courses that are designated as Communications-B or Writing-Intensive. And the WAC program leads the training sessions required for new
teaching assistants in Communications-B courses.

In addition to workshops and consulting, the WAC program maintains a library of sample assignments and articles about writing assignments in different disciplines. The WAC staff also publishes a sourcebook of teaching materials and a newsletter; both the sourcebook and the newsletter are available to all interested instructors. For more information, check out their website at writing.wisc.edu/wac.

Resources for Dissertators
The publishing industry has discovered a large market for books aimed at helping PhD candidates overcome writer’s block. The rate of publication is so rapid that choosing from among the advice books has become the subject of much online debate.

A request for recommendations set off a lively, lengthy discussion on the e-mail list of the Modern Language Association’s Graduate Student Caucus. Several students recommended Writing for Social Scientists: How to Start and Finish Your Thesis, Book, or Article by Howard Becker; or David Sternberg’s book, How to Complete and Survive a Doctoral Dissertation. Texts such as Writing Your Dissertation in Fifteen Minutes a Day by Joan Bolker focus on creating a writing regimen and appeal to students who are looking for structure.

Another helpful publication for all graduate students is Robert Peters’ Getting What You Came For: The Smart Student’s Guide to Earning a Master’s or Ph.D. It’s packed with practical advice ranging from choosing a school to finding a job. Chapters on the dissertation deal with the committee, topic, proposal, writing, and defense. Students looking for more general article-publishing help should consult Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success by Wendy Laura Belcher.

Graduate School Thesis and Dissertation Guides
grad.wisc.edu/current-students/doctoral-guide

Dissertation Databases
library.wisc.edu/find/dissertations
Browse through entire dissertations and dissertation abstracts completed at UW–Madison and other institutions.

Association for Support of Graduate Students
asgs.org
Includes archives of Thesis News, a bulletin for students writing master’s theses or doctoral dissertations.
CHAPTER 2

City of Madison

Silhouetted pedestrians and bicyclists make their way along State Street near campus.
Welcome to Madison, Wisconsin! You will find the best of all worlds in Wisconsin’s vibrant capital city and picturesque surrounding towns: natural beauty and outdoor recreation, stimulating cultural offerings, distinctive restaurants and shops, and an irreverent spirit of fun.

Built on an isthmus between lakes Monona and Mendota, Madison is renowned for its beautiful scenery. A total of five area lakes and over 200 parks provide an abundance of year-round outdoor activities, from hiking, biking, swimming, and sailing to cross-country skiing, snowshoeing, and ice fishing. Urban culture, natural beauty, small-town charm—the greater Madison area offers it all!

WEATHER

For many people, one of the first things that come to mind about Madison is the weather. Generally known for very cold and snowy winters, you might be surprised by how sunny Madison is throughout the year—and how hot it is in the summer! If you come from a warmer climate, Madison summers will feel just like home, though it is likely to take a bit of adjustment when snowstorms and below-zero temperatures arrive.

Thick gloves, scarves, and hats are essential for those walks to class in the winter. Long underwear is also a good investment. See Chapter 8 for information on where to find winter gear. From November to about April it can be quite chilly, and most students quickly learn to layer their clothes to adjust to varying temperatures.

One remarkable thing about Wisconsin is that people really appreciate the weather and take advantage of it. In general, Madisonians are very active, participating in many winter sports, including skiing, ice-skating, and snowshoeing. Once the weather gets warmer, outdoor activities abound. From sailing on the lakes, to biking through the Arboretum, to participating in the numerous local festivals each year, people are out enjoying the spring and summer.

STATE AND LOCAL GOVERNMENT

Madison is not only home to the University of Wisconsin, it is also the state capital. Wisconsin’s state government features separate legislative, executive and judicial branches. Constitutional officers include the governor, lieutenant governor, secretary of state, attorney general, state treasurer, and superintendent of public instruction; each elected to a four-year term. The legislature is divided into two houses: the Senate with 33 members and the Assembly with 99 representatives.

Because it is the center of state government, Madison is home to a number of political groups with student affiliates on campus. Check the Center for Leadership & Involvement Office (cfli.wisc.edu) for listings. For more information on student organizations, see Chapter 3. Other useful information regarding local government:

- Proceedings of the state legislature, county board, and city council are open to the public.
To find information about voting in the City of Madison, visit cityofmadison.com/election/voter. Use Wisconsin.Gov (maps.legis.wisconsin.gov) to determine who your elected officials are.

You can tour the Capitol and the Governor’s Mansion. Free tours are offered at the Capitol year round and depart from the ground-floor information desk. Free tours of the Governor’s Mansion run April through August on Thursdays and during the holiday season (firstlady.wi.gov/executive-residence/tour-information).

To learn more about Wisconsin government, visit wisconsin.gov. This site will keep you up to date on Wisconsin news and what is happening in state government.

To learn more about city government and services in Madison, visit the city’s website (cityofmadison.com). It offers information about trash removal, parking, snow removal, special events, schools, and the mayor.

Many Madison neighborhoods have formal organizations in which you can get involved. Check with your neighbors or at the nearest community center. To learn more about specific neighborhoods, check out the Greater Madison Chamber of Commerce’s Living Here section of its website at visitmadison.com/plan-your-trip/living-in-madison.
As the home to UW–Madison, the state political center, and a generally active community, Madison also houses multiple major volunteering organizations, with 40% of Madison-area residents participating in volunteer activities each year. Want to get involved? Here are a few ways to get started:

If you’re looking to get involved in a variety of activities or to get help looking for the right cause, the RSVP of Dane County (rsvpdane.org) coordinates and advertises for numerous volunteer organizations, efforts, and events, providing a gateway for interested volunteers. Madison also has local chapters of some of the major national volunteer organizations including The United Way of Dane County (unitedwaydanecounty.org) and the Kiwanis Club of Downtown Madison (madisonkiwanis.org).

For those interested in volunteering with Madison-area youth, there are multiple opportunities through the local school districts or through local chapters of Big Brothers Big Sisters (bbbsmadison.org) and Boys and Girls Club (bgcdc.org). Briarpatch Youth Services (youthsos.org) blends programs helping runaway and at-risk teens by fostering youth networking and job development. Also provided is temporary shelter for youth fleeing abusive situations.

If you’re interested in making a difference for animals, there are local volunteer opportunities with the Wisconsin Humane Society (wihumane.org) and with Madison’s Henry Vilas Zoo (vilaszoo.org). There are also a multitude of outdoor volunteer activities with Madison City Parks (cityofmadison.com/parks), Habitat for Humanity of Dane County (habitatdane.org), and the UW Hoofers (hoofers.org).

For leadership and professional experience through volunteering, there are the Greater Madison Chamber of Commerce (greatermadisonchamber.com) and opportunities with the City of Madison (cityofmadison.com/live-work/volunteer-opportunities). Opportunities to support a political cause or campaign are also quite accessible via websites for the democratic and republican parties of Wisconsin (wisdems.org, wisgop.org) or for non-partisan organizations like the Wisconsin Democracy Campaign (wisdc.org).

On campus, the Morgridge Center for Public Service (morgridge.wisc.edu/students) provides other opportunities for volunteerism and involvement. See more about the Morgridge Center and other campus organizations in Chapter 3. This is just a short list of ways to get involved.
Newspapers and Magazines

- Madison’s daily newspaper, the Wisconsin State Journal, and its weekly newspaper, the Capital Times, can be accessed online at madison.com.
- Isthmus is Madison’s free weekly newspaper. Both print and online versions (isthmus.com) are great sources to learn what is going on in the area every week.
- UW–Madison has two student newspapers, the Daily Cardinal (dailycardinal.com), published in print Monday and Thursday, and the Badger Herald (badgerherald.com).
- The Madison Times weekly newspaper is a community newspaper that focuses on positive news in multicultural communities. Find it at themadisontimes.com.
- Progressive Magazine, founded in 1909, is a monthly magazine that offers insight (if not objectivity) into local Madison politics. Find it at progressive.org.
- The Onion, a popular news satire paper, was founded in Madison. It is available online at theonion.com.
- Brava Magazine is a women-run publication based in Madison that publishes community features and profiles focused on local women. Read online at bravamagazine.com.
- Umoja Magazine (umojamagazine.com/covers/index.htm) covers Madison’s African-American community, with topics focusing on achievements, community events, Black-owned businesses, and more. It has been published for over 25 years, with many of its covers designed by Madison area artists.

Radio

- WSUM is the web-based campus radio station that broadcasts live at wsum.org. You can also listen by tuning to 91.7 FM.
- WORT (89.9 FM, wortfm.org) is an independent, listener-sponsored, community radio station that offers a variety of news programs and music.
- A full listing of radio stations in the Madison area, including popular music stations, is available at ontheradio.net/stations.aspx.

Other News Outlets

- Stay up to date on UW–Madison news through University Communications, at news.wisc.edu.
- WisPolitics.com and the Wheeler Report (thewheelerreport.com) are digests of state news and press releases from state and local government.

Madison Public Library

When you need a break from studying and research, why not read a book for fun? The Madison Public Library (madisonpubliclibrary.org) is an additional library resource available to UW–Madison students. Besides books and other print materials, the public libraries also offer music, movies, group study spaces, and community events. See the website for the branch location nearest you. The central branch, Central Library, is right downtown at 201 W. Mifflin Street (608-266-6300).
CITY EVENTS

The city of Madison holds myriad events throughout the year for both students and residents.

The Farmers’ Market (dcfm.org) showcases the rich resources of Dane County and brings a bounty of area farmers to the community. One can buy produce, dairy products, pastries, plants, and other goods local from vendors. See Chapter 8 for more information.

Taste of Madison (tasteofmadison.com), where local restaurants showcase tastes of their fare, is a major weekend-long summer event held on The Square. Additional events held on Capitol Square include the Art Fair on the Square (mmoca.org/events/special-events/art-fair-square/art-fair-square), and Concerts on the Square (wisconsinchamberorchestra.org/performance-listing/category/concerts-on-the-square).

There are many seasonal charity events, such as run/walks and other physically active fundraisers, which offer a great way to stay in shape and meet new people. For those gutsy enough, the Polar Bear Plunge (polar-plungewi.org) into the icy water of Lake Mendota is a popular fundraiser held each winter.

There are also multiple races for cyclists, runners, cross-country skiers, and other athletes held throughout the year. In fact, one of the national Ironman triathlon competitions (affectionately termed IMOO) is held each year in Madison at the end of the summer.

Multiple statewide athletic events are often held in Wisconsin including high school state championships. In addition, there are multitudes of UW–Madison sporting events (see Chapter 9). Enjoy the sights and sounds of the city and learn more about Madison events at cityofmadison.com.

ACCOMMODATIONS FOR VISITORS

Madison is a beautiful city with so much to do throughout downtown and the surrounding areas. When family and friends come to visit, and your one bedroom apartment can’t accommodate them, there are a variety of hotels and inns available in the downtown area and beyond.

In addition to the Madison hotels you can find through an online travel service or by searching “hotels” at wisc.edu, there are several options for guest lodging on campus.

**The Lowell Inn and Conference Center**
610 Langdon Street
Madison, WI 53703–1104
608-256-2621 (Front desk)
866-301-1753 (Reservations)
conferencing.uwex.edu/hotel-accommodations

**Wisconsin Union Guestrooms**
Memorial Union
800 Langdon Street
Madison, WI 53706
608-265-3000
Discounts apply for students and Union members at Memorial Union and Union South. Information about availability and room rates is available at union.wisc.edu.

**BEYOND MADISON**

**Neighboring Towns and Villages**

Beyond the neighborhoods in the city of Madison, you might find yourself living in one of the “suburbs” of Madison or hear mention of them in the news. The following section provides a clockwise overview of communities surrounding Madison.

Just north of Madison, on the other side of Lake Monona is the village of Waunakee, which can be reached via Highway 113. Known for being the only Waunakee in the world, it is a vibrant community with a small town vibe hosting annual festivals including Waunafest and Wauktoberfest.

To Madison’s northeast, along Highway 151 (East Washington Avenue), is Sun Prairie, known for its parks and historic downtown. Every summer, Sun Prairie hosts the Sweet Corn Festival, where festival-goers can enjoy freshly steamed ears of Wisconsin sweet corn, as well as carnival games and competitions.

Monona is located to the southeast across Lake Monona from the isthmus. With its proximity to the amenities of Madison, small-town feel, and location along the lake, it is one of the larger suburbs of Madison.

Further to the southeast you can find the city of Stoughton along Highway 51 (also known as Stoughton Road), which hosts one of the largest Norwegian Independence Day festivals outside of Norway. West of Stoughton, and directly south of Madison on Highway 14 (following Park St. south) is the village of Oregon, with the ‘gon’ portion pronounced like the word “gone.”

To the west of Oregon is the city of Fitchburg and, just past that, the city of Verona. Fitchburg is a rapidly-growing suburb along Fish Hatchery Road with multiple residential neighborhoods, an extensive shopping district, and its own movie theatre. Verona, which connects with Fitchburg’s west edge and is located along Highway 151, quickly transitions into farmland to the south.

Directly to Madison’s west, following University Avenue, is the city of Middleton. Another large suburb of Madison, Middleton is known as the Good Neighbor City and is consistently voted one of the best places to live by Money magazine. It is also home to the National Mustard Museum and the Capital Brewery.

**Other Popular Wisconsin Events and Locations**

If you need a break from studying, there are many opportunities for outdoor fun in Wisconsin. You can tour a brewery or cheese factory, go biking on a road or mountain bike trail, hike in a state park, ski or snowboard, or explore Wisconsin’s Native-American heritage. The Wisconsin Department of Tourism offers free publications focusing on bed-and-breakfasts, state park information, and special-interest attractions. A little-known fact is that there are more than 100 wineries in the state, most of which offer tours and tastings. Find them at the Wisconsin Winery Association (wiswine.com).

Like Madison and its surrounding areas, the rest of Wisconsin is full of festivals, starting in early May and continuing through the fall. You can go to the Big Whopper Weekend in New London, Tater Toot in Almond, or Eagle River Cranberry Fest. The
**The Essential Wisconsin Dictionary**

If you are new to the state you may notice people saying things in conversation that don’t seem to make much sense. We have compiled a handy phrase book to help you communicate with the locals and those of us who have been here awhile! Contributors to this section are Lauren A. Michael (Biophysics) and Colin Fitzpatrick (Ethnomusicology).

**BELTLINE:** The common name for U.S. Highway 12/18, the expressway that skirts the city. Washington, D.C., has an expressway that circles the capital city called the Beltway. It is only fitting that as the capital of the great state of Wisconsin, Madison has the Beltline. It also offers Wisconsin newspaper editors the ability to refer to state political shenanigans as happening “inside the Beltline.” The Beltline is a limited-access road; you don’t have to worry about traffic lights.

**CAPITOL SQUARE:** The four streets that surround the State Capitol building. The “Square,” as it is commonly known, sits on the opposite end of State Street from campus. It is the site for many Madison events including the renowned Farmers’ Market, Concerts on the Square, and the Art Fair on the Square.

**CAPITOL LOOP:** Also known as the loop,” it is the square of streets located one block outside of the Capitol Square. Make sure to check it out as there are prime restaurants and gathering places tucked in every corner.

**LIBRARY MALL:** The open area between Memorial Union and the library, at the corner of Lake and State Streets. This area is home to many food and vendor carts, especially when the weather is warm. This is one of several “malls” on campus. Henry Mall is the centerpiece of the agricultural campus on the west side of the university. Engineering Mall is the area with the fountain outside the engineering buildings, also on the west side of campus.

**CHEESE CURDS:** Very young curds of cheddar cheese, considered a Wisconsin delicacy. They are available at grocery stores and, in fried form, at many restaurants and pubs. Fresh cheese curds squeak when you bite into them. Fried cheese curds, like mozzarella sticks, are served hot with a side of dipping sauce.

**FROZEN CUSTARD:** This is a unique ice-cream-like treat that is found only in a handful of cities around the country. Made with cream and eggs, frozen custard has become one of the area’s noteworthy foods. Michael’s Frozen Custard and Culver’s both supply Madison with this tasty treat.

**BRAT:** Short for bratwurst, rhymes with “rot” not “rat.” In any other state, a brat is a sassy, upstart kid. In Wisconsin, it’s a food of almost religious stature. This spicy German sausage (in white or red varieties) can be found at the grill on the Union Terrace, or at almost any picnic or public event. Backyard chefs like to boil their brats in beer and onions prior to browning them on the grill to create a true Wisconsin delicacy.

**SCONNIE:** A catchy and prideful term for the Wisconsin native or, at times, UW–Madison students at large; shorter and easier to remember than “Wisconsinite.” Gained popularity after two graduates opened a clothing store based on the “Sconnie” tag. Many
self-proclaimed Sconnies, including UW students and supporters, are often seen in red shirts with this word across the chest. At times used in opposition to Coastie.

**CHEESEHEAD:** Many consider this a derogatory name for the state’s residents, but some Wisconsinites are actually proud to wear foam-rubber cheese wedges on their heads. Don’t be surprised if you see them on State Street, in Camp Randall (the football stadium), or outside the Kohl Center (the basketball arena).

**COASTIE:** A contested term used in Madison to describe transplants from the East or West coast. The term gained popularity and national media attention in the fall of 2009 because of a student-produced “Coastie Song.”

As opposed to the bundled up, snow boot-donning natives, “coasties” are identifiable by attire that is somewhat out of place for Wisconsin’s blustery winter climate. Some people proudly self-identify as coastie despite its negative connotations. At times used in opposition to Sconnie.

**FLATLANDER:** A reference to people from Illinois. During the ice age, glaciers did not reach much beyond the southern border of Wisconsin. This meant that the rolling hills and valleys created by the ice in Wisconsin ended abruptly before Illinois. This is a point of Wisconsin pride, even though Wisconsin didn’t exist during the ice age and the glaciers probably didn’t stop at the border out of sincere Badger pride.

**POP vs. SODA:** Many Wisconsin residents from varying parts of the state take strong stances on whether saying pop or soda is the traditional Wisconsin way of describing soft drinks. We have no hard-and-fast rule on this one, except to encourage diplomacy all around.

**BUBBLER:** A drinking fountain. Specifically, it refers to drinking fountains that feature a stream of water in the middle that bubbles upward. In Wisconsin, however, the term is frequently used for any kind of drinking fountain. You can find an example in most buildings on campus. According to the Dictionary of American Regional English (which is written by researchers at UW–Madison), “bubbler” has been used since 1914, with the most widespread usage in Wisconsin and northern Illinois.

**COTTAGE:** Term for a second home. “Cottage” may refer to a fishing shanty or a huge mansion. Often, people will go “up north” (see below) to their “cottage.”

**UP NORTH:** Where Wisconsinites go on vacation (sometimes the location technically may be south, west, or east). Usually refers to the resort areas, including the Wisconsin Dells and Door County (home to Door County cherries).

**WILLY STREET:** The common name for the near-eastside neighborhood around Williamson Street, known for being the most liberally-minded in Madison. This is a popular area for grad students, with several good restaurants and shops. The neighborhood also hosts the Willy Street Fair in early fall.

**ST. VINNY’S:** Officially known as the Society of St. Vincent de Paul, this is a charitable resale shop that outfits many students and furnishes their apartments.
festivals usually feature delicious ethnic and regional cuisine, local music, parades, and sometimes a queen coronation or tractor pull. You can find a Wisconsin festival within an hour of Madison any weekend during the summer, and they provide a great source of free entertainment!

Beyond community festivals, there are popular tourist attractions scattered throughout the state. Here are a few of the most popular tourism and vacation hotspots:

Mount Horeb, located 12 miles to the west of Verona, is a popular daytrip destination. Known as the Troll Capital of the world, the city is rich with Norwegian heritage and hosts multiple festivals such as the Thirsty Troll Brewfest. Currently, the Planet Trek project connects a string of bike trails between Madison and Mount Horeb, representing the to-scale distances between the sun (a marker at Monona Terrace) and the planets of our solar system out to Pluto (spaceplace.wisc.edu/planettrek.htm).

Another popular spot is New Glarus, located 30 miles southwest of Madison and home to New Glarus Brewing Company, with tours and tastings available daily. Known as “Little Switzerland,” New Glarus hosts multiple food and cultural festivals, many of which emphasize the city’s Swiss heritage.

Green Bay and Milwaukee, two of the other largest cities in Wisconsin, are popular in part because they are home to the Green Bay Packers football team and Milwaukee Brewers baseball team. Milwaukee has all the amenities of any big U.S. city and Green Bay is known for its industrial history, making these two cities popular for weekend or day trips.

Devil’s Lake is a popular nearby camping destination. Carved out of rock formations by glaciers, the lake is narrow, clean, and surrounded by steep hiking trails. Camp grounds, with and without electricity, are located around the lake, with canoes and paddleboats available for rent. See devilslakewisconsin.com for details.

For extended vacations, many Wisconsinites and out-of-state visitors travel to the Wisconsin Dells or Door County. Located an hour northwest of Madison, the Wisconsin Dells is known as the Waterpark Capital of the World, with dozens of attractions, amusement parks, and hotels. Visit wisdells.com for more information. Door County, home of the Door County cherries you can buy at the farmers’ market, is located in the sharp peninsula at the northeast part of the state that juts into Lake Michigan. In the summer, the peninsula is flooded with visitors staying in any of the numerous lodges and hotels along the lake. A variety of other attractions are available; see doorcounty.com.

Whether you have out-of-town guests or you want to be a tourist yourself, Wisconsin has a lot to offer. Check out the following places for more information.

Association of Wisconsin Tourism Attractions
44 E. Mifflin Street, Suite 900
Madison, WI 53703
608-254-2525
wiattraction.com

Greater Madison Chamber of Commerce
17 S. Fairchild St.
P.O. Box 71
Madison, WI 53701–0071
608-256-8348
greatermadisonchamber.com

Greater Madison Convention & Visitors Bureau
22 E. Mifflin St., Suite 200
Madison, WI 53703
608-255-2537
visitmadison.com

Wisconsin Department of Tourism
201 W. Washington Avenue
Madison, WI 53703
1-800-432-8747
tavelwisconsin.com
Graduate students take part in a welcome event at the Memorial Union’s Tripp Commons.
Academics are the priority while you’re in graduate school, but there are also many other opportunities and services available on campus to enhance your social, academic, and professional development. We encourage you to reach outside of your department and explore all the resources and services the university has to offer.

Conference Presentation Funds
If you are in need of financial support for conference travel, you can apply for Conference Presentation Funds. Historically, funding in the amount of $600 is available to dissertators and final-year MFA students. Sometimes other award levels may be added and eligibility may be expanded to include all graduate students. Applications are accepted on a rolling basis with multiple deadlines within the fiscal year at: grad.wisc.edu/funding/grants-competition.

Research Travel Award
If you are traveling to conduct research supporting your dissertation, thesis, or final project, you may apply for the Research Travel Award. Historically, funding in the amount of $600 and a limited number of $1,500 awards (for international research travel) are available to dissertators and final-year MFA students. Sometimes other award levels may be added and eligibility may be expanded to include all graduate students. Applications are accepted on a rolling basis with multiple deadlines within the fiscal year. For specific review deadlines, visit recsports.wisc.edu/programs-activities/intramural-sports to learn more.

Intramural Sports
Meet grads from all over campus by playing an intramural sport! Intramural teams are administered through the university’s Division of Recreational Sports. Some teams get together to play outside of the league or meet socially after games. One grad student volunteers to captain, which requires registering the team and communicating with players. Visit recsports.wisc.edu/programs-activities/intramural-sports to learn more.

