

Get your PAWS on helpful numbers!

1st & 2nd Year Programs	581-1420	MaineBound	581-1794
Alcohol and Drug Education	581-1423	Multicultural Center	581-1428
Athletics	581-1052	Parking & Transportation	581-4047
Bookstore	581-1700	Performing Arts	581-4703
Campus Activities and Events	581-1793	Public Safety	581-4040
Campus Recreation	581-1082	Rainbow Resource Center	581-1439
Collins Center for the Arts	581-1755	Residential Life	581-4801
Computer Connection	581-2580	New Student Programs	581-1590
Counseling Center	581-1392	Safe Campus Project	581-2515
Cutler Health Center	581-4310	Student Affairs	581-1406
Housing & Dining	581-4580	Student Service Center	581-2273
Information Technologies	581-2506		

Academic Angle

Colleges

- 5 colleges and 2 programs
- College of Business, Public Policy & Health
- College of Education & Human Development
- College of Engineering
- College of Liberal Arts & Sciences
- College of Natural Sciences, Forestry, & Agriculture
- Honors College
- Explorations/ Foundations

Study Abroad

- Study away internationally (Study Abroad) for a semester or year
- Most financial aid and scholarships may be applied
- Credits earned may be applied towards major, general education and elective requirements
- Minimum 2.75 (Study Abroad) GPA requirement
- Sophomore or higher and in good academic standing
- Language proficiency if necessary
- For more information, visit the Study Abroad Resource Room, 3rd floor, The Maples

Student Records

- Access your student information, grades, & financial information on MaineStreet
- Student Consent Form to give parents access to student records
- Official copy of transcript
- Student immunization records

College Success Program

- **Tutor Program – 104 Dunn Hall** –FREE tutoring for most 100 and 200 level non-web based courses
- **Disability Support Services – 121 East Annex** – Provides academic and support services for students with physical, emotional, and learning disabilities
- **Onward Program – 125 East Annex** – Offers college-prep courses in writing, reading, math, and science

Writing Center & Math Lab

Writing Center – 402 Neville Hall – FREE feedback for all types of writing. Specialists on staff for International and ESL students.
Math Lab – 116 Neville Hall – Staffed by students, faculty and staff. Open weekdays 9am-4pm, and Monday-Thursday 7pm-10pm. IT'S FREE!

Career Center

- Helps students explore the relationship between majors & careers
- Career planning, job search strategies, graduate and professional school options, & internships
- Co-op program, mock interviews, résumé workshops
- Individual career counseling and group presentations

Library

- Largest library in the State!
- Oakes Room Café
- Computer Cluster with free media rentals!

Advising

- Advisors are faculty and staff who assist students with academic scheduling.
- Students are assigned an advisor or have an advising center within their college.
- First year seminar classes are available within the colleges.

Student Innovation Center

- A place for students to turn ideas into reality
- New classes and workshops to teach students how
- For more information contact them at 581-1454

General Education Requirements

- Every University of Maine academic program is based upon a strong foundation in the liberal arts and sciences
- We want to broadly educate students
- The goal is to appreciate the achievements of civilization, understand the tensions within it, and contribute to resolving them

Science

Each program must include two courses in the physical or biological sciences. This may be accomplished in two ways:
 1. By completing two courses with laboratories in the basic or applied sciences;
 2. By completing one course in the applications of scientific knowledge, plus one course with a laboratory in the basic or applied sciences

Human Values and Social Context

Each program must include 18 credits in this broad area, selected from lists of approved courses to satisfy each of five sub-categories.

1. Western cultural tradition
2. Social context and institutions
3. Cultural diversity/international perspectives
4. Population and the environment
5. Artistic and creative expression

Mathematics

Each program must include at least six credit hours in mathematics, including statistics and certain courses in computer science. No more than three of the six credit hours may be in computer science.

Writing Competency

The ability to write well is one of the most important attributes of an educated person.
 1. ENG 101, College Composition. All students must complete this course with a grade of C or better, or be excused from this course on the basis of a placement exam or completion of HON 111 and HON 112 with a grade of C or better in each.
 2. At least two courses designated as writing-intensive, at least one of which must be within the academic major.

Ethics

Each program must include at least one approved course or series of courses placing substantial emphasis on the discussion of ethical issues.

