Welcome to Farmington
• Take a one-credit course that will introduce you to the liberal arts experience •
• Live in a residence hall and get a chance to bond with other first-year students •
• Participate in campus activities and make connections with upperclassmen •
• Explore Emery Community Arts Center/Olsen Student Center/ Fitness & Recreation Center •
  • Check out downtown Farmington and the surrounding area •
• Program cost of $275 includes housing, meals, activities, tuition and books for 1 credit course •

REGISTER NOW:
farmington.edu/accepted

Questions? Contact:
umfadmit@maine.edu or 207.778.7050
# Table of Contents

1. Table of Contents
2. Welcome Accepted Students!
3. MaineStreet and MyCampus
4. Forgot Your Password?
5. Academic Calendar
6. Orientation 2020: Sneak Peek
7-8. Explore Majors at UMF
9. A Guide for Student Athletes
10. General Education Requirements
11. First Year Program and First-Year Seminar
12-14. First Year Fusion
15. Applying for Financial Aid
16-17. Student's Financial Aid To Do List
18. Working on Campus
19-20. What to Bring/Packing List
21. Residence Hall Information
22-26. Student Life and Residence Halls
27-29. Center for Student Involvement and Olsen Student Center
30-32. Campus Resources
33. A Success Plan: For Students with Physical and Mental Health Challenges
34. Student Health Center
35. Academic Advising
36. Academic Success in College
37-38. Career Services
39-40. Study Abroad
41. Department of Public Safety/Campus Police
42-43. Alcohol and Drug Policy
44. Family Educational Rights and Privacy Act (FERPA)
45. What Parents Should Know about FERPA
46-47. Explore Farmington
48. Office of Admissions Staff Contacts

[Online Version: farmington.edu/accepted]
Welcome Accepted Students!

Thank you for taking time out of your busy schedule to attend an Accepted Student Day at the University of Maine at Farmington. We are so excited to have you here!

Congratulations on your acceptance to UMF! You are officially one step closer to beginning a journey of lifelong learning, growth, development, and exploration. College is also a great opportunity to build friendships that will likely last a lifetime.

Today is a wonderful opportunity to experience what UMF is all about. As you make your way around campus, take a few moments throughout the day to picture yourself here. Be sure to ask plenty of questions and take ownership of an informed decision-making process. Think of college not as an extension of high school, but rather as the beginning of something new and exciting.

What’s in the Booklet?

In this booklet, you will find information about academics, orientation, on-campus living, athletics, campus resources, what to expect from college and more! When you commit to Farmington, we make a commitment to your success.

Our goal with Accepted Student Days is to provide an authentic experience and help prospective students make an informed decision. If you have any questions after your Accepted Student Day, please feel free to give us a call at (207) 778-7050, or email us at umfadmit@maine.edu.

What’s Next? Confirmed Student To-Do!

1. Submit Housing Application and Room and Board License
2. Complete Course Planning Form and Financial Responsibility Statement - required to sign up for classes
3. Accept Financial Aid
4. Take Placement Test(s) - if required
5. Attend our week-long Summer Experience program! (Optional)
6. View your Schedule and Order Textbooks
7. Start College on Friday, August 28, 2020!

To get started on your to-do list or to view this booklet electronically, visit farmington.edu/accepted!
MaineStreet and MyCampus

When students **apply** to UMF, they receive an account on MaineStreet. For prospective and incoming students, MaineStreet is used for tracking your application status, financials, and student billing. Additionally, current and returning students use MaineStreet for student employee time entry, course enrollment, grades, and degree progress tracking.

[mainestreet.maine.edu](http://mainestreet.maine.edu)

When students **confirm** to go to UMF, they receive access to MyCampus. MyCampus is UMF’s student website. On MyCampus under the New Students tab, you will find the Pre-Arrival Checklist, Course Planning Form, Housing Application, and more!

[mycampus.umf.maine.edu](http://mycampus.umf.maine.edu)
Forgot Your Password?