Graduate Student Peer Mentor Awards
The Graduate Peer Mentor awards provide students, faculty, and staff the opportunity to honor graduate students who demonstrate stellar mentorship qualities. Awards recipients are selected based on their ability to mentor undergraduate and/or graduate students in their departments, and honored at a reception held in the spring.

Graduate Student Involvement
Listed below is detailed information about several well-known opportunities for involvement on campus.

Multicultural Graduate Network (MGN)
The Multicultural Graduate Network is your resource for social networking, learning and professional development. Housed within the Graduate School at the University of Wisconsin–Madison, MGN focuses on the needs of graduate students of color, and also serves as an inclusive network for ALL graduate students! MGN has three major goals for supporting graduate students of color:

1. Bridging the gap between admissions and enrollment;
2. Creating multicultural spaces through which graduate students can build communities across campus;
3. Providing learning and professional
development opportunities to support graduate students from the beginning to end of their graduate program(s). Contact: mgn@grad.wisc.edu or 608-890-4731.

**Delta Program In Research, Teaching, and Learning**

If you are a graduate student in science, technology, engineering, or mathematics (STEM) at the University of Wisconsin–Madison, you are learning to be an excellent STEM researcher. In your future career you will also need to develop teaching excellence, whether it is in academia, industry, or elsewhere. How can you learn to be both a forefront researcher and a superb teacher? The Delta Program in Research, Teaching, and Learning can help!

**What is Delta?**
The Delta Program is a professional development program that prepares graduate students in the natural and behavioral sciences, engineering, and mathematics for success as future faculty.

**Who will benefit from participating in Delta?**
Individuals who want to become better teachers, seek a competitive edge in the academic or industry job market, desire deeper engagement in a community of people who care about teaching and learning, or want to learn about ways to address issues of diversity in their classrooms.

We welcome students at all stages of their graduate careers: master’s and PhD students, dissertators, TAs, PAs, RAs, and postdocs. Anyone interested in improving their teaching in the college classroom, informal science education or outreach contexts, or elsewhere in their professional lives is invited to join.

**What opportunities does Delta offer?**
- Graduate courses for credit
- Authentic teaching opportunities through the Delta internship program
- Delta Certificate in Research, Teaching, and Learning
- Monthly Roundtable Dinners
- Teaching and learning portfolio workshops
- Many workshops and seminars throughout the year

Read more about the Delta program at delta.wisc.edu. Contact them for more information at 608-261-1180 or e-mail info@delta.wisc.edu.

**Associated Students of Madison (ASM)**
Wisconsin state law allows students at the University of Wisconsin–Madison to participate in the administration of the university. The Associated Students of Madison (ASM) is the campus-wide student governance organization at UW–Madison. Graduate and
undergraduate representatives are elected to the 33-member ASM Student Council based on their respective college or school. The student council has regular biweekly meetings open to all students. There are two other branches of ASM. The ASM Student Services Finance Committee (SSFC) submits budget recommendations to the ASM Student Council and the Chancellor as to how your student fees should be spent. The ASM Student Judiciary oversees the ASM elections and acts as the dispute resolution arm of ASM.

When you get your student account invoice, you will notice a line for “segregated” or “seg” fees. Students pay approximately $630 in seg fees per term (as of Spring 2018), depending on credit load, and international students pay an additional $100 per semester. If you happen to be a graduate student employee, you may get a tuition waiver, but you still pay these fees. Some fellowship awards may pay these seg fees; contact your personnel office for information. Seg fees are basically students’ self-imposed taxes used to fund student-determined, non-academic activities, and ASM is the student organization responsible for distributing this money.

During the year, the Finance Committee regularly awards funds to registered student organizations for events, travel, and everyday organizational operations. The SSFC, in contrast, only offers operations funding for the following year, but it funds the operations of student organizations and services. For more information about segregated fee allocation, visit asm.wisc.edu/about-us/ssfc-segfees.

Graduate Research Scholars (GRS)
Graduate Research Scholar (GRS) communities are organized by the various schools and colleges within UW–Madison to support underrepresented students. Students receiving Advanced Opportunity Fellowships are brought together in these GRS communities throughout their graduate school career for a range of social, academic, professional development, and research-related activities. Strong faculty and peer support augment the funding provided by the fellowship. GRS communities also offer a wealth of assistance to underrepresented graduate students through individual advising and referrals to campus resources. Schools and Colleges with Graduate Scholar communities include:

- **Graduate Engineering Research Scholars (GERS):** The College of Engineering’s Graduate Engineering Research Scholars program is a unique fellowship program designed to offer students much more than monetary support. Through GERS, students become members of a supportive community of UW–Madison engineering graduate students, faculty and staff.
  Contact: Kelly Burton, gers@engr.wisc.edu
- **School of Education Graduate Research Scholars (Ed-GRS):** Ed-GRS is a community of graduate students from diverse socio-economic and cultural backgrounds receiving Advanced Opportunity Fellowship in the School of Education. In addition to a stipend, tuition, and health care benefits, the
program strives to assist our fellows with first year transition, community building, and professional development. Visit: education.wisc.edu/sdp/programs/edgrs

- **Letters & Sciences Community of Graduate Research Scholars (L&S C-GRS):** The L&S C-GRS includes all first-year Advanced Opportunity Fellows (AOF) who are pursuing graduate degrees in a Letters & Science program. C-GRS students develop and participate in professional and community programs and events that include graduate fellows, faculty and staff. Contact: Brian Bubenzer, bubenzer@ls.wisc.edu, 608-265-0603, ls.wisc.edu/cgrs.html

- **Science and Medicine Graduate Research Scholars Program (SciMed GRS):** The Science and Medicine GRS Program was established to enhance the experiences and opportunities of our targeted graduate students in the College of Agricultural and Life Sciences (CALS), the School of Pharmacy, the School of Veterinary Medicine, and the School of Medicine and Public Health. This program provides resources to both students and faculty mentors to enrich the graduate experience at UW–Madison. Visit: scimedgrs.wisc.edu

- **Business GRS:** The Graduate Business Research Community is a community of students who come from diverse backgrounds including varying ethnicity, race, socio-economic status, gender, sexual orientation and ability. The Wisconsin School of Business is a founding member of the Consortium for Graduate Study in Management, an organization whose mission is to promote diversity and inclusion in American business. Contact Binnu Palta Hill, bhill@bus.wisc.edu, 608-263-3462.

- **Environmental Graduate Research Scholars (EnviroGRS):** EnviroGRS provides resources to targeted graduate students in the Nelson Institute for Environmental Studies. Contact Jim Miller, jemiller@wisc.edu, 608-263-4373.

- **Nursing Graduate Research Scholars:** Nursing GRS is a community of graduate students from diverse socio-economic and cultural backgrounds receiving Advanced Opportunity Fellowships in the School of Nursing. Recipients receive a stipend, tuition, and health care benefits. Contact Katie Bleier, Director of Advising and Student Services, katie.bleier@wisc.edu, 608-263-5172.

- **School of Human Ecology Graduate Research Scholars (SoHE GRS):** The School of Human Ecology’s Graduate Research Scholars community is designed to offer students a strong cohort-based experience in addition to monetary support. Through SoHE GRS, students become members of a supportive community of UW–Madison graduate students, faculty and staff. Contact Eric MacKay, emackay2@wisc.edu, sohe.wisc.edu.

**ADDITIONAL GRADUATE STUDENT ORGANIZATIONS**

There are more than 1,000 student organizations on campus. The best way to seek out current organizations is to visit the Center for Leadership and Involvement (CFLI) website, cfli.wisc.edu, and visit the Registered Student Organization directory. This list will not include unregistered student organizations, and you may find that there are groups in your department that you would like to get involved with as well.
If you are interested in officially registering an organization, you must register at cfli.wisc.edu. Once registered through CFLI, your organization is eligible for funding from ASM, and your group can reserve rooms in the Union and access other resources.

You will find that many departments have their own graduate student organizations, but here is an incomplete list of a few groups which will appeal to students across departments:

Association of Asian American Graduate Students (AAAGS): Brings together Asian-Americans for fellowship, education, and a better understanding of what it means to be Asian-American.

Graduate Women in Science (Sigma Delta Epsilon), Beta Chapter: Provides a local support network for women scientists through a variety of events, such as monthly seminars about issues faced by women scientists.

Indian Graduate Students Association (IGSA): Promotes Indian culture on the UW campus. IGSA helps new Indian graduate students to get settled into life in Madison.

Q-Grads: Provides social events around LGBTQ graduate students’ needs at UW–Madison.

Slow Food UW–Madison: Brings together students who care about their food, and how what we eat affects the world around us. Among other events, UW Slow Food also organizes a weekly Family Dinner Night, featuring made-from-scratch meals from a different chef every week.

Be sure to check out cfli.wisc.edu for a complete list of registered student organizations.

THE WISCONSIN UNIONS

There are two student union buildings on campus: the older Memorial Union, on Lake Mendota, and the newer Union South near Camp Randall. Union delis are also found at several locations across campus. Most students refer to Memorial Union simply as “The Union,” while Union South is known by its full name. The unions are social, cultural, and recreational centers of the campus. Membership is automatic for students taking at least three credits, but community members and alumni can also buy union memberships.

Memorial Union
800 Langdon Street, Madison, WI 53706

Union South
1308 W. Dayton Street, Madison, WI 53715

Hours for both unions:
Monday–Thursday: 7 a.m.–midnight
Friday: 7 a.m.–1 a.m.
Saturday: 8 a.m.–1 a.m.
Sunday: 7 a.m.–midnight

Note: Both unions have special hours for holidays and breaks

union.wisc.edu
608-890-3000

Over 1,000 events are offered at the Union each year, including theater, dance, music, films, and other programs. These are generally inexpensive or free for students. TITU or “Today in the Union” is the daily calendar of events taking place at either union. TITU postings can be viewed online or at the entrances of either union. For more information see union.wisc.edu/TITU.

The Memorial Union Terrace is a can’t-miss feature of the UW–Madison campus. With an outdoor music stage, beer service, and a spectacular view of Lake Mendota, the Terrace is a timeless hangout for the entire community. It is also one of the few places close to campus that draws a large number of grad students and professionals from the area, which can be a nice change of pace on a campus dominated by undergrads.
Wisconsin Union Directorate

WUD (pronounced “wood”), the Wisconsin Union Directorate, are student committees that run all Union programs. WUD brings prominent speakers to campus, shows classic and current films, offers a wide variety of entertainment, and plans service events. It is a great opportunity to get involved in planning events, meeting people with similar interests, and taking a leadership role. Some of the WUD committees grad students are invited to participate in are:

- **Alternative Breaks Committee**: Members plan and participate in service-learning trips throughout the U.S. during semester breaks.
- **Art Committee**: Programs gallery exhibitions in three galleries as well as throughout Memorial Union.
- **Society & Politics Committee**: is a non-partisan group that organizes events covering a wide range of topics.
- **Distinguished Lecture Series Committee**: Brings big-name lecturers to the Union Theater and plans educational programs.
- **Film Committee**: Schedules several film series in both unions, from classic cinema to cutting edge.
- **Global Connections Committee**: Strives to foster awareness of global issues and opportunities within the UW community through creative, social, and educational programs.
- **Hoofers**: Teach and participate in outdoor activities, from sailing to snowboarding, horseback riding to rock climbing
- **Music Committee**: Produces and promotes concerts on the Terrace and in Der Rathskeller.
- **Publications Committee**: Issues two high-quality publications and sponsors events in the arts, humanities, and music.
- **Performing Arts Committee**: The committee is responsible for the Concert Series, World Stage Series, Travel Film Series, and other exciting events.

For more information on WUD, visit wisc.edu/union/wud.

Wheelhouse Studios

Wheelhouse Studios provide a pleasant alternative to regular university classes. Sponsored by the Wisconsin Union, these courses are short, fun, and informative courses for personal and professional development. If you want to learn how to cha-cha, carve wood, taste wine, or navigate the real estate market, check out Wheelhouse classes. The course offerings are posted on the web at union.wisc.edu/wheelhouse.htm, and printed copies are available at the unions.

DIVERSITY AND MULTICULTURALISM ON CAMPUS

Below are services and organizations on campus that cater to different groups. Please find more information about diversity and adjusting to life on campus in Chapter 4 on international students. More is available on the web through the office of the Vice Provost for Diversity and Climate diversity.wisc.edu.

Services for Women

**Women’s Clinic**

University Health Services (UHS) has a clinic for women, located on the third floor. UHS offers services directly related to women’s health including contraception, emergency contraception, testing for pregnancy, routine gynecological exams, health issue counseling, health education, and more. Visit uhs.wisc.edu/services/medical/womens-health or call 608-265-5600.
Campus Women’s Center
The Campus Women’s Center (CWC) was founded in 1983 to confront the oppression women may face on the basis of race, gender, sexuality, class, and ability. The CWC works toward this goal by providing a variety of women-centered support services, educating the campus community on a number of women’s issues and serving as a resource and referral center for all students. The Center aims to empower women, strengthen the entire community, and promote social justice overall. The office of the Campus Women’s Center is located on the fourth floor of the Memorial Union. Visit the Campus Women’s Center website at win.wisc.edu/organization/campuswomenscenter.

Other Resources and Organizations
There are a number of women’s graduate organizations specializing in business, science, sociology, political science, engineering, curriculum and instruction, history, and more. The Center for Research on Gender & Women maintains a list of women’s organizations on campus at womenstudies.wisc.edu/CRGW.

Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Services
Gender and Sexuality Campus Center
The Gender and Sexuality Campus Center’s mission is to strengthen and sustain an inclusive campus community for LGBTQ and allied students by eliminating heterosexism, homophobia, and gender identity oppression. The center’s goal is to provide the services and resources necessary to meet the social, emotional, academic and cultural needs of LGBTQ students. The Gender and Sexuality Campus Center is located on the second floor of the Memorial Union and can be contacted at 608-265-3344. Hours, programs, and events can be found at wisc.edu/lgbt.

Historically Underrepresented Racial and Ethnic Minorities’ Services
Multicultural Graduate Network (MGN)
The Multicultural Graduate Network (MGN), located in the Graduate School’s Office of Diversity, Inclusion, and Funding brings together graduate students from across UW–Madison to foster community and relationships. MGN seeks to address the needs of students of color through professional development opportunities, social networking, and continued dialogue. Contact: mgn@grad.wisc.edu or 608-890-4731.

Other Groups
A complete list of resources available for underrepresented and minority groups can be found at diversity.wisc.edu.
Pathways to Educational Achievement
Pathways to Educational Achievement, formerly African American Student Academic Services (AASAS), provides support services to African and African American students at the University of Wisconsin–Madison. All students benefit from a culturally, economically, geographically, and academically diverse campus. Contact: pathways.aa@cdo.wisc.edu or 608-263-2698.

Consortium for Graduate Study in Management
The mission of the organization is to increase numbers of African American, Native American, and Hispanic American participants in our schools and in American business. Any individual in the MBA program with a demonstrated commitment to the consortium’s mission of diversifying both the school enrollments and the ranks of management in corporate America is eligible for the program. Contact: bus.wisc.edu/mba/why-wisconsin/diversity or 608-262-4200 (MBA Program Office).

Minority Affairs Program in Pharmacy (MAPP)
An active student organization, the Minority Affairs Program in Pharmacy (MAPP), provides a network for students of color and their allies who are interested in issues of diversity in pharmacy. They organize a number of community service events throughout the year. Contact: pharmacy.wisc.edu/MAPP or mapp_exec@lists.wisc.edu.

STUDENTS WITH DISABILITIES

McBurney Disability Resource Center
The McBurney Disability Resource Center works with students, faculty, and staff to provide students with reasonable academic accommodations. Information on qualifications, available accommodations, procedures for requesting accommodation, and more, can be found at mcburney.wisc.edu, by calling 608-263-2741, or by visiting the McBurney Center on the 2nd floor of 702 W. Johnson St.

If you think you may need accommodations, start early! Your instructors and the McBurney center will be able to accommodate you most effectively if they have plenty of time. In many situations, this means starting the dialogue before the semester starts. Accommodation is a shared responsibility between you, faculty, and the university.

Disabilities come in many forms, both visible and invisible, and disclosure of disability is always a personal choice. The McBurney Center and the entire university respect this and ensure that information about a student’s disability is kept
confidential unless otherwise discussed with the student.

The McBurney Center also provides students with opportunities to engage with the campus community on disability related issues through education and advocacy. The center hosts two affiliate programs to help this mission: the McBurney Speakers Bureau and Accessibility Advocates. See the website for more information.

Are you teaching? Do you want help making your instruction as accessible as possible? McBurney has resources for instructors as well.

For information about non-academic accessibility issues such as employment accommodations, facilities accessibility, etc., visit wisc.edu/accessibility. This page contains information on all campus accessibility resources (including the McBurney Disability Resource Center).

FAMILY AND PARENT RESOURCES

UW–Madison Resources

The Office of Child Care and Family Resources (OCCFR)
The OCCFR promotes the development and implementation of a coordinated child care and family support system on campus. At present, the office coordinates six early care and education centers that operate to serve campus faculty, staff and students. The OCCFR works with the University Child Care Committee, the CCTAP Advisory Board, the Campus Planning Committee, a variety of academic and administrative programs, student groups, and existing child care resources to ensure that the child care needs of students, faculty, and staff are met.

Additionally, the office oversees parent support and education services, participates in fundraising events, and administers two financial assistance child care programs: the Child Care Tuition Assistance Program (CCTAP) for student parents and the University Staff Family Child Care Grant for permanent classified staff who work at UW–Madison.

You are always welcome to drop by the office and the office will do their best to serve you; however, a call ahead is always appreciated to ensure availability.

The office is easily accessible on the Route 80 campus bus, about a 15-minute ride from the Memorial Union. Take the bus to Eagle Heights and get off at the sign for the Community Center.

The OCCFR is located at 611 Eagle Heights, Rm. 148, on the north side of the University Apartments Community Center; look for the banner and enter in the doors immediately underneath the banner. Take an immediate right.

Office hours are from 8 a.m. to 4 p.m., Monday through Friday. For more information, call OCCFR at 608-265-9123 or visit occfr.wisc.edu.

Child Care Tuition Assistance Program (CCTAP)
The Child Care Tuition Assistance Program provides partial financial assistance for child care (with a licensed or accredited provider) to income-eligible student families. More information about CCTAP can be accessed through the Office of Campus Child Care and Family Resources website. Visit the CCTAP Portal (occfr.wisc.edu/cctapinfo.htm) and log in using your NetID to use the eligibility calculator and to apply. Funds are limited and are granted on a first-come, first-served basis. Consider contacting OCCFR to join the CCTAP mailing list, so that you are notified of upcoming application deadlines.

KIDS Kare Program
The Kids Kare Program provides subsidized
sick, back-up and hourly care for eligible CCTAP families. It requires a separate application form that must be renewed annually. Contact Jen Dittrich-Templin, Parent Resource Specialist & CCTAP Program Coordinator (608-265-9123, jen.templin@wisc.edu) to apply.

**Child Care Facilities**
The following child care facilities are affiliated with UW–Madison and provide high-quality, developmentally appropriate, nurturing, consistent child care environments for children of UW students, faculty, and staff.

<table>
<thead>
<tr>
<th>Center</th>
<th>Ages Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bernie’s Place</td>
<td>6 mos – 6 yrs</td>
</tr>
<tr>
<td>Eagle’s Wing</td>
<td>6 mos – 12 yrs</td>
</tr>
<tr>
<td>Little Chicks Learning Academy</td>
<td>6 wks – 6 yrs</td>
</tr>
<tr>
<td>UW Preschool Lab</td>
<td>6 mos – 5 yrs</td>
</tr>
<tr>
<td>Waisman Early Learning Program</td>
<td>12 mos – 6 yrs</td>
</tr>
</tbody>
</table>

For more information on these centers, and for contact information, visit the OCCFR website at occfr.wisc.edu/child_care.htm.

**Parent Listserv**
One of the best ways to find out what is going on in and around Madison is to sign up for the parent listserv through the OCCFR. Contact the Parent Resource Specialist at 608-265-9123 or jen.templin@wisc.edu to sign up. You will receive weekly updates on activities for children as well as special workshops and events for parents.

**School of Education Resources**
The School of Education has a website with UW resources and opportunities for children in Pre-K through grade 12. See education.wisc.edu/soe/pk-12-education.

**Lactation Rooms**
There are a number of private spaces in buildings across campus where lactating mothers are welcome to pump or nurse. Each lactation room is operated by the building manager of the specific building, but an up-to-date list can be found at occfr.wisc.edu/lactation.htm.

**Community Resources**

**Henry Vilas Zoo**
Henry Vilas Zoo is open year round. Admission is free. Grounds open daily at 9:30 a.m., buildings open 10 a.m.–4 p.m., with the grounds closing at 5 p.m. The zoo is located at 702 S. Randall Avenue, and limited parking is available. Visit vilaszoo.org to learn more.

**Madison Children’s Museum**
Madison Children’s Museum (MCM) offers hands-on exhibits and programs, designed to inspire lifelong learning through play, celebrating children’s imaginations. The Madison Children’s Museum is located at 100 North Hamilton Street, near the Capitol building. More information is available at madisonchildrensmuseum.org.

**Hours:** 9:30 a.m.–5 p.m. Tuesday–Sunday. (Open Mondays from Memorial Day to Labor Day.)

**Admission:** $7.95, adults and children;
$6.95, seniors and grand父母; $1, Family Access admission for adults and children utilizing WIC, Head Start, free or reduced school lunch, Birth to 3, SSDI, Fostercare, Big Brothers/Big Sisters, unemployment insurance, or other public assistance program; free for museum members and children under 1 year old.

**Madison Public Library**
The Madison Public Library has nine locations around Madison. The libraries offer programs aimed at all age groups (mostly free of charge), as well as resources for both parents and children. Visit: madisonpubliclibrary.org/kids to learn more about programming at your local branch.

**Madison School and Community Recreation (MSCR)**
The Madison School and Community Recreation (MSCR) program is the public recreation provider for the residents of Madison (within the boundaries of the Madison Metropolitan School District). MSCR is a department of the Madison Metropolitan School District has a wide range of recreation programs and services for all ages that are offered year-round. Visit mscr.org.

**Moms in Madison**
Moms in Madison is a website dedicated to resources in Madison for parents of babies, toddlers, and preschoolers. There is an events calendar, information about family friendly dining, parenting classes, things to do in Madison, and more. For more information, visit momsinmadison.com.

**Happy Bambino**
Happy Bambino is a locally owned business with a Pregnancy and Early Parenting Learning Center located at 4116 Monona Drive. They have retail space, a community room where many classes are held, and a listserv. Happy Bambino was voted Madison’s Best Children’s Store by the readers of Isthmus. Visit their website at happybambino.com, contact them by phone at 608-223-6261, or hello@happybambino.com.

**Tips for Graduate Student Families**
- **Introduce your children to campus.** Take them to the Union, the library, and other places where children are welcome. Connecting your children to your experience as a student will help them understand what you are doing when they are away from you; likewise, allowing your classmates and professors to see you in the “parent” role may help them understand some of the demands you face as a student-parent.
- **Set up your class schedule and program plan as soon as you can.** This will allow you to arrange childcare that meets your needs, and will reduce your stress from semester to semester if you can plan ahead.
- **Be up-front from the start** with your advisor, professors, and classmates about your dual role as a parent and a student.
- **Find ways to connect** with other parents on campus and introduce your children to other children of grad school parents. The Office of Childcare and Family Resources offers a listserv, and many programs have informal programs to
connect parents with other parents. These networks will help you maintain perspective and provide a great social outlet to relieve stress and minimize feelings of isolation.