Capstone

Every program must include an approved capstone experience



Paws Pamphlet



A handy “Must Know” guide for new students.



UMAINE LIFE

Campus Activities & Student Engagement

- Campus Activities Board programs free events 6 nights a week!
- Co-Sponsors national acts like: Vanessa Carlton, Ben Folds, Maroon 5, Fuel, panic at the disco, and many more!
- Bodwell Center for Service & Volunteerism
- Alternative Spring Break, Black Bear Mentors, Community Service

Campus Recreation

- New Student Recreation & Fitness Center
- eSports arcade in the Union
- Intramural sports, sport clubs, fitness classes, personal training, and much more!
- Maine Bound Climbing Gym is free for UMaine students
- Adventure programming throughout the year

Athletics

- Division 1 athletic program
- 15 varsity sports
- Alford Arena- home of the Black Bears ice hockey (NCAA Champions 93’ & 99’) and basketball team
- Black Bear spirit is an essential part of UMaine life!
- Free admission to many events!

Performing and Visual Arts

- You don’t have to be in the major to get involved with the numerous groups, like, band, chorus, dance, music theater, etc.
- Collins Center for the Arts hosts performances like Cats, Dave Matthews Band, Bill Cosby, etc.
- Art museums on and off campus

Greek Life

- 16 Fraternities & 7 Sororities
- About 11% of students on campus are involved in Greek Life

- Greek organizations develop academics, leadership development, life-long friendships, service, & intramural athletic competition

Student Organization & Leadership Development

- Located in the Wade Center- Lower level of the Memorial Union
- 180 student organizations
- Supports student organizations with space and resources

Rainbow Resource Center

- Gay, Lesbian, Bisexual, Transgendered Services
- Memorial Union, Room 162
- Hosts Coming Out Week and Pride Week
- Resources include a library of books & films and a safe space for reading, relaxing, or socializing between classes
- Drop by—everyone is welcome!

Commuter & Non-Traditional Student Programs (CNTSP)

- Commuter Lounge, 228 Memorial Union
- Programs for our non-traditional and commuting students such as Commuter Week, Non-trad. Student Week, and What’s on Wednesday?
- Offers special services for commuters including locker rentals, free coffee, off-campus housing information and more!

Religious Organizations

- 14 religious groups on campus
- Churches that offer services within walking distance of campus

Multicultural Programs

- Support and services to multicultural students
- Offers personal advising
- 7 cultural clubs for social connections
- Scholarship and internship program
- Located in Hannibal Hamlin Hall



UMAINE LIFE



- Support for first-year students transitioning from high school to college
- Innovative, cutting edge programs, events, and activities in FYRE residence halls
- Androscoggin, Cumberland, Gannett, Knox, Oxford, Somerset, Colvin, Balentine, and Penobscot Halls
- Themed housing: Quite Study, The Well (substance free) and Outdoor Adventure



- Your first day on campus Friday August 28, 2009
- You will be assigned a move in time between 8:00AM- 4:00PM
- There will be people to help you move in your stuff!
- More information will be mailed to you in August!

Office of 1st and 2nd Year Programs

- Resources for everything and anything for 1st and 2nd year students
- Referrals and contacts for academic and non-academic help

Residence Life

- 19 Residence Halls, nearly 4,000 residents
- Over 100 Residential life staff
- Offers constant community building and educational programs and activities
- Get involved with your complex governing board!

Students Helping Students

- **Peer Educators** are students who work with the Counseling Center to educate the student community about topics including: sexual violence, study habits, and responsible living (includes: Greek Peer Ed. and Athletes for Sexual Responsibility).
- **M Project Mentors** work with the Office of 1st and 2nd Year Programs. These upper-class students act as mentors to incoming student to help guide them through their first-year experience!
- **Student Ambassadors** are students who work for New Student Programs and are members of Team Maine. Their main focus is on helping facilitate the universities orientation programs.

• **Dirigo Tour Guides** are students who work for New Student Programs and are members of Team Maine. They are responsible for giving campus tours to potential incoming students of the university.

• **Student Telecounseling** Admissions Representatives Are members of Team Maine who call students to help answer questions about college!