MaineStreet, MyCampus, and your university email all use the same login information. If you forget your password, visit accounts.maine.edu and choose “Recover a Lost Password”. Remember, your password must be changed every 180 days (6 months). Should you need further assistance, please feel free to contact us!
**Academic Calendar**

**FALL 2020**

Friday, August 28  
Move-in Day

Friday-Sunday, August 28-30  
Orientation

Monday, August 31  
Classes Begin

Monday, September 7  
Labor Day

Saturday-Tuesday, October 10-13  
Fall Break

Monday, October 12  
Indigenous Peoples’ Day

Wednesday, November 11  
Veterans Day

Wednesday-Sunday, November 25-29  
Thanksgiving Break

Thursday, November 28  
Thanksgiving Day

Friday, December 11  
Classes End

Monday-Thursday, December 14-17  
Finals Week

**SPRING 2021**

Tuesday, January 19  
Classes Begin

Monday, February 15  
Presidents' Day

Saturday-Sunday, March 13-21  
Spring Break

Friday, April 30  
Classes End

Monday-Thursday, May 3-6  
Finals Week

Saturday, May 8  
Commencement
Orientation 2020: Sneak Peek

Day #1: Friday, August 28th
Opening Day!
Opening Day is all about welcoming you to campus: helping you move into your residence hall or introducing you to commuter-friendly spaces; giving you your parking decal and Student ID card; connecting you with new peers and campus staff; and inducting you into academic life at UMF. You’re officially a BEAVER! The day generally includes:

● Centralized Check-In, your one-stop shop for paperwork, student ID, parking decal, transfer transcript analysis, and more;
● A free luncheon and informative programs for you and your loved ones;
● A welcome from UMF President Edward Serna;
● A Matriculation Ceremony, where you will be formally matriculated as a UMF student;
● Nightly entertainment and activities.

Day #2: Saturday, August 29th
Taking Care of Business
It’s time to become familiar with campus, engage in interesting discussions, and explore UMF’s values and commitment to excellence. Examples of potential programs include but are not limited to:

● College success and academic integrity sessions;
● Title IX and bystander intervention training;
● Student employment information;
● Student organization and club sports information;
● Shuttle vans around your new community.
● Once again, nightly entertainment and activities will be scheduled for your enjoyment.

Day #3: Sunday, August 30th
Time to Have Fun!
Relax and have fun before classes start! Past examples of our trips and adventures include:

● Active outdoor adventures, like white water rafting, canoeing and kayaking local lakes and rivers, hiking and biking, and a trip to Mt. Blue State Park;
● Outdoor fun, like a walking tour of downtown Farmington, lawn games, and writing or sketching around campus;
● Indoor activities, like community service projects, ceramics, crafts, and music sessions;
● Evening entertainment, like Dollar Movie Night and a campfire with s’mores.

First Week of Classes:
Academic Advising
During the first week of classes, you will meet your academic advisor to get to know each other and talk about your course schedule. Ask your advisor any remaining questions you have about UMF!

Please note: The above Orientation program outlined above is an example of the Orientation schedule. Programs & events may change slightly over the summer. A complete schedule will be online by mid-July. Students and parents receive final information in early August.
### Explore Majors at UMF

<table>
<thead>
<tr>
<th>Major</th>
<th>Major</th>
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<tbody>
<tr>
<td>Actuarial Science</td>
<td>Performing Arts</td>
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<tr>
<td>Adulthood and Aging</td>
<td>Philosophy/Religion</td>
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<tr>
<td>Anthropology</td>
<td>Political Science</td>
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<tr>
<td>Biology</td>
<td>Psychology</td>
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<tr>
<td>Business Economics</td>
<td>Rehabilitation Services</td>
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<tr>
<td>Business Psychology</td>
<td>Secondary Education</td>
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<tr>
<td>Community Health Education</td>
<td>Self-Designed (create a major)</td>
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<tr>
<td>Computer Science</td>
<td>Special Education</td>
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<tr>
<td>Creative Writing</td>
<td>Visual Arts</td>
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<tr>
<td>Early Childhood Education</td>
<td>World Languages Teacher Education</td>
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<tr>
<td>Early Childhood Special Education</td>
<td>Certificate Programs</td>
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<tr>
<td>Earth and Environmental Sciences</td>
<td>Addiction Rehabilitation</td>
</tr>
<tr>
<td>Elementary Education</td>
<td>Alpine Operations</td>
</tr>
<tr>
<td>English</td>
<td>English Language Learners (ELL)</td>
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<tr>
<td>Geography and Environmental Planning</td>
<td>Geographic Information Systems (GIS) Certificate</td>
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<tr>
<td>History</td>
<td>Pre-Professional Programs</td>
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<tr>
<td>Interactive Media</td>
<td>Chiropractic</td>
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<tr>
<td>International &amp; Global Studies</td>
<td>Optometry</td>
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<tr>
<td>Liberal Studies</td>
<td>Pharmacy</td>
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<tr>
<td>Mathematics</td>
<td>Physician Assistant</td>
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<tr>
<td>Outdoor Recreation Business Administration</td>
<td>Dental</td>
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<td>Veterinary</td>
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<td>MBA</td>
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<td>Medical</td>
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Multi-Degree Programs