- **Take breaks** from school every once in a while to dedicate some time to your children and vice versa; take breaks from your children every once in a while to completely dedicate some time to your school work and yourself.

**FOOD RESOURCES**

Beyond the costs of tuition and books, day-to-day expenses like food, clothing, and rent can make it challenging for students to make ends meet. University Health Services keeps a list of resources and student organizations that are available at no cost to all students. There is no requirement to prove need or affiliation. The list is available at uhs.wisc.edu/food/foodassist.
CHAPTER 4

International Students

International Student Farm Outing at the Schultz Family Farm in Cottage Grove, Wis.
Of the over 9,000 graduate students on campus, nearly 2,600 are international students. While all grad students face certain challenges, international students work with an added layer of complexity due to immigration regulations and cultural adaptation. This chapter focuses on the resources available to help international students who are on F-1 or J-1 visas succeed at UW–Madison.

INTERNATIONAL STUDENT RESOURCES

International Student Services (ISS)
An essential resource on campus for international students on F-1 or J-1 visas is International Student Services. Throughout your stay here, ISS staff is available to help you with issues that are unique for an international student. You can contact ISS in the following ways:

- **Office hours:** M–W, 9 a.m.–4:30 p.m., and Th–Fr, 9 a.m.–4 p.m. at 217 Red Gym (716 Langdon St.)
- **Online:** iss.wisc.edu
- **Phone:** 608-262-2044, weekdays 10 a.m.–4 p.m.
- **E-mail:** iss@studentlife.wisc.edu

ISS also provides programs and workshops for all international students and their family members to help ease the transition to this new cultural, educational, and social environment.

Another major function of the ISS office is to assist international students and their families in maintaining their non-immigrant visa status and to inform them of all the programs and services available. In addition, ISS collaborates with other student service offices and academic departments/programs to design and provide international education programs for all members of the university community in order to advance the university strategic goal of internationalizing the campus. All new international students must attend the ISS Mandatory Orientation Program. This is required by both the university and the federal visa regulations. At the ISS mandatory orientation, new international students will register their arrival on the F or J student visa and obtain information on maintaining legal visa status while attending UW–Madison. Additionally, orientation also offers information on how to get involved in ISS and campus programs, and how to take advantage of services available both on and off campus.

Check the ISS website for a wealth of resources such as how to apply for your student visa, maintain immigration status, apply for a driver’s license, or get involved with ISS programs and events: iss.wisc.edu.

ISS Programs and Services

- **Individual advising:** Walk-in advising is available. Visit iss.wisc.edu for specific times.
- **Group outings to UW sporting events**
- **US diversity and culture workshops**
- **BRIDGE:** International Friendship Program (bridge.iss.wisc.edu)
- **International Reach** (iss.wisc.edu/international-reach), which facilitates presentation opportunities for international students, scholars, and family members who are interested in sharing their culture, experiences, and perspectives to a variety of audiences both on and off campus. This is an especially good opportunity for spouses or partners.
of international students and scholars to get involved with the campus and community.

- Refer students to appropriate resources based on individual needs.
- Support to international student organizations and to Madison Friends of International Students (MFIS).

**Madison Friends of International Students (MFIS)**

Closely affiliated with ISS is Madison Friends of International Students (MFIS), which is a community organization that, for over 50 years, has been connecting UW-Madison international students, scholars, and their families with individuals from the Madison community as a way to create global goodwill, understanding, and friendship around the world. The MFIS website is mfismadison.com.

**MFIS Programs**

- Fall Welcome Picnic and Spring Capitol Reception
- Temporary hosting program: Madison-area residents open their homes to international students for 2 to 3 nights when they arrive in Madison. This is an invitation to provide welcome and friendship; there is no charge to students and no funding for volunteers.
- English Classes and English Conversation Partners
- Thanksgiving Hospitality, which invites international students to join a local family for a Thanksgiving meal
- Furniture Loan
- Other social activities with local community members

Together, ISS and MFIS offer many types of programs, services, and resources. International students and their families are strongly encouraged to take advantage of both ISS and MFIS.

**Student and Exchange Visitor Information System (SEVIS)**

The Student and Exchange Visitor Information System (SEVIS) is an Internet-based system that allows schools, U.S. consulates, U.S. ports of entry, and other U.S. government agencies to exchange data on the visa status of international students and scholars. Consequently, it is extremely important for international students to report changes in their student and visa statuses in a timely manner.

Such changes may include changes of address, major or degree level, funding source, and changes in enrollment, such as failing to enroll or enrolling less than full time. A student who drops below a full course of study without prior approval of an ISS advisor will be considered in violation of legal visa status. There are, however, acceptable reasons for taking a reduced course load. You should see an ISS advisor to discuss these options.

You are required to enter your current foreign address into your My UW account under “home address.” Your My UW “mailing address” should be your current address where you are living in the U.S. You must change your addresses in My UW within 10 days of moving, so ISS may report your change of address to SEVIS in compliance with visa regulations.
To change or add a major or to change degree level, please contact the appropriate academic department/program first. The academic department/program will file paperwork with the Graduate School, which will forward the final authorization to the Registrar’s Office. Meanwhile, please notify ISS about the pending change to your academic program, so ISS can update your SEVIS record accordingly. Depending on the change, it may also be necessary for new financial support documentation to be submitted to ISS.

Maintaining your legal status is important. Please remember the following:

- Enroll full-time each fall and spring semester.
- Always obtain employment authorization prior to starting employment.
- Maintain a valid passport at all times.
- Keep your I–20 or DS–2019 form valid and up-to-date at all times.
- Update address changes in your My UW account within ten days of moving.

This information and more is discussed at the ISS Mandatory Orientation (iss.wisc.edu/students/orientation) upon arrival at UW–Madison. ISS is also available year-round to give advice and clarification on visa regulations. ISS advisors are trained and your best resource for current, accurate immigration advice. International students must take responsibility for their visa status and be proactive. Planning ahead is critical. Access ISS, the bi-weekly e-mail newsletter from ISS, is a valuable resource for weekly visa status reminders and policy changes. Email iss@studentlife.wisc.edu to subscribe.

Maintaining legal visa status is the responsibility of international students, and ISS is available to help.

**Reporting Requirements**

UW–Madison is required to report the following events to the Department of Homeland Security within 4-21 days. Some examples are:

- Any student who fails to maintain status or complete his/her program
- A change of the student’s or dependent’s legal name or address
- Any student who has graduated early or prior to the program end date listed on the SEVIS I–20/DS–2019
- Any disciplinary action taken by the school against the student as a result of the student being convicted of a crime
- Visa status violations
- Failure to enroll
- Failure to process an extension to the program end date listed on your I–20 or DS–2019
- Failure to notify Immigration Services of addition or change of major or degree level
- A reduced course load without prior authorization
- Not reporting an address or name change

With the new SEVIS system in place, international students must take responsibility and be proactive. It is advised that you contact ISS with any questions you may have.
International Crisis/
Emergency Resources

Division of Student Life
75 Bascom Hall
Phone: 608-263-5700
Email: dean@studentlife.wisc.edu
Drop In: Monday–Friday: 8:30 a.m.–4 p.m. (fall & spring semester)

UW–Madison Police and Security
Non-emergency: 608-264-2677, 608-262-COPS
Emergency: 911 uwpd.wisc.edu

UHS Counseling and Consultation Services
University Health Services offers many types of counseling and consultation services, on an individual or group basis. Call 608-265-5600, 608-265-3300 (TTY), to arrange an appointment. More information on these services is available at uhs.wisc.edu.

If you have an urgent mental health need, please call University Heath Services: 608-265-5600, extension 1 (business hours). Mental health crisis: 608-265-5600.

Bias Incident Reporting
All students are encouraged to report harassment of any kind, whether it is by a staff member or another student. If you experience or witness harassment based on race, sex, religion, creed, disability, sexual orientation, ancestry, or age, contact the Division of Student Life in person (75 Bascom Hall), by e-mail (dean@studentlife.wisc.edu), or by phone (608-263-5700).

International Embassies in the US
For an updated list of foreign embassies in the US, visit state.gov/s/cpr/32122.htm. Many countries have embassies in the U.S., and their purpose is to assist citizens who travel and live here.

NEW INTERNATIONAL STUDENTS
The University of Wisconsin–Madison welcomes you to campus. Below is information that will be helpful to you and your family. Although as a graduate student you will be primarily engaged in study, research, teaching, or other academic activities, a successful and fulfilling stay also requires involvement in campus and community life.

ESL Requirements at UW–Madison
The university maintains an English as a Second Language (ESL) program that administers the English as a Second Language Assessment Test (ESLAT). The ESLAT is required for many new graduate students as a condition of admission. If you are unsure about whether you are required to take this test, check your Graduate School admission documents.

The ESLAT determines which, if any, ESL courses you may need to take. Departments cannot waive ESL requirements. Contact the ESL Office (5134 Helen C. White Hall, 608-263-3780, askesl@wisc.edu, english.wisc.edu/esl) for full details.
Academic Integrity and Honesty

Jan Sheppard, Senior Academic Planner with the University of Wisconsin System, gives some advice on academic differences among cultures:

Every culture has many rules and expectations. In American university culture one of the highest values is placed upon academic integrity and honesty, and you are required to follow university rules regarding academic honesty.

Here you will be expected to do your academic work independently and be very careful to clearly indicate when you use the words or ideas of another person or a published source. Be sure to ask if you have questions about whether you can work on a project collaboratively, or how to adequately give credit for the ideas you are using to write a paper. Inappropriate assistance to another student or insufficient citation of sources may be academic misconduct. For the definition and rules regarding academic misconduct, see conduct.students.wisc.edu/academic-integrity.

Graduate students who commit academic misconduct can be suspended for up to two years. Sometimes the stress of school can cause students to cheat, thinking it will prevent a bad grade. Unfortunately, when students are facing suspension for cheating, they usually realize too late that one poor grade is much better than being suspended.

Every applicant whose native language is not English, or whose undergraduate instruction was not in English, must provide an English proficiency test score. For specific information on your country, refer to the list available at grad.wisc.edu/apply/requirements.

The required minimum scores are TOEFL: 580 for paper test, and 92 for internet (iBT); IELTS: 7. An applicant who receives a TOEFL paper-based test score between 550-579; TOEFL internet-based test (iBT) score between 80-91; or IELTS score of 6.5 must take an English assessment test upon arrival. Depending on your score, you may need to register for any recommended English as a Second Language (ESL) courses in the first semester you are enrolled.

English Language Proficiency

Although the TOEFL is the standard measure of English proficiency and is widely administered and required, students arrive with varying degrees of expertise. You might have trouble with written or spoken comprehension. In addition to the ESL Office, there are several sources of assistance, ranging from free conversation partners through Madison Friends of International Students (MFIS) or the Greater University Tutorial Service (GUTS), to courses at the university and private tutoring.

The GUTS Conversational English Program (guts.wisc.edu/conversationalenglish.html) offers drop-in sessions all over campus and workshops on study skills, etc. They can be reached at director.guts@gmail.com, 608-263-5666. The Writing Center at 6171 Helen C. White Hall (writing.wisc.edu, 608-263-1992) also offers several services for international students. See Chapter 1 for more about the Writing Center.

Academic Differences

You probably are coming from a different education system that may require different study skills and has different types of tests and classroom experiences. The most common differences between the U.S.
academic culture and others are informal attitudes toward instructors and casual interaction with faculty and staff in the U.S.

Another dimension particular to the American system of higher education is a requirement to take courses from different disciplines that would not be part of your curriculum back home. Talk to your advisor or professors in your program for assistance on choosing these classes, if you are interested in or required to take these classes. Your professors expect that you actively participate in classroom discussions. Please know that this will be a part of your grade.

University culture relies on student independence and is expected by many faculty and programs. Be prepared to talk openly with program administrators and your instructors about any problems you are facing. Many people are not aware of what it is like to be an international student. It will help if you speak openly about what sets you apart from other students and if you ask for help. Faculty and staff generally appreciate proactive students.

Academic pressures can be very high, so don’t wait until the last minute to talk with someone about any issues you may have. If your professor is unable or unwilling to help you, you can also consult the program chair. You can always seek assistance from the Division of Student Life (students.wisc.edu, dean@studentlife.wisc.edu, 608-263-5700) or from the Office of Academic Services (gsacserv@grad.wisc.edu, 608-262-2433) in the Graduate School. Do not hesitate to ask for help.

**Adjusting**

There are typical stages of acclimating to a new culture that may occur. Initially, excitement and elation are very typical as you plan for your trip. Feelings of adventure, seeing new sights, and meeting new people often lead to a sense of contentment; maybe you experienced that “high” upon arrival.

However, these feelings of satisfaction might diminish when you change from tourist to student and resident. Feelings of control and satisfaction might be lost while you are adjusting. You might have trouble finding food you like, and you might feel homesick, isolated, or overwhelmed by your coursework. Prolonged feelings of helplessness and a lack of attachment or belonging can interfere with academics and may lead to depression. You might even reject the new culture and consider your home culture to be superior.

However, usually after several weeks (or more), you will begin to settle into your new settings and feel more comfortable solving new problems and addressing challenges. This ability to cope may help you move into a more positive attitude. In time, you will adjust to your new life, become productive, and feel happier in your new environment. Take the time to recognize how far you have come, and what you have accomplished.

The cultural gap, or the similarity or dissimilarity between your host and home country, can predict the length and intensity...
“If you are an international student and thousands of miles away from your family, it is important that you find a grad school and a program in which you can feel at home. I was so lucky with the excellent professors and fellow grad students I met that over the last 3 years, UW–Madison and the German department became a second home to me.”

Nicola Schmerbeck,
Department of German

of adjustment. If your new surroundings are very different from the culture you are used to, it may make for a longer adjustment. Differences in social relationship norms, political climate, language, economy, and technology all influence the cultural gap.

Describing all of the possible issues that might affect you in one publication would be nearly impossible. By educating yourself, you can understand problems or difficulties you might be facing and make progress. The following section should help you to make a successful transition.

**Survival Skills**

When you first arrive, take the time to familiarize yourself with everyday issues such as immigration, currency, housing, banking, mail services, transportation, climate, clothing, and food. Tips on many of the above areas are provided throughout this publication.

Attend the International Student Services Orientation for international students and the MFIS Welcome Picnic. You will receive information about these events after you are admitted to the university. ISS can also direct you to other resources to learn more about the campus and the culture of the United States and the University of Wisconsin–Madison.

**Making Friends, Getting Involved, and Finding Social Support**

You are more likely to be satisfied with your experience here if you build a social network. Connecting with students from your country or region, other international students, and Americans is important in fulfilling and even accelerating the adjustment process.

Getting involved in campus organizations and activities or trying new things are easy ways to meet people who share your same interests. Getting involved also helps you learn to balance your time and can actually boost your productivity as you are more likely to feel satisfied, connected, and happy. There are many opportunities to get involved and meet people on campus.

There are more than 1,000 student organizations, including 100 international student organizations registered with the Center for Leadership and Involvement (CFLI). You can get contact information for each organization at the CFLI website (cfli.wisc.edu) or through the Wisconsin Involvement Network (WIN) at win.wisc.edu. See Chapter 3 for more information on student organizations.

You will also meet people at ISS Orientation and the MFIS Welcome Picnic, as well as in your classes and at various university events. If you live in University Apartments or Eagle Heights, there are staff members who will help organize events and activities. See Chapter 3 for more information on where you can meet people, get involved, or find things to do.

Americans are friendly and inquisitive, but sometimes it may be hard to tell whether they are just being nice or if they are really
interested in being your friend. They ask lots of questions and are curious about different cultures, so just be patient. With time, you will develop close friendships.

**Homesickness, Isolation, and Maintaining Well-Being**
Because of the unique situations that international students face, they may be more likely to have symptoms of mental stresses like depression or isolation. This can have a strong impact on your quality of life, so if you think you are experiencing feelings of depression, isolation, or other mental stress, it is important to address this.

It is essential for international students to be aware of the role of counseling in the United States. Research has shown that many international students are likely to avoid seeing a counselor until a crisis stage, are uncertain about the role of a counselor, or do not understand the benefits of traditional counseling. In some cultures, seeking counseling can be status-diminishing or seen as invading personal or family privacy. Even though it is quite different from other cultures, in the United States, it is quite common and normal to seek counseling.

If you are hesitant to see a counselor, consider asking a friend, faculty member, or advisor to go with you. At some point, someone close to you may mention counseling to you in an attempt to offer you a resource. Some people are offended by the idea of seeing a counselor, but in fact, counselors may be the most qualified to understand your issues and help you find solutions for problems.

Counseling and consultation services are confidential, and you will be provided information about confidentiality during your session. University Health Services (UHS) (uhs.wisc.edu/mental-health) always has someone to respond to crisis situations at 608-265-5600.

If you are certain that you are not interested or would not benefit from seeing a counselor, it is still very important to find avenues to address your unique transitional issues. You might share your concerns with trusted friends and family.

See Chapter 10 for more information on the variety of health resources available to you on campus.

**Racial Discrimination and Ethnocentrism**
The university has a zero-tolerance policy on discrimination. If you ever feel that you are being discriminated against, you are encouraged to contact the Division of Student Life in person (75 Bascom Hall), by e-mail (dean@studentlife.wisc.edu), or by phone (608-263-5700).

You can also report incidents of bias or hate through the Dean of Students Office’s online reporting tool at doso.students.wisc.edu/services/bias-reporting-process. The Dean of Students website also offers
locations where students can report an incident in-person.

As an international student, you might also have stereotypes and prejudices about Americans or students from other countries that can interfere with adjustment. You should reflect on those beliefs and ask yourself what those assumptions are and where they came from, and then test whether those views are compatible with what you are experiencing. ISS offers co-curricular education to support this adjustment.

**Gender Roles**

Social relationships with members of the opposite sex (or of the same sex) and adaptation to gender roles in a new culture are often difficult for international students because the topic is not always discussed openly in their home countries or cultures. Relationships can often be frustrating for international students because of different roles, norms, and ways of communicating verbally and nonverbally about romance and even friendship.

Co-nationals and people that you trust could be helpful in discussing this issue with you. It is an important area to consider in your cultural adjustment. Another alternative is to consider a group counseling session at UHS (uhs.wisc.edu/uncategorized/schedule). You might also want to contact the Campus Women’s Center (win.wisc.edu/organization/campuswomenscenter), or the Gender and Sexuality Campus Center (lgbt.wisc.edu).

**Finances**

ISS works very closely with international students and their respective academic programs on funding issues. Some international students seek part-time employment. International students are allowed to work up to 20 hours a week on campus during the academic year. Students can work full-time during summers and break periods. Students must get prior authorization to work off-campus. Explore iss.wisc.edu or meet with an advisor to discuss employment options.

International students sometimes experience anxiety about monetary problems, so please be aware that there are resources to help you. For further assistance, contact International Student Services at iss@studentlife.wisc.edu. You can also refer to Chapter 5 for more general information about finances and employment on campus.
CHAPTER 5

Finances and Employment

Mathematics teaching assistant works with students from his second-semester calculus class.
**Funding your education** can be a difficult and perplexing process, especially if you are unaware of the resources available in the community. We hope this chapter answers your basic questions about finances and gives you a better idea of available funding opportunities. If you have more questions, we suggest you contact the Office of Diversity, Inclusion and Funding at grad.wisc.edu/funding.

**TUITION, STUDENT ACCOUNTS, AND BILLS**

Three offices are involved in assessing tuition and fees, disbursing financial aid, and processing bills and payments.

**Office of the Registrar: Tuition Assessment Section**

333 East Campus Mall, #10301
608-262-4031
registrar.wisc.edu
E-mail: tuition@em.wisc.edu
Hours: Weekdays 7:45 a.m.–4:30 p.m.
- Assesses tuition and fees
- Maintains the schedule for payment of tuition and fees
- Hears appeals of late enrollment fees

**Office of Student Financial Aid**

333 East Campus Mall, #9701
608-262-3060
finaid.wisc.edu
E-mail: finaid@finaid.wisc.edu
Hours: Weekdays 7:45 a.m.–4:30 p.m.
- Processes applications for financial aid
- Determines eligibility for financial aid awards
- Disburses financial aid into student account
- Adjusts financial aid awards when needed
- Authorizes emergency short-term loans

**Bursar’s Office**

333 East Campus Mall, #10501
608-262-3611
bussvc.wisc.edu/bursar
E-mail: tuition@bussvc.wisc.edu
Hours: Weekdays 7:45 a.m.–4 p.m.
- Sends student account invoices
- Receives and processes tuition and fee payments to student accounts
- Posts financial aid and some scholarships toward student tuition and fee charges on student accounts
- Authorizes and distributes tuition and fee refund checks
- Invoices third-party sponsors for tuition and fee payments
- Handles tuition payments that were paid with bad checks
- Assesses late-payment fees on accounts not paid in full by due date
- Monitors students with unpaid tuition and corresponds with them to ensure payment
- Places tuition and fee holds on student records and enrollment
- Hears appeals of late-payment fees

**Tuition and Fee Payment**

You may pay student account invoices in several ways: online, by mail, or in person. The tuition payment deadline at time of publication is the Friday before classes start instruction for Fall and Spring terms, for most students. Check with the Bursar’s Office to confirm the specific dates (bussvc.wisc.edu/bursar/tuitdued.html). Remember: if you plan to pay by mail, these dates are receipt deadlines, not postmark deadlines. Payments received after the due date will be
assessed a $100 late payment fee. Students who fail to pay tuition and fees in full will have a hold placed preventing the use of student records services and future enrollment.

UW–Madison offers the BadgerPay Payment Plan for students to pay tuition and fees through regularly scheduled payments. Students must enroll in the BadgerPay plan by the payment due date for each term to use the plan. A nonrefundable $50 plan enrollment fee is due at the time of enrollment into BadgerPay. The $50 fee is charged each semester a student enrolls in Badger Pay. For more information, a detailed payment schedule, or to enroll in BadgerPay, visit bussvc.wisc.edu/bursar/payplan.html.

If a student does not enroll in BadgerPay, tuition is due in full by the payment due date. If a student is unable to meet the due date, s/he should contact the Bursar’s Office at 608-262-3611 before the due date to explain the student’s circumstances.

Checks should be made payable to UW–Madison. Always write the student’s name and university student ID number on the front of the check for easy identification and application of payment.

The Bursar’s website offers information about the different ways students can pay tuition and fees: bussvc.wisc.edu/bursar/otherpay.html. Here are a few of the tuition payment methods currently accepted.

**Online e-Check Payment**
Payment can be made online from a regular checking or savings account. Log onto My UW at my.wisc.edu. Click on Student Center. Under the Finances section of My Account, click on Tuition Account Summary/Make a Payment. Click the Make a Payment button and follow the instructions.
Mail-in Payment
(Bursar’s Office)
UW–Madison Bursar
333 East Campus Mall, #10501
Madison, WI 53715-1383
The following may be mailed to this address:
check payments without the lower portion of
the tuition and fee bill; check payments
accompanied with a tuition bill printed off
the my.wisc.edu website, which does not
contain the bank scan line; registered or
express mail service (such as overnight mail).
Make checks payable to UW–Madison, and
include the student’s name and campus ID
on the check.

