

Hello Students,

As other messages from LCOM leadership have acknowledged, we know that this has been a particularly fraught election season. We want you to know that we fully support our students in being active participants in the election process by casting their votes – acknowledging that if you are not eligible to vote, we still encourage you to remain engaged through advocacy, and supporting causes you care about and candidates you believe in. We know that, as future physicians, you are committed to creating a vital and healthy community and that your own civic engagement is an important part of that process.

With that in mind, we want to make sure that you have all the information and tools necessary to be empowered to vote in the Federal, State, and local elections happening this year. We have put together a [one pager with information on how to register and how to vote in Vermont](#). If you are registered in your home state, you can [find state-specific information here](#). Note that the Social Justice Coalition has also assembled very helpful information about voting and voting advocacy. Don't hesitate to reach out to any of the [SJC representatives](#) for more information.

One last note! With your busy medical school schedules, it is important to make a voting plan. If possible, figure out in advance when and how you will cast your vote to ensure that you get your ballot in on time. If you think your medical school schedule may interfere with your ability to vote, please let me know, and I am glad to help you figure that out. And as always, I'm also glad to meet with students to talk about stress management or your well-being through medical school during a complicated time in the world (drop-ins [here](#)).

I hope that you all continue to take good care of yourselves and each other.

Lee Rosen

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