Chiropractic 3+3: B.S. in Biology at UMF to Doctor of Chiropractic at Logan University

Counseling 3+2: B.S. in Rehabilitation Services at UMF to M.S. in Counseling at Univ. Southern Maine

Social Work 3+2: B.A. in Psychology at UMF to M.S.W. at Univ. Southern Maine

Pre-Law 3+3: Accelerated Pre-Law Program

**Special Education 4+1:** B.S. in Special Education to M.S.Ed. in Special Education at UMF

Minors

<table>
<thead>
<tr>
<th>Major</th>
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<tbody>
<tr>
<td>Anthropology</td>
<td>English</td>
<td>Philosophy</td>
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<tr>
<td>Art</td>
<td>Environmental Policy and Planning</td>
<td>Physical Fitness</td>
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<tr>
<td>Art History</td>
<td>Environmental Studies</td>
<td>Physics</td>
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<tr>
<td>Biology</td>
<td>Film Studies</td>
<td>Political Science</td>
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<tr>
<td>Business</td>
<td>French</td>
<td>Pre-Professional Health</td>
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<tr>
<td>Business Communications</td>
<td>Geography</td>
<td>Psychology</td>
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<tr>
<td>Chemistry</td>
<td>Geology</td>
<td>Rehabilitation</td>
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<tr>
<td>Child and Adolescent Health</td>
<td>Health and Medicine</td>
<td>Religion</td>
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<tr>
<td>Coaching</td>
<td>History</td>
<td>Spanish</td>
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<tr>
<td>Community Health</td>
<td>International and Global Studies</td>
<td>Special Education</td>
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<tr>
<td>Computer Science</td>
<td>Latin American and Caribbean Studies</td>
<td>Theatre</td>
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<tr>
<td>Creative Writing</td>
<td>Legal Studies</td>
<td>Women's and Gender Studies</td>
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<tr>
<td>Early Childhood Special Education</td>
<td>Mathematics</td>
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<tr>
<td>Economics</td>
<td>Music</td>
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<tr>
<td>Editing and Publishing</td>
<td>Nutrition Education</td>
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A Guide for Student Athletes

Competing in varsity athletics at the collegiate level is a thrill and a privilege. Our coaching staff includes dedicated, experienced coaches; many of whom have won conference coaching awards. Our teams consistently place in the top half of our conference and compete for championships.

Beaver Pride is alive and well here!
The University of Maine at Farmington is a member of NCAA Division III in the North Atlantic Conference for 15 sports and the USCSA for 6 snow sports:

NCAA Division III Athletics
Baseball, M/W Basketball, M/W Cross-Country, Field Hockey, M Golf, M/W Indoor/Outdoor Track & Field, W Lacrosse, M/W Soccer, Softball

USCSA Snow Sports
M/W Alpine, M/W Freeride, M/W Nordic

If you want to play, we want to hear from you!
To contact any of our coaches and be recruited, follow these steps:
1. Go to www.goUMFbeavers.com
2. Click on RECRUIT ME
3. Click on the sport you want to play and fill out the form

Commonly Asked Questions

Q.) I’m interested in competing in a fall sport; when do I move into my residence hall? Is there a pre-season period?
A.) Move-in for fall season student-athletes is Friday, August 21st. Please be sure to contact the coach for information about your specific team schedule, medical paperwork and other forms that need to be completed prior to arrival. The pre-season period runs from August 21st through August 30th.

Q.) What if I have a class that is the same time as practice/training?
A.) You will always attend class and be excused from that practice/training session.

Q.) Is it hard to balance academics and athletics?
A.) Our student-athletes are among the top academically-performing students on campus. Overall, student-athletes have a higher GPA and retention rate than the general student body. Coaches encourage student-athletes to take advantage of academic tutoring, study skills tutoring, supplemental instruction offerings, and meetings with professors to enhance the academic experience that leads to academic success.