If sending a single payment for more than
one student, the lower portion of the tuition
and fee bill must be included for each student.

Note: Allow at least five business days
mailing time for domestic mail. Consult with
the Post Office to determine adequate
international mailing time.

Dropbox Payment
Use the Bursar’s Office dropbox at 333 East
Campus Mall. The dropbox is located in the
lobby of the building near the elevators and
is accessible 24 hours. Another drop box is
available on the 10th floor near room 10501.

Do NOT place cash in the drop box.
Make your check payable to UW–Madison.
Include the lower portion of your tuition and
fee bill, or fill out a blank form, which are
available with envelopes at the dropbox site.
Seal the envelope before depositing.

In-person Payment
Tuition and fees can be paid in person with
cash or check at the Bursar’s Office, which is
located at 333 East Campus Mall, #10501.
Business hours are 7:45 a.m.–4 p.m., Mon/
Tue/Thur/Fri and 9:15 a.m.–4 p.m. on
Wednesday. Bring your complete Tuition and
Fee bill and student ID card. If you did not
receive or lost your tuition and fee bill, blank
forms are available at this location.
Refunds
The date a course is dropped determines if a tuition adjustment will occur for fall and spring terms:

• 100% tuition adjustment weeks 1 and 2
• 50% tuition adjustment weeks 3 and 4

There are no refunds after week 4.

The above adjustment and refunding schedule applies to the Regular (A1) session only. Modular courses and special-fee courses may have different adjustment schedules.

Refunds are generated by the Bursar’s Office, generally within three to five business days following the date of the credit balance. Refund checks are mailed to the students’ current mailing address. If there is no current mailing address, it will be mailed to their current home address. Students can also sign up to have refunds automatically deposited in their bank accounts (bussvc.wisc.edu/bursar/qryerefund.html).

Students’ names are not automatically dropped from the list of enrolled students if they do not pay their tuition and fees or do not attend class. Students do not have to pay tuition and fees if they drop all of their courses before the 100% tuition refund deadline (deadlines are posted on the Registrar’s Office website, registrar.wisc.edu/dates). Once the term begins, enrollment for the term will be noted on the transcript, and students who are attending will have to withdraw in order to terminate their enrollment.

Financial Aid Payments and Scholarships
Financial aid checks made payable to the university will be directly applied against the student account without intervention by the student. Financial aid funds will be applied against any outstanding tuition and fee charges according to financial aid eligibility requirements. Any remaining funds will be mailed to the student at their current mailing address.

Scholarship checks are either sent directly to the university and applied against the student account through the Bursar’s Office, or sent to the students but payable to the University of Wisconsin. Students should contact the organization awarding the scholarship checks to find out when and where their checks will be sent.

If mailed to the university, scholarship checks will be directly applied against any outstanding tuition and fee charges according to the scholarship agency instructions. Any remaining funds will be mailed to the student at their current mailing address.

If mailed to the student but payable to the university, the student should bring the check along with any instruction letter received from the scholarship source to the Bursar’s Office. Any funds left over after payment of charges due will be mailed to the student at their current mailing address.

Tuition Payments by a Company, Government, or Other Agency
The agency must provide a letter authorizing the university to bill the agency directly. The letter must be delivered to the Bursar’s Office before the due date. The letter must specify student’s name, amount they will pay, which terms they will cover, and the agency’s mailing address. The student’s tuition and fees are then deferred to the third party. If the agency is only paying a portion of the student’s tuition and fees, it is the student’s responsibility to pay the balance by the payment deadline. If the third party ultimately does not pay, the student will be held responsible for payment.
GRADUATE STUDENT FUNDING

Graduate Assistantships
There are several assistantships offered to students within programs categorized as teaching, research, or project assistantships. Graduate assistantships across departments are posted on the web at jobcenter.wisc.edu. Select “Job Categories” and “Graduate Assistant” (research, teaching, and project assistant hourly). It is also a good idea to keep in contact with your program administrators and faculty who can provide information about assistantship openings, letters of reference, and contacts beyond those listed on the job center website.

Fellowships
How do fellowships work? Who nominates? Individual graduate academic programs control almost all nominations for university-funded fellowships and graduate assistantships. Contact your program for funding information and don’t be afraid to be persistent. Students apply directly for national fellowships. Most programs control which fellowships they administer, so ask your program.

The Graduate School’s Office of Diversity, Inclusion and Funding administers university-funded fellowships, and information about funding resources can be found online at grad.wisc.edu/funding. Some fellowships target beginning students, dissertators, or underrepresented students; others are restricted to University of Wisconsin graduates. Below are some examples.

Stipends for University-Funded Fellowships
The stipend depends on the type of fellowship. Most awards pay tuition and include eligibility for health insurance. Some awards also pay segregated fees. Awards may be for a semester (4.5 months), for an academic year (9-month), or annual (12-month).

Fellowships for Targeted Students
UW–Madison is committed to increasing the pool of ethnic minority scholars and professionals in the United States. The Advanced Opportunity Fellowship Program (AOF) is designed to increase the number of students of color and/or educationally disadvantaged, non-minority students at any stage of graduate study. Programs nominate students for the AOF program.

To be considered for AOF funding, prospective students must be new to the Graduate School, and be admissible to a graduate program at UW–Madison. In addition, they must be a U.S. citizen or Permanent Resident. Preference is given to those who claim Wisconsin as their legal residence. In addition, the following criteria apply:

Targeted minority students:
• African American or Black
• American Indian or Alaskan Native
• Hispanic/Latino
• Cambodian, Vietnamese, Laotian, or Hmong
• Native Hawaiian or Other Pacific Islander

OR

Economically disadvantaged students:
• First-generation college-bound Wisconsin residents who participated in one of the following TRIO programs: Upward Bound, Talent Search, Educational Opportunities Centers, Student Support Services, or who graduated from the PEOPLE Program

OR

McNair students.
• Eligibility is reviewed every year.
External Fellowships
The Graduate School’s Office of Diversity, Inclusion and Funding also pays payroll students and handles information for federal and national fellowships.

For information about external fellowships, apply directly to the granting agency. Keep in mind that most deadlines are in early fall. For a complete list of external fellowships, visit grad.wisc.edu/funding.

Foreign Language Requirements and Study Abroad Fellowships
The Office of International Studies and Programs administers the Foreign Language and Area Studies Fellowships (FLAS/HEA Title VI), Fulbright Grants, and Warwick Fellowships. For information on funding a study abroad program go to: studyabroad.wisc.edu.

Tax Information for Fellows
A fellow’s stipend is not considered wages (although it is reportable income). Therefore, the university does not withhold taxes from the stipend. As a result, you may have to pay estimated taxes on a quarterly basis directly to the Internal Revenue Service and the state Department of Revenue in order to avoid penalties for late payment of taxes.

To help you prepare annual income tax forms, the office of Payroll Services and Analysis, ohr.wisc.edu/benefits, 21 N. Park Street, Suite 5101, will send each appointee an information letter reporting the amount of stipend paid the previous tax year. You will receive an I–99 letter in January. You will not receive a W–2 form because W–2 forms are for wages only. If you have questions regarding the I–99 letter or other withholding issues, call 608-262-5650.

The Graduate School cannot provide tax advice. Students should contact a private tax consultant or the Internal Revenue Service at irs.gov for federal tax information. For state tax information, contact the Wisconsin Department of Revenue at revenue.wi.gov.

Grants Information Collection
Memorial Library’s Grants Information Collection is a helpful place to go for information on grants targeted to almost any group or individual. This is the place to go to look for research, travel, or conference funding. Since grad students never have enough money for all of the opportunities available, this is a great resource. The Grants Information Collection is located in the Reference Department on the second floor of Memorial Library, Room 262. You can also call 608-262-6431 or look online at go.wisc.edu/grants.

FINANCIAL INFORMATION

Employment
Some graduate students arrive on campus with funding or employment already lined up. Many students, however, look for jobs or funding once they get to campus. Whether you want a part-time job for a few hours each week or more substantial experience to augment your education, the university and greater Madison area offer a diverse range of employment opportunities.

Student Job Center
The UW–Madison Student Job Center (jobcenter.wisc.edu) posts job listings for students, including graduate assistantships. The Job Center lists jobs by category, with special listings for graduate students and those who qualify for work study.

There are different types of jobs available to graduate students on campus. Many graduate students hold a teaching assistant, research assistant, or project assistant position that offers tuition remission as well as a salary and health insurance. For current rates see the Graduate School website on tuition, fees, and stipends at grad.wisc.edu/funding.
Graduate students are also eligible for student hourly positions on campus. Minimum wage on campus is $9 per hour effective September 1, 2016 for student hourly and work-study students. Hourly pay rates on campus vary.

**Off-Campus Jobs in Madison**

In addition to campus employment resources, the university is adjacent to a vibrant downtown and several outlying business districts that make it easier for students to “pound the pavement” in search of employment. Madison also boasts two daily newspapers—the Capital Times (online only) and Wisconsin State Journal—plus several alternative publications (Isthmus and the Onion, among others), and a host of websites. See jobsinmadison.com for a comprehensive view of the local job market.

Madison also has an abundance of independent and government employment agencies with free or low-cost services. Here is a brief list of agencies with offices in the metro area that offer temporary, seasonal, and permanent placement with area companies:

- South Central Wisconsin Job Centers: scwijobs.com
- Drake and Company: drakeandcompany.com
- Office Team: officeteam.com
- QTI Group: qtitgroup.com
- Spherion: spherion.com

This is just a sampling of what is available. A basic online search also brings up dozens of agencies that can help you find work.

**Financial Literacy Education**

Learn good financial habits early. To get you started, the UW–Madison Graduate School compiles financial resources at grad.wisc.edu/funding.

The UWell section on Financial Wellness at uwell.wisc.edu/financial connects financial fitness to your overall well-being, and includes many local and national resources for effective financial management.

The Center for Financial Security is a research center housed within the School of Human Ecology. The Center offers helpful events and webinars and financial tools: cfs.wisc.edu.

**Tax Information**

Tax questions can be utterly overwhelming for graduate students. By law, university staff members are not allowed to give individuals tax advice, but there are some places where you can get help.

Graduate students have different types of funding, which may require different procedures for filing taxes. Tax forms and instructions are available online and may be available at local libraries. The Internal Revenue Service has information on the Lifelong Learning Tax Credit Federal Tax Forms and IRS Publications at irs.gov/forms-instructions.

State of Wisconsin tax forms and information can be obtained from the Wisconsin Department of Revenue at revenue.wi.gov. The Department of Revenue office can also help with federal income tax. There is also an IRS office in Madison on the west side; their services are also free.

If you are a UW employee looking for help, check out the schedule of seminars and workshops sponsored by the Office of Human Resource Development, ohr.wisc.edu, or check out the useful resource links provided by Payroll and Benefits Services, ohr.wisc.edu/benefits/employee.

**Banks and Credit Unions**

Many UW students choose to join the UW Credit Union, uwcu.org, when they arrive in Madison, but there are many other credit
unions and banks as well. An online search can help you determine which banks or credit unions will be most convenient for you.

Money-Saving Tips
For Graduate Students

- Hate to pay your bills? In lieu of buying personal checks, most bank and credit unions will let you pay your bills online for free (a.k.a. no stamps!) — most will also send a paper check to your landlord/lady for no additional charge.
- In need of a little culture? The Overture Center (overturecenter.org) frequently offers Student Rush tickets a few days before the performance often for as little as $10. You can purchase two tickets at the student rate at the box office when you show your Campus ID.
- Are you a movie buff? Marcus Theaters offers $5 tickets all day on Tuesday, and student discounts on Thursdays. If you sign up for their free Movie Rewards program, and get coupons for free popcorn (marcustheatres.com/rewards).
- Looking for an exercise class with a lower ratio of undergraduates? Madison School and Community Recreation (MSCR) (mscr.org) offer a variety of classes, including yoga, tai chi and boot camp. As a Madison city resident, you are eligible for reduced fees.
- In need of a few essentials to make your apartment feel like home? St. Vincent de Paul (svdpmadison.org) on Williamson Street offers a great selection of housewares as well as a spectacular selection of 50¢ paperbacks. UW SWAP (Surplus with a Purpose) shop sells used furniture, computers and housewares. Open to the public twice a week, you can preview items at swap.wisc.edu.
- Need new software to complete a project? The DoIT Tech store (techstore.doit.wisc.edu) offers significant discounts on many software packages. Alternatively, the software you need may be available at one of the 18 campus computer labs.

HELP WITH MONEY MANAGEMENT

by Ben Broeren, School of Journalism and Mass Communication

Want to learn more about stretching food budgets, managing federal student loans, or avoiding identity theft? The Financial Education Center addresses such issues through a smorgasbord of free classes.

“Anyone who is interested can set financial goals for themselves,” says Pat Ludeman, the family living educator for Dane County UW–Extension. More than 600 people have taken classes to date. The program is also geared for students who want to secure their financial future.

The center started in the fall of 2005 as an addition to an existing program offering income tax assistance. Classes are sponsored through partnerships with groups including the Wisconsin Women’s Business Initiative, United Way, and Great Lakes Higher Education.

The Financial Education Center is located at 2300 S Park Street, Suite 101. For more information on classes and services, call 608-283-1261 or visit fyi.uwex.edu/danecountyfinancialeducationcenter.
Software Training for Students (STS) offers free training in many popular programs (at.doit.wisc.edu/training/software-training-for-students), and free personalized assistance to small groups.

- Computer dead, but you can’t afford a new one? You can rent computers and laptops through DoIT on a daily, weekly, monthly or semester basis (it.wisc.edu/services/rentals). A semester long rental costs only $150. The DoIT Tech Store sells Apple and Dell computers as a discount to UW students.
- In desperate need of a haircut? If you have some time to spare, the MATC Cosmetology School (madisoncollege.edu/salon) offers very inexpensive haircuts and other salon services. Be warned: all services are performed by advanced student cosmetologists — which means that your haircut or pedicure might take a while.
- Can’t find parking/can’t afford car insurance? Zip Car offers a cost effective solution to owning your own vehicle by renting fuel-efficient cars by the hour to its members, and offers special discounts to university students, and special pricing for Eagle Heights residents. (zipcar.com/universities/university-of-wisconsin-madison)
- Thinking about biking to campus? Instead of immediately investing in your own bike, consider a student membership at B-cycle, which runs at about $20/year and has numerous pick-up/drop-off location on campus and around town: madison.bcycle.com/station-map
- Contemplating a move off-campus? If you have to pay all or part of your own utilities at your new place, check out the Average Energy Use and Cost feature at Madison Gas & Electric (MG&E) tool, which allows you to view the twelve month energy usage history at individual addresses: mge.com/customer-service/home/average-use-cost.
- Buying lunch on campus? You can get a 10% discount the many Badger Market delis and cafés on campus by using your Wiscard as a debit card: wiscard.wisc.edu/deposit-options.html.
- Love a fancy night out? Every year, Madison restaurants participate in “Restaurant Week” and offer discounted meals—usually starting at $15 for lunch and $25 for dinner at around 50 Madison eateries.
A family near Bernie’s Place, university childcare on the west side of campus near University Apartments.
Where you live during graduate school is an important part of the overall Wisconsin experience. Finding housing that is a good fit is one of the first steps in establishing your academic success. UW–Madison provides on-campus housing options and campus-area rental resources, depending upon what may be the best fit for you.

This section gives an overview of housing options geared specifically toward graduate students, and includes other useful information that can help you find a place to call home while pursuing your graduate studies at the University of Wisconsin–Madison.

**CAMPUS AREA HOUSING**

Since this is not your first time going off to college, you probably already know that it is a good idea to start looking for housing early. Some students sign leases up to six months in advance, while others wait until the weeks before classes begin. In either case, be assured that rentals for single students or students with families are plentiful. Many property owners start advertising vacancies for the Fall semester between November and April. Most leases near campus run from August to August, however, you may be able to negotiate a semester or academic-year long lease, if that would suit your needs better.

Information about the different neighborhoods around campus can be found at: campusareahousing.wisc.edu/search.

For your reference, below are rent ranges and averages taken from a sample of rentals listed with Campus Area Housing for the 2015–2016 lease period.

<table>
<thead>
<tr>
<th>Size</th>
<th>Rent Range</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Efficiency/Studio</td>
<td>$200–1300</td>
<td>$700</td>
</tr>
<tr>
<td>1 Bedroom</td>
<td>$575–1700</td>
<td>$900</td>
</tr>
<tr>
<td>2 Bedrooms</td>
<td>$600–3000</td>
<td>$1325</td>
</tr>
<tr>
<td>3 Bedrooms</td>
<td>$900–3550</td>
<td>$1700</td>
</tr>
<tr>
<td>4 Bedrooms</td>
<td>$1100–3550</td>
<td>$2200</td>
</tr>
<tr>
<td>5+ Bedrooms</td>
<td>$1450–4500</td>
<td>$3000</td>
</tr>
</tbody>
</table>

**Campus Resources**

The university maintains a searchable database of nearby rentals including apartments, houses, single rooms for rent, efficiencies, co-ops, and roommates-wanted in the campus area. To do a free search, visit: campusareahousing.wisc.edu.

If you are looking for support in searching the website, or to ask additional questions, feel free to call the Campus Information line (608-263-2452).

**Other Local Resources**

The student newspapers, *The Daily Cardinal*, dailycardinal.com, and *The Badger Herald*, badgerherald.com, also include advertising sections for rentals. Free, printed versions are available campus-wide.

The two daily Madison newspapers, *The Capital Times* and the *Wisconsin State Journal*, both at madison.com, and the
Isthmus, Madison’s free weekly newspaper, also print housing listings in the classifieds. Craigslist is a popular resource for finding housing or roommates in the Madison area. Many of the major rental companies in Madison even use it to list their available rentals. Though it can be a great resource, one should use caution when doing business over the web, and should be especially skeptical of anyone asking you to send money (security deposit, first-month’s rent, etc) before meeting the property owner and viewing the property. For more information about avoiding scams when looking for housing, see craigslist.org/about/scams. If you are unsure about the legitimacy of a particular listing, you may contact Campus Area Housing at campusareahousing@uwmad.wisc.edu or 608-263-2452 for feedback.

Renting Across the Miles—Signing a Lease Sight-Unseen

All students are encouraged to visit their prospective rental in person before signing a lease. There are many things that photos and floorplans don’t convey, including size, odor, noise, cell service, and more. If you absolutely can’t visit yourself, send a trusted friend.

**Madison Neighborhoods**

**Near West:** The Vilas neighborhood is a mostly quiet residential area near the UW Arboretum and Vilas Zoo. This neighborhood is home to a good mix of UW undergrads, graduate students, and staff, and seems to attract more families with small children than do some of the areas closer to downtown. Nearby Monroe Street is home to several eclectic shops with a number of pleasant coffee shops and restaurants as well as Trader Joe’s.

**Isthmus/Near East:** Lots of older rental properties, and a healthy number of small parks, bike paths, and coffee shops make this area attractive to many grad students. Though both sides of the isthmus are well-served by public transportation, the Mendota side (Johnson and Gorham Streets) is on several particularly high-traffic bus routes, making for easy travel to campus and around Madison. Closer to Lake Monona, the Williamson and Jenifer Street areas are within easy reach of two Madison food
co-ops, and numerous restaurants and coffee houses. The Atwood area, which is a little beyond Willy Street and somewhat quieter, seems to be gaining in popularity.

Downtown: Inexpensive rentals closer to State Street and the Capitol tend to attract more undergraduates than do areas farther out, but there are still plenty of graduate students who enjoy being centrally located. Many find the area just south of the Capitol (near Bassett Street) convenient—it is a little more residential, but still a short walk from the university.

West Madison: Newer housing and more of a suburban feel. The Hilldale Shopping Center is nearby, and there are lots of great restaurants and other shops in the area. Lots of engineering and medical students like this neighborhood.

Near South: You can find lots of affordable housing along the various offshoots of Park Street as you head south. This part of town may look tame at first, but it is home to many ethnic supermarkets, Mexican eateries, and a couple terrific coffee shops. It’s popular amongst grad students, young professionals, retirees, and young families who want to live close to downtown, in a quiet neighborhood, and on a budget. It is also close to the UW Arboretum and Monona Bay, which make for great running routes.

Housing Co-ops
Madison is home to over a dozen cooperative houses, wherein the residents of the house own and collectively manage and maintain the house. Co-op housing is a very good way to meet engaging Madisonians, build community, and live economically in the process. Co-op houses typically have a meal program so that you can enjoy homemade, tasty meals that are often made with locally grown or organic food. Members may share cooking and cleaning responsibilities. At some downtown co-ops you can even participate in the house’s meal program without being a member of the housing co-op. To find out more, contact Madison Community Cooperative, the local association of housing co-ops, at 608-251-2667 or visit their website at madisoncommunity.coop.

Transportation and Parking
Parking on and around campus is limited and expensive (see chapter 7). Most rentals around the campus area do not include parking, or may be available at an additional charge. Be sure to ask about this when doing your housing search, if you’ll need it.

There are several city buses that run directly to campus from neighboring communities, on very frequent routes. Ask your perspective property owner about access to bus service from their location.

A central resource for information about long term parking options—both on and off campus—is available at: kb.wisc.edu/vip/page.php?id=20483.

TENANT RIGHTS AND RESPONSIBILITIES
Renting property in Madison affords student tenants some legal rights as well as responsibilities, as stewards of real estate property.

Here are two great resources for learning more about what this entails:
• Tenant Resource Center of Madison, tenantresourcecenter.org
• UW–Madison Neighborhood Law Clinic (run by the Law School), law.wisc.edu/eji/nlp.

Renter’s Insurance
No matter where you live it is a good idea to purchase renter’s insurance to cover the value of your personal property. Before signing any lease make sure you understand what it says about liability. The university, a property owner, a neighbor or University Housing is
not liable if your property is lost, stolen, or damaged in any way. Usually, your family’s insurance agent can assist you with rental insurance while you’re in Madison.

Utilities
Not all utility companies service all areas. Check with your property owner about companies that service your new home. It may be helpful to visit the company’s website before you call to inquire about service.

Gas and Electric
• Madison Gas and Electric (MG&E): 608-252-7111, mge.com
• Alliant Energy: 800-255-4268, alliantenergy.com

Water
• City of Madison Water Utility: 608-266-4641, cityofmadison.com/water

Telephone
Landline and VOIP Carriers
• AT&T: 800-225-5288, att.com
• MCI/Verizon: 877-502-2876, verizon.com
• Sprint: 866-275-1411, sprint.com
• Vonage: 800-608-5590, vonage.com
• Skype: skype.com

Cellular Providers
Many national and international cellular service providers service the campus area. Visit these companies’ websites to find out the location of the company store most convenient to you. Also, you may find other options for service on the Internet.
• AT&T, att.com
• Verizon, verizonwireless.com
• Sprint, sprint.com
• US Cellular, uscellular.com
• Cricket, mycricket.com

Cable, Internet, & Satellite Television
Note: If installation of any of these services requires equipment to be affixed to the exterior of the building, drilling of holes, installing jacks, etc, please inquire of your property owner before the planned date of installation.
• Charter Spectrum: 855-757-7328, spectrum.com/contact-us.html
• DIRECTV: 888-777-2454, directv.com
• DISH Network: 844-805-3414, dish.com

Madison also has a citywide wireless service throughout the downtown area that is available for a small fee (student rates are available). It covers a 10-mile area of the isthmus, near-east and near-west sides, the airport, and the Alliant Energy Center. Plans are in place to expand this coverage. More information can be found at supranet.net/about/madcitybroadband.