BEAR CARE



- Convenient on-campus hours Monday – Friday. Weekend hours available at EMMC Orono Family Medicine on Kelly Rd in Orono
- Offers- Allergy Shots, Ambulance Services, Foreign Travel Medicine, Immunizations, Lab Services, Minor Surgery, Nurse Triage, Physical Exams, and much more.
- Staff includes- Physicians, Nurse Practitioners, Nurses, Medical Assistants, X-Ray Technician, Wellness Educator.
- Can bill third party insurance if it covers you directly. Just bring your insurance card and co-pay with you ...
- All patients are asked to pre-register for their appointments ahead of time by calling 207.581.4310, or at www.emmc.org/Cutler.aspx



Counseling Center and Peer Education Program

THE DIVISION OF STUDENT AFFAIRS

- Free and Confidential to students
- Individual, couple, and group counseling
- Crisis response and prevention
- Psychiatric consultant (charge)
- Professional counselors
- Located in Cutler Health Bldg (Gannett Hall side)

Department of Public Safety

- Full service police agency with more than 15 full-time officers
- Community-oriented policing approach
- Operates more than 35 emergency call boxes around campus
- Offers self-defense programming
- Campus Walking Companions

Safe Campus Project

- Works to promote a safe community for everyone
- Strives to reduce sexual assault, relationship abuse, and stalking
- Provides support and helps answering questions and concerns. Free services available to all!



- Alcohol and other drug education and prevention services
- Promotes healthy choices
- Monitor, measure, and improve our approaches to increase safety and reduce risks through primary prevention of substance abuse for members of our university community



Student Services

Housing/ Dining

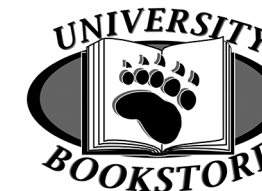
- **Housing:** Double, Single, Double- single and Suite Housing
- Graduate and upperclassmen and 21-plus housing
- **Dining:** Variety of mean plans
- 3 dining commons
- Union Central- Starbucks coffee
- The Marketplace food court style eating in the Memorial Union
- 2 convenience markets
- Meal plan is on your **MaineCard**
- Newly renovated Hilltop and Wells Commons

Parking and Transportation Services

- Park between 2 white lines!
- **Resident Student** – Red lots and permits
- **Commuter Student** – Black lots and permits
- **Visitor** – free permits for visitor lots only
- 50\$ for a parking permit and can be purchased in the Student Service Center
- To better plan for your parking needs, events such as snow removal and other lot closings are noted on our website and First Class



- Sells parking permits
- Add campus or dining funds to your MaineCard
- **8 things you should know about your MaineCard!**
 1. *Residence hall building and room access*
 2. *Dining plan*
 3. *Black Bear Bucks*
 4. *Free entrance to all UMaine Sporting and school of performing arts events*
 5. *Free rides on BAT Bus*
 6. *Fogler Library Card*
 7. *Student Recreation and Fitness Center Pass*
 8. *Printing funds (\$16 per semester)*



- Official UMAINE Clothing & Gifts
- New and used textbooks & textbook buyback
- Items for living on campus
- Convenience items such as snacks and health & beauty aids
- Monday through Thursday, 8:00 am to 6:30 pm
- Friday, 8:00 am to 4:30 pm, when classes are in session



Technology

First Class

- Umaine's Email System
- Participate in class conferences
- Access to conferences for student organizations

Computer Connection

- Your on campus computer store
- Desktops and laptops
- Computer software and hardware
- Peripherals of all kinds

Maine Street

- MaineStreet allows you to access and manage your academic records and financial information, all in one easy-to-use website
- Through MaineStreet, you can add and drop courses, view account balances, check your course schedule, make a payment, peruse your student records and much more
- Visit MaineStreet 101 for helpful tutorials at <http://www.umaine.edu/mainestreet/>

Career Center

- Helping students to explore, decide and reach career goals
- Located on the third floor of the Memorial Union
- Offers career counseling and job search advising
- Career fairs and specialized workshops
- Internship and job listings

Health & Legal Professions Office

- Advising students planning to enter professional schools upon graduation
- Located on the third floor of the Memorial Union
- Helping students in pre-med, pre-dental, pre-optometry, pre-vet, pre-law and related programs
- Advising student clubs and offering special events
- Sponsoring medical mission outreach programs