Q.) Can I play more than one sport at UMF?
A.) Yes! We have numerous student-athletes that compete in more than one varsity sport. It is supported at UMF! Please reach out to any of the coaches you are interested in competing for to learn specific information.
General Education Requirements

General Education at UMF: Choose Your Own Path

UMF's General Education program emphasizes breadth (familiarizing you with multiple academic disciplines) and interdisciplinary thinking around big-picture issues -- like social justice, peace and conflict, identity, stories, etc. For more information about General Education Requirements, please use the following link: http://catalog.umf.maine.edu/show.php?type=subcategory&id=28

UMF students will use a thematic pathway (a cluster of courses) on a big-picture question or issue to help them focus their studies and integrate their learning from different disciplines. The pathway will be spread out across your four years and could include classes in your General Education requirements, your major, and your electives. Courses you take in your first year will allow you to explore different pathways before you choose one. You will need to take at least four courses in a pathway and later write a brief essay integrating your learning from them. However, these are not four additional classes; they will be blended in with the other classes you take. Faculty and advisors can help you consider your pathway choice. For more information about pathways, please use the following link: https://www.umf.maine.edu/academics/pathways/

To ensure that you benefit from a broad education, you will also complete 40 credits (normally 10 classes) in different disciplines or skills categories. These are as follows, with the first 3 courses taken during your first year:

Writing Seminar (ENG 100)
First Year Seminar (FYS 100)
Physical Education (PHE 010)

Cultural Competence: One course with a C designation. Choices include courses from many subject areas (i.e. Introduction to Cultural Anthropology).

Fine Arts: One course with an A designation. Choices include Art (studio), Art History, Honors, Music History, Music Performance, Theater, Visual and Performing Arts (i.e. MUS-120A).

Humanities: One course with an H designation. Choices include Chinese Culture, English Literature, French, International Studies, Honors, Japanese, Philosophy, Religion, Spanish, and Women's and Gender Studies (i.e. ENG-123H).

Mathematics: One course with an M designation (i.e. MAT-120M).

Natural Science: Two lab courses from two different areas with an N designation. Choices include Biology, Chemistry, Environmental Science, Geology, Honors, and Physics (i.e. CHY-110N, BIO-110N).

Social Sciences: Two courses from two different areas with an S designation. Choices include Anthropology, Business, Economics, Geography, Environmental Planning, Honors, History, Political Science, Psychology, Sociology, and Women's and Gender Studies (i.e. PSY-225S, POS-101S).
First-Year Program and First-Year Seminar

As members of a public liberal arts university, UMF faculty and staff take pride in the first year programs we have designed to help students acclimate to college life. We are excited to welcome you to Farmington, help you build friendships with peers, and make connections with our wonderful campus resources and faculty that will guide you along the way.

We know that your transition from high school to college may not be easy. We also recognize that it is a journey – indeed, a profoundly transformative experience – that need not be taken alone. Since we are aware of the unique pressures that first-year students face, we have called upon selected members of our academic community to help new students make a successful first step toward a university degree. We are here to help!

To begin with, we recognize that new university students are often intimidated and confused by professors who, on day one, expect them to be independent, self-directed learners, willing to engage in vigorous intellectual exchanges. This may not be a learning environment that you are used to. We will help you become accustomed to these new expectations by offering a number of orientation opportunities that include:

- a series of Accepted Student Days where you can enter our classrooms and speak with professors and students
- a week-long Summer Experience program that uses seminar courses to emphasize the demands of an academic life
- an extended fall orientation weekend that provides opportunities to meet peers, faculty, and staff
- a series of First-Year Seminars (FYS100) to engage you in the joys of academic inquiry while simultaneously introducing you to the university system.

As new students settle into their first semester of classes, they will be entering an “intentional environment” with many overseers. The president, vice-presidents, deans, faculty, and selected program directors all assume responsibility for some aspect of your first year experience.

First Year Seminar, FYS100, is a required course for all first-year students, designed to help you make a successful academic transition to college. Through themed sections on a variety of topics, FYS100 will enable you to further develop habits of life-long learning, including the abilities to think critically, read thoroughly, write effectively, participate collaboratively in intellectual communities, articulate connections within and across disciplines, and discuss your own scholarship. By selecting an FYS section based on topic, you will be able to interact with faculty and peers who have similar interests and begin your journey of academic inquiry at UMF with excitement.

More information about these opportunities will be available in the coming weeks. We look forward to meeting you soon and helping you make the transition to UMF!

Mary Ellms ’08
Coordinator of First-Year Experience
308 Education Center
mary.ellms@maine.edu
The program kicks off with a faculty-led immersive educational experience during the last week of August. After a brief welcome to campus, you will have a 5-day field experience, arriving back on campus with a day to settle in before Orientation begins.

You’ll arrive at Orientation with half a course under your belt, a connection with faculty, a crew of fellow UMFers to call your friends, your mind alive with ideas, and some good stories to tell.