CAMPUS HOUSING
UW–Madison has a long-established apartment community especially for graduate students and their families. Together, the areas of Eagle Heights, University Houses, and Harvey Street Apartments are referred to as “University Apartments.” Residency priority for Eagle Heights and University Houses is given first to student families with or without children; however, single graduate students, postdoctoral appointees, academic staff, and faculty also live there. The Harvey Street complex is reserved exclusively for single graduate students. There is a deposit of $300 required once a lease is accepted, but no payment needed to submit an application. You are encouraged to submit an application to live in University Apartments as soon as possible, even with your application to graduate school. This will greatly improve your chances of getting to live in campus housing.
University Apartments
The University Apartments community is known for its cultural diversity, with residents from over 50 countries. A gathering spot for the entire community, the Community Center has a gym with a basketball/volleyball court, and rooms that you can rent for meetings and parties. The UW Police has a community-based office in the building. There are on-site child care centers (see Child Care in chapter 3), and Resident Managers who provide help with after hours emergencies. There are numerous programs and services that are geared specifically toward the interests and needs of graduate students and their families. If you are inclined and have the time there are numerous ways to get involved in the community, such as through the Resident Assembly, recreational programs, and a variety of events and classes (e.g., ESL and the international cooking class).

Residents are encouraged to decorate their apartments according to their own taste, but within the guidelines established by the Division of University Housing. Every apartment has free access to University Housing’s high-speed Internet and cable television service. Air conditioners are not provided but personally-owned units may be installed. Window sizes and electrical capacity are limiting factors in most apartment buildings, so we suggest that you wait until after you move in to purchase an air conditioner. Each apartment is assigned a storage locker; the size varies by location and apartment size.

Eagle Heights
Eagle Heights is a community of approximately 1050 apartments, located on the northwest end of campus at the intersection of Observatory Drive and Lake Mendota Drive (near Picnic Point).

There are one-, two-, and a limited number of three-bedroom apartments. The apartments are unfurnished, except for refrigerator and stove. Water and heat are included in rent, and residents are responsible for paying electricity. Free laundry facilities are conveniently located throughout the complex. Each apartment has one free parking space and parking lots are located near the apartment buildings. There is limited second-car parking available on a first come, first served basis for an additional monthly fee. Designated visitor parking is also available.

You really don’t need a car to get into campus since the #80 Metro bus provides service seven days a week from approximately 6 a.m. to 1 a.m. or 2 a.m. in the morning (the frequency of the bus is every 7–8 minutes at peak times on weekdays and 30–45 minutes during weekday evenings, weekends and holidays). There is a scenic walking and bike path that will take you into campus along the lakeshore, and many students prefer to walk or ride their bike when the weather permits.

To find out more about living in Eagle Heights, visit the website: housing.wisc.edu/apartments-neighborhoods-eagleheights.htm. You can also call 608-262-2522 or visit the University Apartments Office, 611 Eagle Heights, Madison, WI 53705.

University Houses
University Houses is a community of approximately 150 apartments located next to Eagle Heights. There are 31 two-story buildings containing approximately 52 one-bedroom, 90 two-bedroom and 8 three-bedroom apartments. The layout of the two-and three-bedroom apartments is in the style of a townhouse, with bedrooms and bath on the second floor, and kitchen, dining and living areas on the first floor. One-bedroom apartments are located on either the first or second floor. Each apartment has one bathroom.
These are larger than the Eagle Heights apartments, with correspondingly higher rental rates. All of the apartments are unfurnished and have outdoor entrances. Apartment interiors are light and airy with comfortable-sized rooms. The exteriors are brick and stone with white trim. Buildings are not equipped with elevators.

Although not large, the kitchens are equipped with appliances (refrigerator, electric stove). Residents may bring portable dishwashers. Apartment floors are wood, parquet and vinyl tile; bathrooms are tiled and have a tub with a shower.

Heat and water are provided by the university. Residents pay separately for electricity and landline phone service. Five buildings (approximately 20 apartments) share a laundry room, which has multiple washers and dryers. Personally-owned laundry equipment is not permitted.

Each apartment is assigned one parking space, free of charge. There is limited second-car parking available on a first come, first served basis for an additional monthly fee. Designated visitor parking is also available.

To find out more about living in University Houses, call 608-262-2522 or visit the University Apartments Office, 611 Eagle Heights, Madison, WI 53705. Information can also be accessed online at housing.wisc.edu/apartments-neighborhoods-universityhouses.htm.

**University Apartments’ Community Gardens**

Some graduate students might argue that one of the best aspects of University Apartments is the community garden located on Lake Mendota Drive across from Eagle Heights. These gardens are the oldest and one of the largest community gardens in the country. Plots are available for a nominal fee, and the gardeners volunteer their time to keep the gardens in operation. (See gardens in Chapter 9.)
CHAPTER 7

Transportation

Red Bikes Project is a free community-based service sponsored by Budget Bicycle Center.
There are many transportation options for getting around on campus and in town. This chapter is filled with information that can help you reach your destination—in Madison and beyond. You will find helpful tips about parking, bicycling, navigating the Metro bus system, getting travel information, and more.

CARS

Having a Car
Madison is an easy town to get around in without a car. So if you don’t have one, there are many options for getting places. Alternative forms of transportation such as taking the bus, biking, and walking are easy, enjoyable, and free. Just think how much money you could save on car payments, insurance, maintenance, and gas!

If you do have a car, we recommend biking, taking the bus, walking, or carpooling when traveling to the campus or downtown area. Parking downtown is limited and costly, and you will most likely have to park far from your destination. More detail on parking follows.

The City of Madison does not require any permits for street parking, but most university lots do require permits, so be sure to check signs. Residential parking permits can be purchased to allow residents to exceed the posted one or two hour parking limit on some streets. Information can be found at cityofmadison.com/get-around/parking.

Some neighborhoods clean the streets during the warmer months—typically April through November—and signs should indicate when you cannot be parked on that side of the street. Emergency snow plowing may take place during the winter months, and you may be asked to remove vehicles so streets can be plowed. Information is announced through the media prior to and during the snow season (November 15–March 15).

Student and Visitor Parking
Students are strongly encouraged to leave their car at home when traveling to campus. Student parking on campus is extremely limited and only available in Lot 60 on the west side of campus. Priority is given to students who are commuting from outside Madison. If you park illegally on campus you will be ticketed and subject to towing.

Meters are available at some of the lots on campus. Time limits range from 25 minutes to 10 hours. Most city or university lots charge an hourly fee. Use the university map at map.wisc.edu to find the best location to park. Some lots are very popular and can fill up early in the day, so plan accordingly.

You can also find parking-related information at cityofmadison.com/parking-utility.

A limited number of full- and half-day visitor parking permits are available for some lots on campus. They can be purchased at one of the university’s Transportation Services offices. More information is available at transportation.wisc.edu.

Other Options and Resources for Drivers

Carpooling
Many graduate students do not live on or near campus and often commute from locations beyond the Madison metro area. The City of Madison offers a Ride Share program that can be utilized by students to help defray some of the financial and environmental costs of driving. For more details
check out the following link: madisonareampo.org/rideshare.

**Vanpooling**
The State of Wisconsin has a van-pooling system for passengers who commute to Madison from outlying areas. For detailed information, visit doa.wi.gov and search “van pool,” or call 1-800-884-VANS (or 1-800-884-8226).

**Short-Term Rentals**
*Zip Car (zipcar.com/universities/university-of-wisconsin-madison)* offers different arrangements for residents who do not own cars but would like to use a car occasionally.

**UW Rental Fleets**
UW students and staff can rent UW cars/ minivans for program or university travel needs. You have to become a university-authorized driver before you can drive a UW fleet vehicle. For academic travel needs, this is a cheaper option than car rentals. For more information, contact transportation, wisc.edu/fleet/fleet.aspx or call 608-263-6666.

**BICYCLES**
Biking is a great way to get around Madison. The city maintains over 100 miles of bike corridors composed of recreational and commuter trails, and bike-friendly roadways. City and campus bike routes are marked by easy-to-follow green and white “bike route” signs. These signs indicate off-street paths or bike-friendly roadways with shared traffic lanes or designated bike lanes. If you’re looking for interactive maps and directions, Madison bike routes are now supported by Google Maps. You can also get a complete map at any public library, or download it at cityofmadison.com/bikeMadison/planTrip/map.cfm.

Madison and Wisconsin laws recognize bicycles as vehicles and give bikes the right to use most roadways. With this right comes the responsibility to obey the same laws as other drivers. Be predictable, visible, and aware of traffic hazards. Obey all traffic signs and signals, and always ride with traffic, never against it. Also, be sure to go the right way down one-way bike lanes. You are permitted to ride on sidewalks in Madison as long as buildings do not directly abut the sidewalk. If on a sidewalk, remember that the law and motorists now consider you a pedestrian and you must act like one.

While not required, you should always wear a helmet. You’ll need your brain to get through graduate school. When riding at night, the law requires that you have a forward-facing white light and a rear-facing red reflector, and more lights and reflectors are always recommended. For more information on biking legally and safely in Madison, visit cityofmadison.com/bikeMadison/.

All bicycles are required by law to be registered (see below), and this can be your best insurance policy for seeing your bike again if it is stolen.
Following a few common-sense precautions will minimize the chance of having your bike stolen. Invest in a high-quality bike lock and use it whenever possible; lock your bike to a rack located in a populated and well-lit area; and remove expensive items such as bags and lights prior to leaving your bike. Avoid leaving your bike locked in one place for extended periods, except outside at designated overnight storage racks. Your bike could be considered abandoned and be impounded if it is left unused in one place on campus.

Racks are located near most buildings on campus and at many local businesses. Only park your bike at these designated racks; locking your bike to trees or stairways is not permitted.

Many people use the U-shaped locks, locking the bike to a rack through the frame and front tire. Using a sturdy U-lock with a thick cable extending through the rear tire can help you keep your quick-release wheels.

Registration
UW Transportation Services and the city of Madison require that all bicycles be registered. Bicycle registration costs $10.00 for four years. You can register several ways: online at cityofmadison.com/epayment; request a paper application by calling 608-266-4474; or in person at any bike shop or at the city Treasurer’s Office, Room 107, City County Building, 210 Martin Luther King Boulevard, off the Capitol Square. Visit cityofmadison.com/bikeMadison for information.

Biking is a great way to get around Madison. While more popular in the warm months, many bundle up and ride all year. It’s more flexible than the bus. If you’re within 5 miles of your destination, it’s faster than going by car, especially downtown and near campus. Here’s how to get yourself a bike and enjoy the benefits.

Retailers and Repair
- **Budget Bicycle Center** (actually four shops catering to specific needs)
  Used Bicycles:
  930 Regent Street: 608-251-1663
  Parts, Accessories, Service:
  1124 Regent Street: 608-251-8413
  Specialty (Road, Tandem, Folding, etc)
  1201 Regent Street: 608-286-9111
  General (New: Mountain, Hybrid, City etc.)
  1230 Regent Street: 608-251-8413
  budgetbicyclectr.com
- **Cronometro** (Bike Fitting And High-End Custom Bikes)
  338 West Lakeside Street, 608-243-7760
  cronometro.com
- **Erik’s Bike And Board** (All-Purpose Dealer)
  795 University Ave. 608-250-2701
  3813 E. Washington Ave. 608-244-9825
  6610 Seybold Road, 608-278-9000
  eriksbikeshop.com
- **Machinery Row Bicycles** (Madison’s Largest Independent Trek Dealer)
  601 Williamson Street, 608-442-5974
  machineryrowbicycles.com
- **Trek Bicycle Store** (Check website for coupons)
  8108 Mineral Point Road, 608-833-8735
  1706 Eagan Road, 608-442-8735
  TrekStoreMadison.com
- **Yellow Jersey** (Bikes, Parts And Service)
  219 Main Street, Arlington, Wisconsin, 608-257-7733
  yellowjersey.org

Rentals
Several bike shops in Madison offer long and/or short-term rentals. Rates and durations vary frequently, so a quick phone call will be your best source of information. Whether you want to try out a high-performance racer, or just need a couple bikes to show visiting friends around town, you can rent it in Madison.
List Of Shops Offering Rentals:
- Williamson Bicycle Works
- Machinery Row
- Budget Bicycles

Need A Season-Long Solution?
Madison B-cycle is an urban bike-sharing program designed to encourage short trips by bike, in which students get a discounted rate. Learn more here: madison.bcycle.com.

The “Red Bikes Project” is run by Budget Bicycles. The program loans refurbished used bikes for free. A cash deposit or credit card imprint is required for a bike and lock. You can pick up a bike from the 930 Regent St. location in the spring and use it all season until late November. If you return the bike by the due date, any cash deposit will be refunded. While you have the bike, any required maintenance is provided free of charge. For more information go to redbikes.org or call 608-251-1663.

Organizations
Bicycle Federation of Wisconsin is a “state-wide, nonprofit, bicycle advocacy organization” involved in legislation, education, and bicycling promotion efforts. The website at bfw.org includes info on big rides and several links to other organizations, trail maps, and a variety of bicycling resources.

MOPEDS AND SCOOTERS
Mopeds and scooters are another way to get around campus and save money on gas. Many models have ample seat storage for backpacks and other items. While scooters and mopeds are fun to ride and fuel-efficient, riders need to take precautions on the roads. There are many mopeds and scooters on campus these days, and if you have one, it is important to understand the rules and regulations that apply to you. Before bringing your moped to campus, check your title and license plate to verify that it is registered correctly with the state of Wisconsin. Some vehicles look like mopeds but might legally be considered motorcycles, depending on their speed and engine capacities (50cc or more). Because the laws governing mopeds and motorcycles are completely different, it’s important to know the category into which your vehicle fits. For more information, check the Wisconsin Department of Transportation website at wisconsindot.gov/Pages/home.aspx.

Moped drivers must register their mopeds and, if they wish to park on campus, obtain a parking permit, which can be found at transportation.wisc.edu. Mopeds may only be parked at the lot designated on your parking permit. A moped can receive parking citations just like an automobile, so it is important to park wisely: do not block pedestrian or handicap access areas, and do not park in loading zones or on natural areas. For more parking information visit the UW Transportation Services website at transportation.wisc.edu.

Mopeds are motor vehicles and should respect pedestrians at all times. It is illegal to drive a moped on a sidewalk or in a bike lane. Since mopeds ride with traffic it is essential to respect motor vehicle laws, as do all other vehicles on the roadway. Moped drivers will be ticketed for ignoring traffic laws! Also, since you will be operating your moped on city streets, it is important to have the proper protective gear. We suggest wearing protective headgear and eyewear to avoid injury. Also, please note that it is illegal to ride a moped with a passenger. Carrying a passenger is dangerous and can result in a hefty fine. For additional safety information please contact the UW Police Department.

Retailers and Repair
- Scooter Therapy
  12 N. Few St., 608-255-1520
scootertherapy.com
Popular scooter models available

- **Vespa Madison/Dunn’s Import**
  6510 University Avenue, 608-831-6400
  vespamadison.com
  Vespas, Piaggios, Aprilias, and other imported models

**MADISON METRO TRANSIT**

The Madison public transportation system, commonly known as “Madison Metro,” is one of the most commonly used resources by students here on campus. Madison Metro route and schedule information is available by calling the Metro Info Line at 608-266-4466, or at cityofmadison.com/metro/.

**Free ASM Bus Pass**

As a student at UW–Madison, you are entitled to an Associated Students of Madison (ASM) Student Bus Pass. ASM is the university’s student government organization. The bus pass allows you unlimited rides on the local bus system. Your bus pass is good seven days a week, whenever the buses are running. It allows you to get around Madison, to grocery stores, shopping malls, various businesses and restaurants throughout the city.

Bus passes can be picked up at two campus locations: the box office on the first floor of Union South or the Caucus Room, 4th floor of the Student Activity Center, 333 East Campus Mall, and are issued twice a year starting just before classes begin in the fall and spring. The spring semester bus pass is also valid through the summer. Check the ASM website at asm.wisc.edu for more specific information about bus pass distribution and replacement information.

**Bus Tickets for Non-Students**

Nonstudents can ride the Metro bus, too. It costs $2 (at time of publication) for a two-hour pass, which can include a maximum of
three transfers. Make sure to ask for your transfer ticket as soon as you board the bus. Non-students planning to travel regularly on the Metro bus may want to buy monthly passes or 10-Ride Cards. Current fare information and pass options can be found at cityofmadison.com/metro/fares or by calling 608-266-4466.

**Ride Guide and Website**

The Ride Guide is a booklet available on all Metro buses and at ASM bus pass counters, listing the schedules for each bus route. There is also a map available for quick reference of the entire system. See cityofmadison.com/metro/ for more information on the Ride Guide and bus routes.

The website includes several useful features. A handy “trip planner” will help you find the best routes to take to any destination. The “Transit Tracker” found at cityofmadison.com/metro/planyourtrip lets you see real-time arrival estimates for any bus at every stop, and even see the current location of your bus on Google Maps. There’s even a mobile device-compatible version at cityofmadison.com/metro/Apps/index.cfm so you can check the information from anywhere.

**WALKING**

The main campus has more than 200 buildings and is spread out over more than 900 acres. Most of your campus travel will be on foot. Walking is a terrific way to get around and the only way to really experience the State Street pedestrian mall.

In general, Madison is a very safe city, but for your personal well-being it is important to remember the age-old concept of safety in numbers. If it is dark and you have to walk somewhere on campus, find a friend or two to accompany you. Use one of the Lightway walking paths that run throughout the campus. Lightway paths are marked with reflective logos affixed to light poles. If you cannot find a walking buddy, call SAFE Nighttime Services at 608-262-5000 for free walking escorts to any location on campus.

SAFEwalk provides walking escorts throughout the entire campus except the far west side (UW Hospital and Eagle Heights). SAFEwalk hours are from 7 p.m. to 1 a.m. (October 1–March 31) and 8 p.m. to 1 a.m. (April 1–September 30). For more information, visit transportation.wisc.edu/transportation/safeservices_walk.aspx.

**TAXIS**

There are four main taxicab services available in and around Madison:

- **Badger Cab**: This is shared cab service, so it is often cheaper than other cab companies. 608-256-5566, badgercab.com
- **Madison Taxi**: 608-255-8294, madtaxi.com
- **Union Cab**: 608-242-2000, unioncab.com
- **Green Cab of Madison**: Shared ride/hybrid cabs/24-hour service. 608-255-1234, greencabofmadison.com

**TRAVEL OUT OF MADISON**

**Long-Distance Bus Services**

- **Van Galder Bus**: The Van Galder Bus Company runs daily buses from the UW–Madison campus to Chicago’s Midway and O’Hare airports and downtown Union Station (Amtrak). A convenient pickup location at UW Memorial Union and intermediate stops in Janesville, Beloit, and Rockford make this an attractive travel option. For route schedules and more information, see coachusa.com/vangelder, or call 800-747-0994.
Badger Bus
Provides regular transportation to and from Milwaukee and Mitchell Airport. More information at badgerbus.com or call 877-292-8259. You can buy tickets online and at the Memorial Union.

Better Bus
Run by and for students who travel between Madison and the Twin Cities (Minnesota), Better Bus usually operates for Thanksgiving, winter, spring, and Easter/Passover breaks. They do not make frequent stops, and do offer free food and movies for the trip. Usual pick-up points in Madison are the Towers, the southeast dorms, and the Lakeshore dorms. Drop-off points in Minnesota are at the Ridgedale Mall in Minneapolis and the Best Western Kelly Inn in St. Paul. See betterbus.com for more information.

Mega Bus
Another bus option is us.megabus.com, offering convenient and low-cost daily express bus service throughout the US and Canada. If you’re lucky, you could even get your rate for as low as $1. Buses feature free wi-fi and at-seat plug ins, so you can make the most of your time on the road.

Air Travel
The Dane County Regional Airport
Connects to Chicago O’Hare and many other gateway cities in the United States. If you wish to save money on a taxi, you can use Metro bus services (Route 20 from North Transfer Point) to reach the airport. For information about the airport, visit msnairport.com.

Tip: Dane County Regional Airport is small, and ticket prices are often higher there than at larger airports. If you have enough time, it is sometimes cheaper to travel to Chicago or Milwaukee by bus and take a flight from there.
CHAPTER 8

Shopping, Services, and Dining

Purchasing vegetables from a local vendor during the first Campus Farmer’s Market on the north lawn of Union South.
When you’re new in town, some of the first places you need to find are stores to help you furnish your apartment, fill your fridge, and prepare for classes. This chapter highlights everything from farmers’ markets and bookstores to thrift stores and malls.

**BASICS**

There are several Target stores in the Madison area located at 750 Hilldale Way (near Hilldale Mall), 6321 McKee Road (in Fitchburg), 201 Junction Road on the west side, and 4301 Lien Road on the east side.

Shopko stores are at 2201 Zeier Road (near East Towne Mall), 7401 Mineral Point Road (near West Towne Mall), and 2101 W. Broadway (in South Towne Mall).

There are three Walmart stores in the Madison area: one on the west side at 7202 Watts Road adjacent to a Sam’s Club, one on the east side at 4198 Nakooza Trail, and a Walmart Supercenter south of the Beltline at 2151 Royal Avenue in Monona.

**GROCERIES**

**Supermarkets**

Woodman’s Food Market, with one store on the west side (725 S. Gammon Rd; woodmans-food.com) and one on the east (3817 Milwaukee St), is Madison’s largest grocery store. It is known for its cheap prices and wide variety. Woodman’s does not accept credit cards, just cash, checks and debit, but does provide free ATMs. Both Woodman’s stores are located on bus lines; the east store is across the street from the East Transfer Point.

Aldi, also famous for low prices (and generics), has three stores in town: one on the east side (3925 Lien Rd), one on the west side (8222 Watts Rd), and one in Fitchburg (6261 McKee Rd).

Closer to campus are Metcalfe’s Market at Hilldale Mall (726 N Midvale Blvd; shopmetcalfes.com), HyVee (3801 E Washington Ave and 675 S Whitney Way), and Pick ‘N’ Save (3650 University Ave and 1312 S. Park St locations). Trader Joe’s (1810 Monroe St), which is a few blocks from Camp Randall, and Whole Foods (3313 University Ave) provide lots of organic and natural products.

There are other small grocery stores scattered about downtown that cater directly to students, including the Triangle Market (302 State St), Capital Centre Market (111 N. Broom St; capcentremarket.com), and the Fresh Madison Market (703 University Avenue; freshmadisonmarket.com).

There are also numerous international groceries: Asian Midway Foods (301 S. Park St), Fraboni’s (822 Regent St), India House (709 S. Gammon Rd; indiahousemadison.com/index.php/en), Mercado Marimar (2102 S. Park St), Yue-Wah Oriental Foods (2328 S. Park St), El Mercadito (916 S. Whitney Way), Oriental Shop (1029 S. Park St), and Viet Hoa (4602 Monona Dr) to name a few.

**Food Co-ops**

While it is hard to miss the chain supermarkets here in town, Madison is also home to a number of local food co-operatives. Food co-ops support a sustainable food system and local businesses, providing a selection of fresh, locally-grown food, without giving up the convenience of a regular grocery store. Co-ops are owned and run by the people who shop there, and the customers, as members, can actively participate in the organization of
the business, helping to determine store policies and even influencing the products that appear on the shelves.

