



NAVIGATE

Monthly Newsletter

JANUARY 2024

OFFICE HOURS

We're trying something new in February! If you have questions about Navigate, want to work through how to utilize a feature, or need help brainstorming how to use Navigate to support initiatives in your unit, come to virtual Office Hours! Every Monday and Thursday, 12-1pm through Zoom. Register for Office Hours, up to two hours in advance, [here](#) or email EABHelp@vt.edu if you have any questions!



FEATURE SPOTLIGHT

Rec Sports Referral

For Students who:

- Would benefit from regular physical activity
- Are looking for ways to manage stress
- Want to improve their mental and physical health
- Want to get outside to experience adventure trips, challenge courses, or find other ways to be active outdoors
- Are looking to create ways to make friends and get involved

What's the benefit?

- Personalized email and/or phone call from Rec Sports staff to discuss interests and goals
- Opportunity for a 30 minute, in person consultation
- Great way to work through academic stress, make friends, and find a sense of belonging
- Develop healthy lifestyle skills

You can also use this referral to connect students to Rec Sports who may be interested in a job or internship with them as they are one of the largest employers of students on campus! To learn more about other referral reasons, [click here](#). If you're not sure how to submit a referral, [see here](#).

ATTENTION @EXCHANGE USERS

Users with an @exchange.vt.edu email address are unable to participate in email capture- where emails originating in Navigate will capture the email thread in "Conversations" even as you communicate through your Outlook/Gmail inbox. This is great for keeping a record of student interactions without having to manually input information. To fix this, exchange users can go to Accounts Manager, locate the "email services" section, and change their "preferred" email to the @vt.edu address