Memberships at Madison’s co-ops range from $25 per year for students to $58 for a lifetime. Although you do not have to be a member to shop at a co-op, membership often means special members-only discounts. Also, membership at one co-op usually means you can receive member privileges at other co-ops.

Madison is home to the following food co-operatives:

**Willy Street Co-op**

willystreet.coop

- 1221 Williamson St., Madison
  608-251-6776
- 6825 University Ave., Middleton
  608-284-7800
- 2817 N. Sherman Ave., Madison
  608-709-5445

Opened in 1974, the Willy Street Co-op (often referred to simply as “the co-op”) is the largest member-owned cooperative in Madison with over 20,000 members. All locations are open daily from 7:30 a.m. to 9:30 p.m.

**Regent Market Co-op**

regentmarketcoop.org

- 2136 Regent St., 608-233-4329
  Open daily from 8 a.m. to 9 p.m.

Formerly the Regent Food Market, the Regent Market Co-op became a cooperative in 1998 with support from the Willy Street Co-op and Madison Community Co-ops. This co-op serves the Monroe and Regent Street neighborhoods on the near west side.

**Community-Supported Agriculture (CSA)**

Many grad students are interested in how the choices they make about food could affect the regional economy and health of the land. Community Supported Agriculture (CSA) programs create partnerships between local farmers and local consumers where you, the consumer, can become a member of a farm.

CSA members pay their farms an annual fee to meet the farm’s operating expenses; in exchange, members receive a weekly portion of the farm’s produce. Not only is this a great way to support local farms and socially and environmentally-sustainable production practices, but it is also a great way to meet new people and receive an amazing variety of really fresh, organic food throughout the growing season. Depending on the farm, the growing season could be as long as eight months, from May to December.

Many health insurance providers in the area provide discount or cash-back incentives to those who consume produce from CSA programs. To find out more about CSA farms and health insurance discounts in the area, contact the Fair Share CSA Coalition (csacoalition.org, 608-226-0300). Fair Share maintains an annually-updated map to all the participating farms, which can help you decide which to join.

**Farmers’ Markets**

Madison is lucky to have farmers’ markets going on in some part of the city or surrounding community virtually every day of the week. The largest (and the place to be on a Saturday morning in the summer) is the Dane County Farmers’ Market (DCFM, dcfm.org) on the Capitol Square. Over 300 vendors sell the freshest local produce and homemade Wisconsin products at this popular market that runs on Saturday and Wednesday mornings. The DCFM runs year-round, though it is at its biggest when it
is outside during the summer months. See madisonfarmersmarket.com or dcfm.org for more information.

In late April, the Saturday DCFM opens on the Capitol Square and runs every week through early November from 6 a.m. to 2 p.m., rain or shine. On Wednesdays, the market is held from 8:30 a.m. to 2 p.m., late April through early November, on the 200 block of Martin Luther King Jr. Blvd. right off the Capitol Square. In winter, the market moves indoors, first to Monona Terrace (November and December) and then to the Madison Senior Center (January-April). During the winter, delicious breakfasts are prepared by local chefs using only ingredients available at the market. All locations are easily accessible by bike, car, or bus.

In addition to the market on the square, each part of the city has its own market with its own neighborhood flavor. Most of them are open from May through October. Check the websites for more information.

- **Eastside Farmers’ Market**  
  Tuesdays, 4–7 p.m.  
  Central Park, 202 S. Ingersoll St  
  eastsidefarmersmarket.org

- **Fitchburg Farmers’ Market**  
  Thursdays, 3–6 p.m., early May through late October  
  5511 E. Cheryl Pkwy (Agora Pavilion)  
  fitchburgmarket.wordpress.com

- **Hilldale Farmers’ Market**  
  Wednesdays and Saturdays, 7 a.m.–1 p.m., late April through early November  
  Hilldale Shopping Center, west parking lot behind Macy’s at Segoe and Heathercrest. (Winter Farmers Market, Saturdays, 9 a.m.–1 p.m. in the Hilldale Atrium.)  
  hilldale.com/info/farmersmarket

- **Middleton Farmers’ Market**  
  Thursdays 8 a.m.–1 p.m., May through October  
  Downtown at Greenway Station, off Deming Way, behind Hubbard Ave.  
  608-824-9111
• Monona Farmers’ Market  
  Sundays, 9 a.m.–1 p.m.,  
  May through October  
  Ahuska Park between Monona Drive and Highway 51.  
  mononafarmersmarket.com

• Northside Farmers’ Market  
  Sundays, 8:30 a.m.–12:30 p.m.  
  1865 Northport Dr.  
  northsidefarmersmarket.org

• South Madison Farmers’ Market  
  Mondays, Tuesdays, Wednesdays,  
  Fridays, 2–6 p.m.,  
  Sundays, 11 a.m.–3 p.m.  
  Location varies by day, but is usually on or near S. Park St. See website for details.  
  southmadisonfarmersmarket.com

• Westside Community Market  
  Saturdays, 7 a.m.–1 p.m., April through November  
  Hill Farms Department of Transportation Building parking lot; University Avenue and Segoe Road.  
  facebook.com/WestsideCommunityMarket

CLOTHING

Bargain Shopping

Society of St. Vincent de Paul (svdpmadison.org), popularly known as St. Vinny’s, is great for bargains on clothes as well as furniture and used books. St. Vinny’s also offers free pick-up of donated items (call 608-278-2920 to schedule). Their east side location is at 1309 Williamson Street (608-257-0673), and their “Dig and Save” outlet, which is just what the name implies, is at 1900 S. Park Street (608-250-6370).

Goodwill (goodwillscwi.org) has three locations in Madison: on the east side at 2127 East Springs Drive, on the west side at 4530 Verona Road, and in Fitchburg at 6291 McKee Road.

Ragstock (329 State St, ragstock.com) is a midwestern chain that sells new and used clothes. A popular stop for Halloween costume shopping, the store has a funky atmosphere and a wide variety of men’s and women’s clothing.

Boutiques

A wide variety of clothing and specialty shops are located in the downtown area, especially on State Street and the streets around Capitol Square. While some national chains have moved into State Street storefronts in recent years, there are still many locally owned shops downtown.

In addition to downtown shopping, Madison’s many neighborhoods often have their own “shopping districts” with small shops that may meet your needs. Explore the local businesses in your neighborhood; you may be surprised by what you find!

Winter Clothing

If you’re desperate to find cold-weather gear for those Madison winters, consider the following stores (beyond those previously listed):

• Fontana Sports Specialties  
  216 N. Henry St. or 231 Junction Rd.  
  fontanasports.com
• Land’s End Stores
   West Towne Mall
   or 209 Junction Rd. (outlet)
   landsend.com

• REI-Madison
   7483 W Towne Way
   rei.com/stores/madison.html

Shopping Malls

East Towne Mall (shopeasttowne-mall.com)
   is the main east-side mall located off E.
   Washington Avenue and I-90/94.
   Department stores J.C. Penney and Sears are
   the “anchors,” with the usual mall regulars
   in between. West Towne Mall (shopwest-
   towne-mall.com) is the big mall on the west
   side, at the corner of Gammon Road and
   Mineral Point Road. It has similar depart-
   ment stores and shops as East Towne.

   Hilldale Shopping Center (hilldale.com)
   is a smaller, more upscale mall on the near
   west side, located at the corner of University
   Avenue and N. Midvale Boulevard. Hilldale
   includes Macy’s, Metcalfe’s Market, a
   University Book Store, the first Sundance
   movie theater in the country, and a number
   of smaller specialty shops.

South Towne Mall (2301 W. Broadway,
   608-222-5624) is a strip mall that, while
   technically located in Monona, is just a
   quick trip down the Beltline. It includes a
   Kohl’s and ShopKo. Westgate Mall is
   another smaller mall, located at Whitney
   Way and Odana Road. It includes a TJ
   Maxx and specialty shops.

   Johnson Creek Premium Outlets
   (premiumoutlets.com/johnsoncreek) features
   60 outlet stores, including many popular
   name brand clothing and shoe stores as well
   as housewares, gifts, and more. Located at
   575 E. Linmar Lane, Johnson Creek, WI,
   about 30 miles east of Madison off I-94
   (Exit 276).

PHARMACIES AND

DRUG STORES

In addition to prescription pharmacies at
supermarkets and stores like Target or
WalMart, there are a few downtown options
and a locally-owned pharmacy co-op.
Community Pharmacy (341 State St, 608-
251-4454, communitypharmacy.coop) is a
local co-op with books, homeopathics,
natural body care, and lots of organic
supplies from vitamins and teas to beauty
products. They often have good sales.

Walgreen’s (walgreens.com) drug stores
are located all over Madison and, except for
the State Street location, most have prescrip-
tion pharmacies. The closest full-service
location to campus is at East Campus Mall.
There is also a CVS Pharmacy (2 S. Bedford
St, cvs.com) downtown near campus.

Mallatt’s Pharmacy and Costumes (3506
Monroe St., and 1255 Williamson St.) is a
local favorite.

Beyond these larger pharmacies, there
are often smaller locally-owned pharmacies
within certain neighborhoods of Madison.
Look around to find one near you.

BOOKS AND SUPPLIES

Textbooks

You won’t be ready for class until you buy
your textbooks. Here are some of the easiest
local options:

Many students purchase their books at
The University Book Store (711 State St.,
608-257-3784, uwbookstore.com). You can
also order your books online.

The Underground Textbook Exchange is
another textbook store nearby (664 State St,
608-251-4444).

Local Bookstores

In addition to many local libraries and large
chain bookstores, there are a variety of local
independent booksellers in the Madison
area, many of whom sell used books. Downtown, some great little shops to wander around are Avol’s Bookstore (315 W. Gorham St, avolsbooks.com), Paul’s Book Store (670 State St., paulsbookstore.com), and A Room of One’s Own (315 W Gorham St., roomofonesown.com). Away from the downtown area, some bookstores worth a visit are Frugal Muse (235 Junction Rd, frugalmuse.com) and Half-Price Books (4250 East Towne Blvd, 626 S. Whitney Way, hpb.com).

Photocopies
With all of the journal research that many grad students do, you will probably find yourself making lots of copies. The libraries on campus have copy machines that work using your Wiscard or a copy card. The white copy cards are easy to lose, so make sure you write your name on your card! Also, don’t add more money than you are willing to lose.

More and more campus libraries have scanner/copier machines that allow you to scan your material for free and then e-mail it to yourself as a PDF. Ask a librarian where you can find one of these great contraptions. Since printing on campus is cheaper than photocopying, scanning is a good way to go, especially if you want a PDF backup anyway.

Many professors assemble packets of readings, assignments, and/or other course materials to be purchased at one of the nearby copy shops. If you are a TA, you may be asked to assemble these packets for printing. Bob’s Copy Shop (710 W. Wingra Dr., bbscopyshop1.com) seems to have a tight grip on much of the copy packet business, but ASM Student Print (333 E. Campus Mall, stuprint.org) is another place that sells course packs.

Electronics
When it comes to computers and supplies, UW’s DoIT Tech Store and Showroom (see Chapter 1; techstore.doit.wisc.edu) is a good first stop. Madison has its fair share of office supply stores and other computer retailers, including an Apple store in Hilldale Mall and Willy Tech Shop (804 Williamson St, willytechshop.com).

Madison is also home to the electronics big box store Best Buy with stores on the east and west sides of town. A Madison original, The Brothers Main Appliance and TV (brothersmain.com) also offers a wide selection of electronics, and you can’t forget other chain stores such as Sears, Target, and WalMart.

UW SWAP Shop
The UW Surplus With a Purpose (SWAP) Shop (1061 Thousand Oaks Trail in Verona, swap.wisc.edu) is a fun place to look for a bargain. The SWAP Shop recycles items from UW–Madison, as well as from state agencies located in the Madison area. They offer items such as computers, lab equipment (from centrifuges to test tubes), office furniture (desks, filing cabinets, chairs), office supplies (binders, file folders, staplers), home furnishings (couches, bicycles) and building materials (bricks, electrical equipment). SWAP is open to the public on Tuesdays, Fridays, and some Saturdays, so check online before you go.

Dining Out
You can enjoy familiar favorites or travel the culinary world without ever leaving Madison. This section of Chapter 8 features unique local restaurants and eateries while highlighting budget options and grad student favorites.

Many of the restaurants have websites, but if they do not, the Isthmus’ Food and Drink section (isthmus.com/food-drink) is a reliable source for prices, menu highlights,
and contact information. You may be able to find a menu at MenuPix’s Madison section (menupix.com/madison).

Delicious options await your wandering palate. Bon appétit!

**Gastropubs & Microbreweries**

Welcome to Wisconsin! We love beer, especially when it’s served with burgers or brats. We are also proud of our local brewpubs. Check out some of the favorites below. Note that all bars and restaurants in Madison, except for cigar bars, are smoke-free.

You can find some great brewpubs right on the Square. Both The Old Fashioned (23 N. Pinckney St, theoldfashioned.com) and the Great Dane Pub and Brewing Company (123 E. Doty St; see website for other locations, greatdanepub.com) have set the Madison gold standard for years. You can’t go wrong with either place, and both have delectable options for vegetarians. Also on the Square is Cooper’s Tavern (20 W. Mifflin St, thecooperstavern.com). Cooper’s specializes in gourmet versions of Euro-American comfort food. On top of the fantastic array of microbrews that is par for the course in Madison, they have an excellent wine list.

On the east side, you can find an excellent meal and wonderful ambiance for very good prices at the Weary Traveler Free House (1201 Williamson St, wearytravelerfreehouse.com). Mickey’s Tavern (1524 Williamson St., facebook.com/Mickey’sTavern) is a hipster dive bar with creative takes on pub and comfort food. Be sure to get the Sexy Fries—white truffle oil may be an empty pretension at most places, but in this case it is worth coming back for.

Right downtown between campus and the Square is Dotty Dumpling’s Dowry (317 N. Frances St, dottydumplingsdowry.com). Its cozy atmosphere, creative burger options, and sampler basket make for a satisfying night out. The Plaza Tavern and Grill (319 N. Henry St, theplazatavern.com) is also in the area. Home of the famous Plazaburger and its secret sauce, this dive bar is old and dingy, but it is a long-time Madison favorite. Go for pool, pinball, and a pint of beer.

Somewhat out of the way but worth the trip is the Ale Asylum (2002 Pankratz St, aleasylum.com). They offer brewery tours and a pizza-and-sandwich deli menu.

Finally, if you like your pubs with a cross-Atlantic twist, Madison will not disappoint. Brocach Irish Pub (7 W. Main St, brocach.com) on the Square has a great happy hour menu, live music on Fridays, and entrees that will stick to your ribs (in a good way). Just east of the Square is the effervescent Essen Haus German Restaurant (514 E. Wilson St, essen-haus.com), famous for its king-size plates of German-American vittles, two-liter “boots” of ale, and live polka music and dancing every night.

**Asian Restaurants**

**South Asian**

For fantastic Indian cooking in abundance, Maharani Indian Restaurant (380 W. Washington Ave, maharanimadison.com) is your stop. Indian and non-Indian residents of Madison flock there alike for the all-you-can-eat lunch buffets that run seven days a week. Whether you are a vegetarian or meat-eater, you will find plenty of variety to satisfy your palate. Bring your Wiscard so you can get the 10% student discount off your meal!

**Southeast Asian**

Laotian food gets a star turn at Lao Laan-Xang (1146 Williamson St, laolaan-xang.com; 2098 Atwood Ave, laan-xang.com). Both locations are run by the same family, and the food is equally fantastic at both. Traditional sticky rice comes with the specials. The level of spiciness you choose
will actually be delivered, so don’t be macho. People claim that Sa-Bai Thong Thai Restaurant (2840 University Ave; 6802 Odana Rd; sabaithong.com) has Madison’s most authentic Thai, while Saigon Noodles Vietnamese Restaurant (6754 Odana Rd., 608-827-9120) offers every kind of pho you could want.

If you are hungering specifically for Indonesian, you can find full dining year-round at Bandung Restaurant (600 Williamson St, bandungrestaurant.com) or enjoy it picnic-style at the Kakilima cart on Library Mall during the warm-weather months.

**Chinese**
The most authentic Chinese food available in Madison’s restaurant scene is either Cantonese or Szechuan. Both of Madison’s Szechuan restaurants serve the cuisine wonderfully hot, spicy, salty, and greasy, as it typically is on the other side of the Pacific. Oddly enough, both restaurants have Japanese names. Fugu (411 W. Gilman St, fuguasian.com) is located just off of State Street, and Ichiban (610 S. Park St., ichibanmadison.com) is slightly farther from campus but due south. Price-wise, both restaurants are about mid-range for a grad student’s budget.

For delicious Cantonese-style noodles, go to Wah Kee Noodle House (600 Williamson St, 608-255-5580). They make their signature egg noodles at their own noodle factory in town. The noodle dishes come “dry” or in broth, and they offer a variety of other stir-fried, braised, steamed, and soup dishes.

**Japanese & Korean**
For tasty and good-value Japanese lunch specials near campus, you need look no further than the Wasabi Japanese Restaurant & Sushi Bar (449 State St, wasabi-madison.com). Wasabi is on the second floor, so keep an eye out for it!

Seek out excellent sushi by heading farther away from campus to the Edo Japanese Restaurant (532 S. Park St, edojapaneserestaurant.com). Choose Edo to indulge in hibachi without breaking the bank.

Sujeo (10 N. Livingston St., sujeomadison.com) offers Korean and

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**Grad Student Favorites:**
**Places to Get Fish Fry**
Almost every place with a deep fryer will offer fish fry on Fridays, but here are some places that grad students prefer to get this local specialty.

The most votes went to the Avenue Club (1128 E. Washington Ave, avenueclubmadison.com) and Jordan’s Big 10 Pub (1330 Regent St, jordansbig10pub.squarespace.com). The Avenue Club offers Madison’s best-voted fish fry every day of the week, while Jordan’s Friday menu gives you a variety of fish to choose from.

Around the Square, the two favorite Madison brewpubs, The Old Fashioned (23 N. Pinckney St, theoldfashioned.com) and the Great Dane Pub (123 E. Doty St, greatdanepub.com), offer fewer but well-prepared selections with excellent ambiance to boot.

On the east end of the isthmus is Dexter’s Pub (301 North St, dexterspubmadison.com), where you can get your choice of fish lightly battered or with the traditional heavier beer batter. It’s also known for its team trivia nights.
Grad Student Favorites: Fast, Cheap, and Good

For those days when you didn’t have time to pack a lunch, these are the places your more seasoned colleagues recommend. The Mediterranean Café (625 State St.) wins hands-down in this category. Everyone loves the fresh, healthy, and tasty food served very quickly for low prices. It’s only open for lunch.

Right outside Memorial Library’s doors are the food carts that cluster on Library Mall in the warm-weather months. You can get yourself a full lunch any day for $4 to $8. Carts offer a variety of cuisines, including Jamaican, Thai, Chinese, Indonesian, Mexican, Japanese, Greek, and Mediterranean.

Korean-fusion fare from acclaimed local chef Tory Miller. The restaurant is also open as a late night noodle bar from 10 p.m.–1:30 a.m.

Mexican

The gem of Madison’s Mexican restaurant scene is probably the Taqueria Guadalajara (1033 S. Park St, lataqueriaguadalajara.com). This hole-in-the-wall eatery offers the real deal for low prices, along with an entertaining hour of telenovelas or Latin American game shows on the tube. Try the tacos with beef tongue or seasoned pork, or get a couple vegetarian sopes if you really want to fill up. Amazing enchiladas and other treats await!

Also on South Park Street are La Hacienda (515 S. Park St., 608-255-8227) and El Pastor (2010 S. Park St., pastorrestaurant.com). Both neighborhood fixtures have remained well-reviewed and well-liked by Madisonians over the years.

Grad Student Favorites: Fast, Cheap, and Good

For other options close by, Rising Sons Deli (617 State St.) has a hodgepodge menu of Thai, Vietnamese, and Malaysian that will get you your quick fix in time for seminar. Hole-in-the-wall Asian Kitchen (449 State St, asiankitchenmadison.com) will satisfy you twice for the price of once. Ask about their loyalty reward punch cards. At East Campus Mall, the Fresh Madison Market (703 University Ave, freshmadisonmarket.com) has a fantastic hot food and salad bar.

If you are nearer the west end or central part of campus, a lunch favorite is the Babcock Hall Dairy Store (1605 Linden Dr, babcockhalldairystore.wisc.edu). Besides stocking UW–Madison’s famous dairy products, Babcock also has a full deli sandwich counter. Their lunch specials are only $5, and include a sandwich, side, pickle spear, and a half-pint of Babcock milk.

Pizza

Pizza—every college town overflows with it. Here are local pizzerias that discerning palates may prefer!

Falbo Brothers Pizzeria (406 S. Park St, 608-255-9090; 1207 N. Sherman Ave, 608-204-2723, fallobros.com) balances generous amounts of cheese with subtle amounts of sauce. Try the pesto or spinach stuffed pizzas. For pizza by the slice, you can find excellent options on State Street. Ian’s Pizza (100 State St; 319 N. Frances St, 257-9248; ianspizza.com) is a UW landmark. From macaroni-and-cheese to Philly cheesesteak, Ian’s has every kind of pizza concoction imaginable. Pizza Di Roma (313 State St, 608-268-0900, pdrpizza.net) offers huge New-York-style slices.
For gourmet, dine-in options, try Glass Nickel Pizza (5003 University Ave; 2916 Atwood Ave; see website for more locations, glassnickelpizza.com) or The Roman Candle (1054 Williamson St; 1920 Parmenter St in Middleton; see the website for more locations, theromancandle.com). Glass Nickel is well-known for specialty pizzas, like Sacre Blue and Fetalicious. At Roman Candle, you get a funky atmosphere and great pizza any way you want it. Some say it’s the best pizza in Madison. Paisan’s (131 W. Wilson St, paisansrestaurant.biz) is another Madison favorite. Options range from traditional Italian concoctions to more American-influenced pies.

For outstanding authentic Neapolitan pizza, made with certified Neapolitan techniques in a traditional wood-burning oven, the only place to go is Cafe Porta Alba (558 N. Midvale Blvd, cafeportaalba.com). Also, Pizza Brutta (1805 Monroe St, pizzabrutta.com) cannot be missed.

**Breakfast & Brunch Spots**

The perennial Madison favorite for breakfast is Lazy Jane’s Café (1358 Williamson St). The line is out the door but decently fast-moving on weekend mornings. They have terrific baked goods, and it’s a comfortable place to meet for breakfast or lunch. On the other side of town, Mickie’s Dairy Bar (1511 Monroe St) is a Madison must. They offer hearty, cheesy breakfasts, milkshakes, and the largest pancakes you’ve ever seen.

Also good for breakfast and closer to the

### Grad Student Favorites: Coffee Shops

When you need a change from studying in the library, take refuge in one of Madison’s local coffee shops. Most offer fair trade coffees and free wireless internet.

For sheer convenience, you can’t beat the independent coffeehouses on State Street. Heading from campus up to the Capitol Square, you will encounter four on the left side of the street: Espresso Royale (#650, espressoroyale.com), Fair Trade Coffee House (#418, fairtradecoffeehouse.com), yet another Espresso Royale (#224), and then, right before you reach the Square, Michelangelo’s Coffee House (#114, michelangeloscoffeehouse.com). Also check out Colectivo Coffee at 25 S. Pickney St and 583 State St (colectivocoffee.com), Johnson Public House at 908 E. Johnson St (johnsonpublichouse.com), and Mother Fool’s Coffeehouse at 1101 Williamson St (motherfools.com).

But the real grad student hotspot in town is Barriques (127 W. Washington Ave; 1825 Monroe St; see website for more locations, barriquesmarket.com). The branch on West Wash, just a block from the Square, is where you will find two floors of sanctuary, complete with mellow indie pop on the sound system and the option to switch from caffeine to an elegant glass of wine as dusk approaches.

Bradbury’s (bradburyscoffee.com), just east of the Square, is another quiet study haven. In the Willy Street area, Ground Zero (744 Williamson St) is a favored grad student joint, as is Indie Coffee (1225 Regent St, indiecoffee.net) just south of campus. If you live in the near south side, the Lakeside Street Coffee House (402 W. Lakeside St, lakesidestcoffeehouse.com) is another coffee house with great food and an alcohol license that lets you study in style.
Capitol are Marigold Kitchen (118 S. Pinckney St, marigoldkitchen.com) and Plaka Taverna (410 E. Wilson St, plakamadison.com). Marigold Kitchen is an upbeat urban eatery with innovative breakfasts and lunches. They bake in-house, and are run by the same chefs who run Sardine (see Special-Occasion Restaurants below). Plaka Taverna offers American breakfasts with a delightful hint of Greek. If you think gyros would be a great breakfast meat, this is where you want to go.

Lots of places in Madison put on spectacular brunches. El Dorado Grill (744 Williamson St, el doradogrillmadison.com) offers exceptional Southwestern food and an extensive margarita menu. Its location in a renovated warehouse makes the setting unique and beautiful. Sardine has an excellent brunch menu, as does and Brocach Irish Pub (see Gastropubs & Microbreweries).

**Sweet Treats**

UW–Madison makes its own ice cream with milk from its own dairy cattle. It is delicious! Ice cream, cheeses, and other dairy products are sold at the Babcock Hall Dairy Store (1605 Linden Dr, babcockhalldairystore.wisc.edu), just two blocks away from the Dairy Cattle Center where the milk originates. Babcock ice cream is also available at the Memorial Union and in the freezer section of several local grocery stores.

Locally-owned Chocolate Shoppe Ice Cream (468 State St; 555 S. Midvale Blvd; 1726 Fordem Ave; chocolateshoppeicecream.com) takes pride in their Madison-made super premium ice cream. They rotate their 110 flavors regularly. Their ultra-dark chocolate flavor, Zanzibar Chocolate, will make a chocolate convert out of anyone. Chocolate Shoppe Ice Cream is also served in many local restaurants.

**Michael’s Frozen Custard** (2531 Monroe St; 3826 Atwood Ave; 5602 Schroeder Rd; ilovemichaels.com) is a Madison original. Custard uses more egg yolks than ice cream, giving it a finer texture. It is also served at a slightly warmer temperature. If you’ve never tried frozen custard, this is the place to go! Michael’s Frozen Custard is also available in many grocery stores around the state.

And finally, moving away from ice cream, Madison also boasts the Greenbush Bakery (1305 Regent St, 608-257-1151). Everyone raves about their kosher homemade doughnuts. Take-out only!
Grad Student Favorites:  
Special-Occasion Restaurants

Expensive restaurants can be found anywhere, but these ones really give you something special for what you spend.

Ostería Papavero (128 E. Wilson St, facebook.com/papaveromadison) specializes in the rustic cuisines of northern and central Italy. Its small but exquisite menu gives you magnificent flavors for surprisingly modest prices and in comfortable, unpretentious surroundings. A full meal with drinks will take about $50 per person after tax and tip. Lombardino’s (2500 University Ave, lombardinos.com) is another excellent Italian option that offers delicious renderings of restaurant fare. Its range of prices gives you spending options from a moderate splurge to a truly indulgent affair.

Inching up a bit in price range, you can find a decadent meal at Samba Brazilian Grill (240 W. Gilman St, sambabraziliangrill.com) for plentiful, succulent meats fresh off the grill, cut directly onto your plate. At the Tornado Room Steak House (116 S. Hamilton St, tornadosteakhouse.com), you can find steaks and all the ambiance you can digest in one sitting.

For bistro-style fine dining, it doesn’t get any better than Sardine (617 Williamson St, sardinemadison.com). They get rave reviews year after year, and a three-course meal with drinks will probably run you about $60 per person. Find Japanese-European fusion at any of the three acclaimed Muramoto establishments (muramoto.biz), where you can also get excellent sushi.

And finally, there are the slow-food, organic, locavore, haute-cuisine havens that embody the Wisconsin environmentalist and farming traditions in small urban sophistication. Harvest (21 N. Pinckney St, harvest-restaurant.com) blends American and French cuisines with fresh, seasonal local organic ingredients.

For that truly special occasion that will take you a while to save up for, head to L’Etoile (1 S. Pinckney St, letoile-restaurant.com). This national pioneer in the sustainable food movement features local farms and French techniques in its splendid new modern venue. Take about $100 with you if you plan on making an evening of it. Next door, its sister restaurant, Graze (grazemadison.com) is more casual and modestly priced.
March into Sunlight Project hosted by the Dance Department, at the Wisconsin Union Theater.
Madison offers a huge number of options for fun activities throughout the year. When you’re not busy with academic and work responsibilities—and it is important to make some free time for yourself!—take the time to explore the many opportunities available in Madison. From enjoying the outdoors and playing or watching sports to trying new types of cuisine or seeing a show, the university and the city offer just about everything you could want!

**THE OUTDOORS**

**Madison Area Parks**
Madison is literally packed with parks. While pedaling, walking, or driving around town you are bound to encounter new parks around the city. Surrounded by 15,429 acres of lakes and over 6,000 acres of parkland, Madison is a city where outside activities are supported and encouraged. The Parks Division maintains over 260 parks, several public swimming pools, 12 beaches, 4 premiere golf courses, 8 off-leash dog exercise areas, several community-recreation centers, an award-winning botanical garden and conservatory, and 14 conservation parks. In the winter, the Parks Division maintains the outdoor ice rinks and the cross-country ski trails.

Below is just a sample of some of the parks available in Madison. For more information, visit cityofmadison.com/parks.

- **Breese Stevens Field**
  917 E. Mifflin St
  Huge open grass field. Great for competitive soccer!

- **Brittingham Park**
  829 W. Washington Ave.
  Northwest shore of Lake Monona Bay
  Large, great views, a shelter, and grills; plus a bike path. Great place to begin and end a three-mile jog around the bay.

- **Cherokee Marsh**
  Three locations: 6098 N. Sherman Avenue, 5002 School Road, 104 W. Sauthoff Road
  Largest wetlands in Dane County. Over seven miles of trails.

- **Elver Park**
  1250 McKenna Boulevard
  The biggest park in Madison (227 acres). Excellent disc-golf course. Softball diamonds, basketball courts, shelters, BIG sledding hill, ice-skating, lighted x-country ski trails. A favorite destination for a weekend bike ride, only about 45 minutes from campus! Simply follow the South East Bike Trail from Camp Randall to the Beltline, and then take bike-friendly Hammersly Road all the way to the park. (There are also signs along the bike path.)

- **Garner Park**
  333 S. Rosa Road
  Garner Park Shelter is an architectural gem! This is a good park for those living on the west side or those looking for an excuse to explore that side of town.

- **Hoyt Park**
  3902 Regent Street
  A park for peace and quiet, or romantic picnics.

- **James Madison Park**
  614 E. Gorham Street
  Whether you want to people-watch with a pleasant Lake Mendota backdrop, or join the crowd for Frisbee, basketball,
volleyball, swimming, or soccer, this is usually the busiest park in town.

- **Olbrich Park**  
  3527 Atwood Avenue  
  A big park on the shores of Lake Monona and across from Olbrich Botanical Gardens.

- **Olin Park**  
  1156 Olin-Turville Court  
  Right off John Nolen Drive on the south shore of Lake Monona. Nice wooded area and a great view of Madison. Rest here on your way around Lake Monona by bike, or foot, or rollerblade.

- **Tenney Park**  
  1414 E. Johnson Street  
  Beautiful park on the southeast shore of Lake Mendota. Good place for a stroll in the evening and ice-skating in the winter.

- **Warner Park**  
  2930 N. Sherman Avenue  
  Huge 180-acre park on the east side of Lake Mendota. Center for many social gatherings revolving around outdoor recreation.

- **Vilas Park**  
  702 S. Randall Avenue  
  Adjacent to the Vilas Zoo and Lake Wingra. Worth the trip just to see the Old Lady in a Shoe slide!

**Other Outdoor Attractions in Madison**

- **Aldo Leopold Nature Center**  
  300 Femrite Drive, Monona, WI  
  aldoeopoldnaturecenter.org  
  In the spirit of the famed Wisconsin conservationist, Aldo Leopold, the mission of the Aldo Leopold Nature Center is to “teach the student to see the land, understand what he sees, and enjoy what he understands.”

- **Allen Centennial Gardens**  
  620 Babcock Drive  
  https://allencentennialgarden.org

- **Aldo Leopold Nature Center**  
  300 Femrite Drive, Monona, WI  
  aldoeopoldnaturecenter.org  
  In the spirit of the famed Wisconsin conservationist, Aldo Leopold, the mission of the Aldo Leopold Nature Center is to “teach the student to see the land, understand what he sees, and enjoy what he understands.”

- **Allen Centennial Gardens**  
  620 Babcock Drive  
  https://allencentennialgarden.org

A public garden that also serves as a teaching garden for the Horticulture Department. Good place to volunteer if you have a green thumb.

- **UW Arboretum**  
  Accessible from S. Mills Street or Manitou Way (off of Monroe Street)  
  arboretum.wisc.edu  
  This is an absolute must for anyone who likes a walk in the woods. With multiple marshes and restoration projects, it is an ecologist’s Eden.

- **Goodman Pool**  
  325 W. Olin Avenue  
  cityofmadison.com/parks/pool  
  This public pool has a 1,000-person capacity, two waterslides, 8-lane 25-meter lap area with diving boards, and a number of shallow water play features for pre-school aged children. The pool area is complete with a sand play area, concessions, changing rooms, deck chairs, umbrella tables, and shade structures.

- **Henry Vilas Zoo**  
  702 S. Randall Avenue  
  vilaszoo.org  
  A free zoo! None of the hustle and bustle of big city zoos, but still an incredible diversity of animals.
SPORTS AND ACTIVE RECREATION

**Hoofers**

UW–Madison’s Hoofers club is one of the oldest and largest outdoor recreational organizations in the country. Founded in 1931 as an outing club, Hoofers has grown from a single club to six separate clubs with over 3,000 active members.

Hoofers got its name from a person being “on the hoof” or moving on their own power. Since its inception, Hoofers’ members have prided themselves on their ability to provide quality instruction and safe, reliable equipment for members to use. Who ever said that education couldn’t be fun? You do not need to be experienced in any of the activities in order to join Hoofers. For example, most of the people who join the Sailing Club have little sailing experience, but they want to learn the skills and techniques necessary to be safe while having fun.

Many graduate students participate in Hoofers because it gives them an opportunity to meet new people while engaging in a recreational activity. Hoofers’ six clubs are Mountaineering, Outing, Riding, Sailing, Scuba, and Ski & Snowboard. Students (undergraduate and graduate) oversee all aspects of their respective clubs.

To learn more about the various clubs, simply attend a meeting. Check out the website (hoofers.org) or call 608-262-1630.

**UW Sports**

At UW–Madison, some believe that the graduate student experience isn’t complete until one learns about the proud tradition of Wisconsin athletics. From basketball to wrestling, over 20 men’s and women’s teams compete each year.
Students who are interested in getting a unique gameday experience should consider attending one of Wisconsin’s home football games in Camp Randall stadium. The red-clad fans, boisterous students, and UW Marching Band contribute to an experience you won’t forget. Men’s hockey and men’s basketball games typically bring in the next largest crowds at the Kohl Center (601 W. Dayton Street). If you’re looking for something new, women’s volleyball games at the UW Fieldhouse are always exciting and fun to watch.

For ticket information, visit uwbadgers.com or call the Wisconsin Athletics Ticket Office at 608-262-1440. The office is located at 1440 Regent Street (Camp Randall Stadium) and regular business hours are Monday through Friday, 8:30 a.m.–4:30 p.m. Students can also attend certain games for free, thanks to many promotions offered by the Athletic Department. For more information and to enter the student lottery for season tickets, visit uwbadgers.com.

Recreational Facilities on Campus
The university has several recreational facilities on campus that provide exercise facilities, fitness courses, and coordinate intramural and club sports. More information on these services and other exercise facilities in Madison is provided in Chapter 10.

Madison Mallards
The Madison Mallards (northwoodsleague.com/madison-mallards) are a college-level summer baseball team that plays in Warner Park (2920 N. Sherman Ave). The Mallards are one of the most successful franchises in baseball, and probably the most successful team on the summer-collegiate front. This makes the games a lot of fun! Tickets are also very affordable and going to a game is a great way to spend a summer evening.
MUSEUMS AND GALLERIES ON CAMPUS

Madison is a city with numerous art and cultural museums. They range from the larger institutions like the Madison Museum of Contemporary Art on State Street, to the small and quirky like the Mustard Museum in Middleton. A good place to find out what museums and current exhibitions Madison and Wisconsin in general have to offer is PortalWisconsin.org.

While there are many more museums to be found throughout Madison and the state, here are some excellent university-affiliated museums that often take grad students a while to discover:

**Chazen Museum of Art**
750 University Avenue
608-263-2246
chazen.wisc.edu

One of the country’s leading university art museums, the Chazen houses a permanent collection of 16,000 works of art dating from 2300 B.C. to the present day. The museum boasts 24,000 square feet of gallery space and is open to the public every day except Monday. Free classical music concerts take place on the second floor of the museum the first Sunday of the month. After browsing the exhibits, find some souvenirs or gifts in the Chazen Museum Shop. Special tours are available with a reservation. Admission is free.

**Geology Museum**
Weeks Hall, 1215 W. Dayton Street
608-262-1412
geoscience.wisc.edu/museum

Touch rocks from a time when there were volcanoes in Wisconsin; see corals, jellyfish and other sea creatures that used to live and swim where we now walk; and stand under the tusks of a mastodon while imagining yourself in the Ice Age. Also on display are rocks and minerals that glow, a model of a Wisconsin cave, dinosaurs, and meteorites.

**L.R. Ingersoll Physics Museum**
1150 University Avenue, Room 2130
Chamberlin Hall
608-262-3898
physics.wisc.edu/ingersollmuseum

The L.R. Ingersoll Museum is a public, hands-on physics museum with exhibits primarily focusing on demonstrating basic physical concepts, from mechanics to atomics. There are also historical instruments on display. Guided tours are available.

**Zoological Museum**
L.E. Noland Zoology Building,
250 North Mills Street
608-262-3766
zoology.wisc.edu/uwzm

The Zoological Museum is associated with the Department of Zoology. The museum consists of a 10,000-square-foot collections storage and research facility, and a small exhibits gallery. The gallery is open to the public most weekdays.
Wisconsin Union Galleries
Memorial Union, 800 Langdon St. Union South, 1308 W. Dayton St. union.wisc.edu/get-involved/wud/art
The Wisconsin Union Galleries produce a wide variety of exhibits by faculty and students as well as regional and national artists. The Union’s art collection consists of 1,300 pieces, most on display throughout the Memorial Union.

PERFORMING ARTS

The Overture Center
overture.org
The Overture Center is the crown jewel of the Madison arts community and easily accessible on State Street. A wide variety of events, ranging from concerts to broadway shows, are presented by local arts groups and traveling performers. There are also free concerts and art exhibits. Students, rush tickets are frequently available at discounted rates.

Wisconsin Union Theater
608-262-2201
union.wisc.edu/visit/wisconsin-union-theater
The Wisconsin Union Theater is a multipurpose performing arts facility offering a varied, quality program of dance, music, theater, film and cultural events. The students of the Wisconsin Union Directorate produce the Concert Series and Performance Series, Distinguished Lecture Series, music and entertainment programs, art exhibitions, and several film series. Student tickets are available at a discount with your ID.

Classical Music
For touring national acts, go to the Wisconsin Union Theater (800 Langdon St., 608-265-ARTS, union.wisc.edu/visit/wisconsin-union-theater) or the Overture Center (201 State St, 608-258-4141, overture.org). The Overture Center often offers student rush tickets. Guest artists also perform at the School of Music, where concerts are held regularly in the Humanities Building (see below).

For performances by Madison musicians, try the following:

Madison Symphony
madisonsymphony.org
The Madison Symphony performs regularly at the Overture Center. They offer $12-$15 student rush tickets on many of their performances. It’s one of the best-kept secrets in town and a great way for students to access live classical music.

School of Music
608-263-5615 (concert line)
music.wisc.edu/events
The School of Music offers a full complement of performances by faculty, students, and guest artists throughout the year. Most concerts are free and open to general admission. They are held in one of two auditoriums in the Humanities Building (455 N. Park Street)—Mills Concert Hall or Morphy Recital Hall—or in the old Music Hall across...
EDITOR’S PICK:

SUMMER CONCERTS ON THE SQUARE
wiscosinchamberorchestra.org

Join the Wisconsin Chamber Orchestra as they present Concerts on the Square, free to the public on the Capitol lawn over six Wednesday nights from late June to August. Their eclectic mix of pop, light classical, jazz, and even polka music offers something for everyone to enjoy.

Park Street from the Humanities Building. Opera productions are mounted every fall and spring. Opera tickets are modestly priced and the performances take place in Music Hall.

Theater and Dance

University Theatre
821 University Ave (box office)
608-265-2787
theatre.wisc.edu

University Theatre serves as the practical laboratory for UW–Madison’s Department of Theatre and Drama and presents a variety of performances throughout the year.

UW Dance Program
608-262-1691
dance.wisc.edu/calendar

Founded in 1926, the UW Dance Program was the first in the country to offer a degree program. Students, faculty, and guest artists present formal and informal concerts throughout the year.

Atlas Improv
atlasimprov.com
For some quirky, side-splitting fun, drop by the Atlas Improv (609 E. Washington Ave., 608-259-9999) on Friday and Saturday nights. Their 8 p.m. Theatresports show features company members in raucous theater games based around spontaneous suggestions from the audience. The 10 p.m. Showcase goes for the more dramatic side of live improv. Student tickets are $5.

Comedy Club on State
madisoncomedy.com

For a mix of national-profile comics and local acts, stop by the Comedy Club on State. Thursday nights are Students Nights, when you get discounted admission with your ID. Admission prices are low, but there is a two-drink minimum.

Popular Music

Madison boasts a number of venues that suit all tastes. Free live music is offered every weekend at Memorial Union. Shows are on the Terrace during the summer and in Der Rathskellar during the rest of the year. Check the website (union.wisc.edu) to see who is playing. Also check out the Union’s weekly Wednesday Night Open Mic where students showcase their talents, ranging from singers and bands to poetry readings.

DOWNTOWN ENTERTAINMENT

“Get out and enjoy the town, as there’s more to graduate work than just schoolwork. Don’t just hang around the campus area; also check out the great neighborhoods on the east and west side of town. There’s plenty of low-brow and high-brow things to find out about Madison, and I’d recommend looking at them all.”

Jake Miller,
La Follette School of Public Affairs
Orpheum Theatre  
216 State St, 608-250-2600  
madisonorpheum.com

Barrymore Theatre  
2090 Atwood Ave, 608-241-8864  
barrymorelive.com

Alliant Energy Center  
608-267-3976  
alliantenergycenter.com
Located not far from campus (off John Nolen Drive), the center hosts numerous events year-round, ranging from big-name concerts and Brat Fest to cat shows and bridal bazaars.

Kohl Center  
601 W. Dayton St  
The center hosts concerts as well as UW Badger athletics and community events such as graduations. Concert tickets are available through Ticketmaster (ticketmaster.com).

Many smaller venues are also popular for local and touring bands. A few popular locations are listed here.

Harmony Bar and Grill  
2201 Atwood Ave, 608-249-4333  
harmonybarandgrill.com
Harmony is popular for live blues, zydeco, honky-tonk, and bluegrass bands.

High Noon Saloon  
701A E. Washington St, 608-268-1122  
high-noon.com
Hosting a huge variety of bands from rock, metal, and punk to indie, emo, and world music, High Noon often sponsors benefit concerts and features live-band karaoke every Tuesday night.

NIGHTLIFE

Bars and Lounges
In a city with as large a student population as Madison’s, one finds a large number of bars. While many bars in Madison cater to undergraduates, there are some places in Madison that are geared toward graduate and professional students. Many of these establishments are located around the Capitol Square and are further from campus. Note that cigarette smoking is prohibited in bars and restaurants in Madison. Cigar bars have a special exemption for cigar and pipe smoking.

Genna’s Lounge (105 W. Main St, gennaslounge.com) is known as a grad student bar. Genna’s has an upper floor open on weekends, and makes the perfect setting for a thoughtful conversation over a glass of wine. They also have friendly staff and free snacks during happy hour. Maduro Cigar Bar (117 E. Main St, facebook.com/Maduro-176404202955) is another favorite among grad students and professionals. This 1930s cocktail lounge boasts half a dozen leather couches and low-key live music several nights a week.

With no sign and no phone, Natt Spil (211 King St., nattspil.com) appears mysterious and dark from the outside but is a warm, intimate place inside. Lit by candles and Chinese lanterns, dark wood decor and murals on the walls add to the allure of this tiny bar. “Natt Spil” is Norwegian for “night play” and is a great place to either spend or end your evening in style.
In the State Street area, too, there are a few bars that attract a more mature crowd. **Paul’s Club** (204 State St, 608-257-5250) is a great place to enjoy a drink, and is known for the tree that “grows” through the middle of the bar. **Blue Velvet Lounge** (430 W. Gilman St, thebluevelvetlounge.com) will take you a hundred miles from Madison with the feel of a big-city martini bar. The prices at this “upscale” place are comparable to those at bars frequented by undergraduates.

In the south campus area, the **Library Cafe and Bar** (320 N. Randall Ave, librarycafeandbar.com) is another popular, low-key student haunt. They make an excellent Dark ‘n Stormy and have happy-hour draft and rails specials. Their nachos are great for sharing. Looking for a sports bar? Wander away from State Street and try out **Jordan’s Big 10 Pub** (1330 Regent St, jordansbig10pub.squarespace.com). They have daily drink specials and an extensive food menu.

**Dance Clubs**
If it’s dancing you are after, try the following venues:

**5 Night Club**
5 Applegate Ct, 608-271-1768
fivenightclubmadison.com
Madison’s main GLBT bar and dance club. Popular for line dancing. Just south of the Beltline, off Fish Hatchery Road.

**Plan B**
924 Williamson St, 608-257-5262
planbmadison.com
A fairly new addition to the nightlife scene. Popular as a gay bar and dance club and also has theme nights. Not far from the High Noon Saloon.

**MOVIES**
Film buffs will be happy to know that the Madison area is home to numerous movie theaters and the annual **Wisconsin Film Festival** (wifilmfest.org), which takes place in April. For first-run movies, there are several movie multiplexes, though many are far from campus. Campus and downtown venues provide fun alternatives.

**Mainstream Theaters**

**Marcus Palace Cinema**
2830 Hoepker Rd, Sun Prairie, 608-825-9004
Newly opened multiplex with plush seating and plenty of food and drink options available from their Lounge and Bistro.

**Point Cinemas**
7825 Big Sky Dr, 608-833-3980
A mix of stadium and plusher seating with 16 screens. First-run movies on the west side.

**New Vision Fitchburg 18 + IMAX**
6091 McKee Rd, 608-270-9036
Multiplex with 18 screens, including one IMAX theater. First-run movies in Fitchburg.

**Alternative Venues**

**AMC Dine-In Madison 6**
430 N. Midvale Blvd (Hilldale Mall), 608-316-6900
amctheatres.com/movie-theatres/madison/amc-madison-6

The first Sundance Cinema location to open in the country, it includes six state-of-the-art theaters, a restaurant, rooftop bar, and art gallery. Mandatory reserved seating. Students get discounted tickets on Tuesday nights. Bring your ID and a friend!

**Market Square Theater**
6604 Odana Rd, 608-833-1500
Second-run movies at bargain basement
prices! Prices vary by day and time, but they’re usually not more than $3 for a show.

**FUN THINGS TO DO AROUND MADISON**

1. **Visit the Henry Vilas Zoo.** It’s free, it’s close to campus, and it’s a state-of-the-art conservation facility and zoo. Located at 702 S. Randall Avenue, the zoo is open year-round and is surrounded by open parkland.

2. **The Chazen Museum** houses the university’s collection of art work. Admission is free, and the galleries are quiet and pleasant. Since it is located right on campus, dropping by the museum for a few minutes or a few hours makes a nice break from graduate student life. They have a great gift shop, too. Located at 750 University Avenue, 608-263-2246, the museum is open daily except Mondays.

3. **Wisconsin is a beautiful state and maintains a very vital state park system** with modern facilities for camping and hiking. There are four great parks within easy driving distance of Madison: Lake Kegonsa State Park between McFarland and Stoughton; Devil’s Lake State Park near Baraboo; Governor Nelson State Park on Highway M outside of Middleton; and Blue Mounds State Park near Blue Mounds, down Highway 18/151 (Verona Road) off the beltline. For information on specific parks, check out this great website, [dnr.wi.gov/topic/parks](http://dnr.wi.gov/topic/parks).

4. **Go to a Badger sporting event.** Whether you like watching the game, being a Badger fan, or listening to the UW Marching Band, Badger sports are a Madison must. Don your red and white, and head over to the Kohl Center or Camp Randall for a game. Students can get great deals on season tickets to basketball, football, and hockey games. Individual seats can be purchased for these sports and others. Visit [uwbadgers.com](http://uwbadgers.com) for more information. If tickets are sold out, look for local websites or information on kiosks to find out who’s selling.

5. **Visit one of the largest farmers’ markets in the country.** The Capitol Square is the site of one of the largest farmers’ market you may ever see, held Saturday mornings in late spring through early fall. Hilldale Mall also hosts a farmers’ market on Saturday morning in season. Wednesday morning farmers’ markets are located at both Martin Luther King, Jr. Boulevard and Hilldale Mall. These markets are unbeatable ways to find delicious fresh produce, flowers, crafts, and other Wisconsin delicacies such as cheese curds and fresh honey. (See Chapter 8)

6. **Small-town festivals abound** during nice
weather in the surrounding communities. Particularly popular is Stoughton’s annual Syttende Mai celebration, the largest of its kind outside of Norway. Many of the nearby communities celebrate their German heritage: Germanfest, Oktoberfest, or Gemuetlichkeit festivals. New Glarus is proud of its Swiss heritage and has shops and restaurants open year-round.

7. **Attend one of Madison’s year-round festivals and celebrations.** Taste of Madison, Concerts on the Square, and the Capital City Jazz Fest are just a few. For more information, check the local papers or visit everfest.com/wisconsin/madison-festivals.

8. **Summerfest** is one of the state’s most popular attractions. Held in late June and early July at the festival grounds in Milwaukee on the shores of Lake Michigan, Summerfest offers many different entertainers, great food, and other attractions. See all the details at summerfest.com.

9. **Volunteer.** Consider this an opportunity to help yourself while helping others. Volunteering is a great way to put your life in perspective. Contact the Morgridge Center for Public Service if you’re not sure where to start (morgridge.wisc.edu).

10. **Attend an outdoor theatre production** at American Players Theatre (APT) in Spring Green. Nestled in the beautiful wooded setting of southwestern Wisconsin, APT is not to be missed. For a complete schedule visit americanplayers.org. For more information on theatre throughout Wisconsin, take a look at madstage.com/html/links.html.

11. **Tour our beautiful state Capitol.** The state capitol building is probably the most prominent building in the city. Did you know that the dome on the capitol is the second largest in the U.S., aside from Washington, D.C.? It is open to the public, you can walk in and wander anytime, and free tours are offered daily.

12. **Gaze at the stars** at Washburn Observatory. Opened in 1878 by funds donated by former governor Cadwallader Washburn, the observatory sits on a campus hill overlooking Lake Mendota. Located at 1401 Observatory Drive, the telescope is open for public viewing at various times. On a clear summer night, a visit to the observatory and a look at the constellations can’t be beat. See the website for specifics at astro.wisc.edu/the-public/public-observing-at-washburn.

13. **Mini-golf** at George Vitense Golfland, just off the Beltline at Whitney Way. The 18-hole Madison indoor landmark course allows you to mini-golf your way around some of the sites and events of Madison at any time of year. Batting cages and a driving range are also available. Call 608-271-1411 or visit vitense.com for more details.

14. **The Arboretum** is one of the campus’s most celebrated features. This 1,260-acre arboretum is located just south of campus and is very easy to get to. Before you go, check out the visitor information at arboretum.wisc.edu.

15. **Go out to eat!** Madison has the most restaurants per capita in the nation. Explore something you’ve never tried. Madison is the perfect place for it, and only its most upscale restaurants are very expensive. Tip: if you want to try a good restaurant but don’t want to pay for dinner, go at lunchtime. They often offer the same selections, but in smaller portions and lower prices!

16. **Walk around campus.** Don’t just go from your department to the library and
back—explore some of the buildings! Go to the 13th floor of the Educational Sciences building on Johnson Street to get a view of the city (or, if you can finagle your way up there, see the view from the restricted 19th floor of Van Hise!). Walk through historic Bascom and try to get a glimpse of the Chancellor. Check out North Hall, the oldest building on campus. Visit the free Geology Museum in Weeks Hall, taking special notice of the mastodon skeleton found not far from Madison. Contact Campus and Visitor Relations for information about campus tours.

17. Bike! Trails weave throughout the city. Ask around for some good suggestions, or just get on your bike and discover your own favorite trail.

18. Meet up with friends, study, or just take in the scenery on the rooftop of Monona Terrace. Catch the panoramic view of Lake Monona, the State Capitol, and the near east and west sides of the city in this free public space.

19. Walk the Lakeshore Path to Picnic Point. It’s approximately 3.1 miles from the Memorial Union to Picnic Point, so remember you have to walk back!

20. Visit beautiful Allen Centennial Gardens. At 620 Babcock Drive, this gorgeous garden is located on the west side of campus and is open to the public. It’s only 2.5 acres, but it provides a wonderful setting to relax or go for a stroll. For details, visit allencentennialgarden.org.

21. Rent a copy of The War at Home, an award-winning documentary about activism at UW–Madison during the Vietnam era. This film is available at many campus libraries and is a must-see for anyone attending the university.

22. Join Hoofers. Whether you ski or snowboard, sail, scuba dive, or ride horses, Hoofers has a group for you. For more information and to join go to hoofers.org.

23. Discover the nearly extinct local bookstore. Up and down State Street, as well as in other areas of the city, local bookstores sell new and used books. A Room of One’s Own at 315 W. Gorham offers great customer service, a slice of local Madison, and they’ll even gift-wrap your book for no additional charge.
A runner jogs along Arboretum Drive past a backdrop of golden tree foliage.
For graduate students, living well means being able to balance your academics with your physical, emotional, and social needs. While you are in grad school, it is important to eat healthily, exercise, rest, find effective ways to deal with stress, and feel connected with your community. This chapter highlights some opportunities to help you take care of yourself and live a more balanced life.

**HEALTH AND WELLNESS**

**University Health Services (UHS)**
333 East Campus Mall
608-265-5600
uhs.wisc.edu

University Health Services is the student health center on campus, open to all students attending UW–Madison. Students do not have to worry about spending too much on basic services. Most of the costs are already covered from enrollment and tuition fees.

These services are provided by UHS:
- Routine health care, medical treatment of injuries and illnesses, flu and allergy shots, and travel check-ups.
- Counseling for stress reduction, smoking cessation, nutrition, mental crises, and more.
- Specialized care in Mental Health and Women’s Health.
- Confidential testing and treatment of STDs at the UHS Sexual Health Clinic.

**UHS Counseling Services for Graduate Students**

**Dissertator’s Group**—A supportive group environment focused on the emotional, behavioral, and organizational challenges associated with the dissertation process. View the group counseling schedule at uhs.wisc.edu/mental-health/group-counseling/schedule.

**Graduate Students’ Group**—Topics may include: time management, financial stress, relationship concerns, burnout, isolation, and maintaining balance. For the group counseling schedule go to uhs.wisc.edu/mental-health/group-counseling/schedule.

**Graduate Women’s Group**—Common topics include relationships, academics, stress, depression and anxiety. For the group counseling schedule go to uhs.wisc.edu/mental-health/group-counseling/schedule.

**Graduate Students of Color Support Group**—A support group for graduate students who identify as persons of color (African American, African, Caribbean-American, Latino/a, Indian, Asian, Asian American Indian-American, Native American, etc). Wednesdays, 12–1 p.m., EcoWell Studio (Room 1107)

**Let’s Talk**—UHS offers drop-in consultations at locations around campus. It’s free, no appointment is necessary, and students are seen on a first-come, first-served basis. For more information go to uhs.wisc.edu/mental-health/lets-talk.

**Support for student military veterans**—UHS tailors support to veterans including walk-in access to counselors. Go to uhs.wisc.edu/news/campus/student-veterans for more information.
Sexual Violence Prevention Program—
UHS provides an online violence prevention program, which all incoming graduate students at UW-Madison are expected to complete. For more information go to uhs.wisc.edu/prevention/violence-prevention/grad-students.

Graduate Survivor Support Group—
This is a confidential drop-in support group for graduate and professional students who have experienced sexual assault, intimate partner violence, stalking, and/or sexual harassment who want a place to speak with other student survivors. For more information or to find a group meeting time, visit uhs.wisc.edu/prevention/violence-prevention/survivor-support-group.

Victim Advocacy Open Access Hours—
Drop-in support, information, and referral with confidential UHS victim advocates for students who have experienced sexual assault, intimate partner violence, stalking, and/or sexual harassment. Located on the 8th floor of UHS (333 East Campus Mall). Hours: Mondays 1–5 p.m., Wednesdays 1–5 p.m., Thursdays 9 a.m.–12 p.m.

UWell—This is a comprehensive wellness initiative aiming to advance the health and wellbeing of the entire campus community by promoting existing resources. Visit the UWell website at uwell.wisc.edu.

University Health Services End Violence on Campus
333 East Campus Mall
608-265-5600, option 3
evoc.wisc.edu

Sexual assault, sexual harassment, dating/domestic violence, and stalking are serious issues that can affect graduate students and disrupt the learning and working processes of the entire campus community. Student victim/survivors have many options and services available to them on and off campus, including victim advocacy, mental health counseling, and access to the criminal and campus disciplinary systems. Services are available to victims regardless of their choice to report the incident to law enforcement, and most are available at no charge.

University Health Services End Violence on Campus (UHS EVOC) provides confidential victim advocacy and support to UW–Madison student survivors of sexual assault, sexual harassment, dating/domestic violence, and stalking. UHS EVOC can provide emotional support, assistance with arranging academic accommodations, and information about reporting options. For more information about UHS EVOC, other confidential resources and offices designated to receive official reports, visit evoc.wisc.edu.

Health Insurance
UHS provides some of the most common health services, but students who are looking for comprehensive health coverage may wish to enroll in the Student Health Insurance Plan (SHIP), which is the university-sponsored, comprehensive, and affordable health
plan that provides additional coverage for the services that UHS does not provide. International students and J–1 scholars are required to enroll in the SHIP Health Plan or to file a waiver proving they are adequately insured in some other way. For more information, visit uhs.wisc.edu or call 608-265-5600.

PAs, TAs, and RAs with at least a 33.33%-time appointment are offered health insurance as a part of their benefits package. There are several different insurers to choose from, and you should be given information about insurance options when you first begin your graduate assistantship. Contact the Benefits Coordinator in your department, or the UW Benefits Service Office (ohr.wisc.edu/benefits) for more information, especially about enrollment deadlines. Sometimes this information can be difficult to parse, so you may find it helpful to ask for recommendations from your peers before making a decision.

**Hospitals in Madison**

**UW Hospital and Clinics**
The UW Health system features a distinguished staff of physicians and staff who are passionate about their work. There are multiple hospitals, clinics, programs and services which comprise UW Health, and the main hospital is located at 600 Highland Avenue. Please visit uwhealth.org or call 608-263-6400 for more information.

**St. Mary’s Hospital Medical Center**
700 S. Park St, 608-251-6100
stmarysmadison.com

**UnityPointHealth-Meriter Hospital**
202 S. Park St, 608-417-6000
unitypoint.org/madison

**William S. Middleton Memorial Veterans Hospital (VA)**
2500 Overlook Terrace, 608-256-1901
madison.va.gov
Dentistry
Taking care of your teeth is important to your overall health. Information on dentists in the campus area can be found on the UHS website, uhs.wisc.edu, or through your health insurer. Some health plans may not include dental coverage, and low-cost alternatives are available. The Dental Hygiene Training program at Madison College is one option. Located at the Health Education Building, 1705 Hoffman Street, 608-258-2400, the clinic is a teaching institution where dental hygiene students perform oral prophylaxis (cleaning) and other dental services for a small fee.

Eyecare
Information on optometry services in Madison can be found on the UHS website, uhs.wisc.edu, or through your health insurer, and optional vision insurance is available through the university.

There are several stores which offer on-site eyewear labs including Lenscrafters at both East Towne and West Towne Malls and Eyemart Express with locations on both the east and west sides of Madison. WalMart and Shopko stores also have vision centers.

Eating Right
As a graduate student busy with research and studies, it is easy to slip into bad eating habits. With Madison’s many food co-ops, health food stores, local farms, and several farmers’ markets, Madison is a great place to develop healthy eating habits.

Madison hosts several farmers’ markets during the growing season, and has many food co-ops and health food stores. Joining a CSA (Community Supported Agriculture) to receive a fresh box of produce each week from a local farm is another way to get your fruits and vegetables. For more information on these resources, see Shopping and Services (Ch. 8).

For many graduate students, time constraints can be the biggest obstacle to maintaining a healthy diet, even though a healthy meal may be exactly what we need when we’re feeling stressed. It helps to plan ahead. Something as simple as cooking multiple batches on the weekend can keep you eating well during the week, while saving time and money.

Achieving Balance and Dealing with Stress
One of the most difficult aspects of graduate school is balancing academics with all of the other parts of your life. Below are some tips from graduate students for balancing school with family, work, relationships, and your own needs.

Tips for Balancing with a Family:
- Spend quality time with your family: use different/creative strategies which may mean redefining what “quality time” means with your kids.
- Community building helps with parent- ing; this can mean learning to negotiate
and learning good communication skills (i.e., with your advisor), which will help you as a parent.

- Take advantage of the services offered by the Office of Child Care and Family Services (occfr.wisc.edu)

**Tips for Balancing with a Job:**
- Get a planner, and use it!
- Pay attention to your goals for the future: try to take positions that will work for your future career aspirations.
- Remember your graduate degree is your priority—stay focused.

**Tips for Balancing Relationships:**
- In graduate school, you will need support from your significant other, family, and friends; maintain open lines of communication and make sure they understand “your world” and the time and work commitment that it demands.
- Take time to spend with a significant other, family, and friends.
- Have fewer, or more realistic, expectations.
- Remember to ask yourself: What does success mean to me?

**Tips for Managing Stress:**
- Take time to connect with peers—whether through your department, MGN, the TAA, or other student organizations. Social support from people who are in the same boat can help to manage stress.
- Make time to do relaxing things, like cooking or yoga. Don’t feel guilty about taking time for yourself!
- Pay attention to your mental health. During the winter season, some people may suffer from Seasonal Affective Disorder. It helps to get some ‘light therapy’: find reasons to get outside during the winter.

**Counseling Services**
Grad school can be a stressful experience. Fellow classmates are a helpful support system, but it is important to know that there are more formal resources available. UHS (333 East Campus Mall) provide free short-term counseling to currently enrolled UW–Madison students. They offer individual and small group counseling. Call UHS at 608-265-5600 for an appointment, or visit the website at uhs.wisc.edu/uncategorized/schedule for more details about the group counseling schedule.

**ATHLETIC FACILITIES**

**Recreational Facilities on Campus**
The Division of Recreational Sports offers many facilities and programs for students. Rec Sports oversees club sports, fitness classes, intramural sports, and programs like lap swimming, weightlifting, and basketball. Personal training services are also available.

There are several athletic facilities open to students. You need to show your UW student ID to gain access. All facilities are accessible to individuals with disabilities.

The Natatorium (known as “the Nat”) is near the vet school, Lakeshore dorms, and the hospital on the west end of campus. The Shell, near Camp Randall, is the furthest from campus dormitories and tends to attract faculty and grad students. A new facility called “the Nick” (Nicholas Recreation Center) is expected to open in 2020 on the southeast side of campus.

The Nat and the Shell both have closed parking lots that do not require permits after 4:30 p.m.

**Group Fitness** classes are offered at the Nat to currently enrolled students, faculty/staff, and spouse/domestic partners that have paid the recreation membership fee. There is
a small fee to attend Group Fitness classes. At the time of publication, the fee is $30 for students per semester. Programs may include floor classes, aqua, mind/body (yoga and pilates), cycling, and specialty courses. Some classes are very popular and it is recommended to arrive early to guarantee a spot.

Schedules are available online at recsports.wisc.edu/fitness.htm#group-fitness.

For those interested in tennis, the Nielsen Tennis Stadium is one of the best indoor tennis facilities in the nation and it is right here in Madison! As a grad student, it only costs $5 to play singles for 75 minutes and $3 for doubles. Lessons and drills are also available from the tennis professionals on staff.

Most campus facilities have lockers and offer a lifetime towel exchange for only $20, guaranteeing a fresh towel for every visit. There is a fee for indoor ice skating at the Shell and playing tennis or squash at the Nielsen Tennis Stadium.

Recreational Facilities Elsewhere
Madison is home to a number of quality private health clubs. It will cost more than working out on campus, but if price is not your primary concern, consider one of the many health clubs available in Madison:
- Capital Fitness
- Curves
- Harbor Athletic Club
- Monkey Bar Gym
- Pinnacle Fitness
- Princeton Club

For more reasonable options, consider membership at the fitness center in your local community center:
- Goodman Community Center (goodmancenter.org)
- Warner Park Community Recreation Center (cityofmadison.com/parks/WPCRC)
- YMCA of Dane County (ymcadanecounty.org)

Madison School and Community Recreation (mscr.org) also offer a variety of fitness and arts classes at very reasonable rates.

Team Sports in Madison
Team sports can be a great way to meet new people and keep active! There are opportunities to play club or intramural sports though UW Recreational Sports (recsports.wisc.edu), but many graduate students (and even some faculty) participate in team sports through non-university groups.

Madison School and Community Recreation (MSCR) coordinates league play for softball and baseball in summer and fall, and volleyball and basketball in fall and winter. There are a variety of men’s, women’s, and coed teams. If you do not have a connection with someone already on an established team, MSCR has a player pool from which coaches recruit players for their respective teams. Specific information about the many opportunities offered through MSCR is available at mscr.org.

Ultimate frisbee is another popular team sport in Madison. For information about
league and pick-up games in town, check out the Madison Ultimate Frisbee Association (MUFA) at mufa.org.

For those interested in indoor or outdoor soccer, the Madison Soccer Association (see madisonsoccer.com) is a good place to find information about local soccer activities.

SAFETY

Madison is a relatively safe city to live, work and study, but like anywhere else, crime sometimes happens. Remember these eight common sense safety tips provided by the Division of Student Life:

1. Lock your doors. Theft is a crime of opportunity.
2. Do not walk alone at night.
3. Do not walk in dimly lit or rarely traveled areas.
4. If you feel unsafe traveling at night, use the SAFE nighttime services (SAFEwalk Escort and SAFEride Bus) by calling 608-262-5000. For more information, visit transportation.wisc.edu/transportation/safeservices.aspx.
5. Do not post your address or phone number on social media.
6. Report crimes. Campus crimes should be reported to UW Police at 608-264-2677. Off-campus crimes should be reported to the Madison Police Department at 608-255-2345.
7. Remember, there is a correlation between alcohol use and crimes: alcohol and other drugs are involved in 90% of student felonies.
8. Take responsibility for your personal safety. For more safety information visit uwpd.wisc.edu.

“Moving from northern California to Madison for graduate school has been spiritually beneficial. Living on my own has helped me figure out who I am as a person, a student, and as a Christian. I start every day with Bible study and prayer. I have especially enjoyed the many opportunities that I have had to fellowship with other Christian brothers and sisters here at UW–Madison. Listening to the way that the Lord is working in and through the lives of others provides me with encouragement, and it helps to strengthen my faith.”

JARED COLLINS, Biomedical Engineering and Public Health

COMMUNITY INVOLVEMENT

Volunteering

Morgridge Center for Public Service
Find Yourself through Service to Others
Address: 716 Langdon Street, Room 154
Madison, WI 53706
Phone: 608-263-2432
E-mail: info@morgridge.wisc.edu
website: morgridge.wisc.edu

Want to get out of the classroom and into the Madison community? Put course theory into practice through service? Look for a resume builder during the semester? Or just connect to those similar to you? Stop in the Morgridge Center for Public Service office to learn how you can start volunteering in Madison or around the world!

The center promotes citizenship and learning through service within local, national and global communities through various programs, services and resources,
including Badger Volunteers, volunteeryourtime.org, Wisconsin Idea Fellowships, Morgridge Center Awards, Service-Learning & Community-based Research, Wisconsin Idea Exchange and Volunteer Transportation.

**SPIRITUALITY**

**Religious Student Organizations**

Dozens of groups exist for students of a broad range of different faiths and interests. Please see cfli.wisc.edu for a complete listing of religious student organizations.

**Places of Worship**

Madison-area churches, synagogues, temples, and other houses of worship can be found by contacting the relevant religious student organizations, or searching the web for up-to-date information.

The Intervarsity Graduate Christian Fellowship of the UW–Madison maintains an abbreviated list of area churches attended by its members: gradivymadison.org

**Take a Walk in a Labyrinth**

A labyrinth is a walking path for contemplation, prayer, relaxation and enhanced self-awareness. It will connect you to a deeper knowledge of the sacred, yourself, and your life journey. Through this increased awareness, the labyrinth can help nourish the mind, body, and soul for better mental, physical, and spiritual health.

There are multiple public labyrinths at churches and parks in Madison. To learn more about labyrinths or to see a list of labyrinths in the Madison area, visit labyrinthsoociety.org.