The remainder of your First Year Seminar will be taught by the same faculty member during the first half of the Fall Semester. Your Seminar will wrap up in week 8, so you’ll have more time to focus on your other three courses. This course is part of your regular schedule, not in addition to. $245 course fee included in Fall bill. Scholarships are available.
The Good Life

Begin your college career by asking the most important questions of all: what counts as a good life and how do I go about living that good life?

The course includes 5 days at a tranquil retreat center on the coast of Maine, where you can step away from the confusions of everyday life, bask in nature, canoe the river and think as profoundly as possible about the good life.

The course is inspired in part by Henry Thoreau’s claim: “I went to the wood because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

The course thus places students in a Thoreau-like setting in which reflections on the good life are honed by immersion in nature and by reading the best of American nature writing.

Daily readings are paired with outdoor activities and mindfulness practices.

Taught by Religion Professor Phil Francis

It was a transformative experience. I never would have imagined that a college course could be so impactful on my life.

— Koley True ’23

Mobility and Access

This course will engage students with stakeholders and decisionmakers from the Town of Farmington and the University, and will understand the constraints and prior decisions that have produced the infrastructure for driving, walking, biking, and other modes of transportation that we encounter today.

Students will analyze the transportation infrastructure on and adjacent to the UMF campus, and apply planning and design thinking to solutions that improve and transform the access, connectivity, circulation, safety and convenience of people who use various modes of transportation to travel to and through campus.

Students will consider solutions such as shared space, traffic calming, and site location of crosswalks and parking structures as it affects the experiences of children, teens, college students, the elderly, and users of various transportation modes.

Taught by Geography Professor Jesse Minor

Community Economies in Maine

People are experimenting with a range of creative strategies to revive rural communities across Maine. These projects range from arts-based redevelopment, local foods, to crafts cooperatives in small island communities, to rural broadband, alternative transportation and elder care solutions.

This course will engage with specific place-based solutions through a week-long field trip that will provide students with hands-on learning opportunities during our site visits.

Students will work directly alongside a variety of Maine change-makers, contributing to the vision of their creative and transformative projects.

The Maine change-makers who have enlisted will reflect on their own education and preparation and share their experience and insights with students during field visits.

Back on campus, students will put their learning into practice through a culminating community-based project.

Taught by Geography Professor Matt McCourt
How to Succeed in College

- This course will explore what it means to be successful and what you can do to reach your goals during your time at UMF.
- You’ll hear from upperclassmen, professors, and people in and around our community about what steps they took to succeed.
- Get to know first-hand the various opportunities for education, development, and entertainment the UMF Campus and the greater Farmington area offers (such as Mainely Outdoors, UMF Clubs, Maine Huts and Trails, Titcomb Mountain, the Sandy River, etc.).
- The course will be a series of activities and expeditions throughout the area as we explore how to best transition from your life before college to ‘fitting in’ and being a part of the college culture and life.
- Daily readings will be paired with outings and outdoor activities to build friendships and leadership skills.
- Each day we will reflect on what we are learning and develop a plan for individual success.
- This course will be held on campus.

Taught by Faculty Member Denisa Cundick

My first year fusion course gave me the confidence to connect with other students. It was a terrific way to kick start my time at Farmington.” — Ryan Brueninghaus ’23

So, You’re an Honors Student. Now what?

- You have been admitted to UMF’s Honors Program — exciting news! But what does this actually mean? What opportunities does the Honors Program have to offer? What are the advantages of being a part of this community at UMF?
- This course will help you get the most out of all that UMF and the Honors Program have to offer as you make your transition to college life and focus on uncovering your passions and interests.
- Throughout the course, we will take what we learn together and the insights you have to offer to create a professional publication to assist future UMF students in their transition to college.
- The course will take place at UMF, in the local community and the outdoors, where we will build on our success techniques.
- This course will be held on campus.

Taught by English Professor Shana Youngdahl

Ready to start your next adventure? Contact your UMF admissions counselor or email us at umfadmit@maine.edu.
Best advice from our financial aid staff:

FILE A FAFSA by the priority consideration deadline!

- First, create an FSA username and password for the student and parent at fsaid.ed.gov
- Use the FSA information to file the FAFSA. It’s free, fast, and an easy process online at www.fafsa.ed.gov. (don’t use fafsa.com or fafsa.org)
- File a 2020-2021 Free Application for Federal Student Aid (FAFSA) as soon as possible on or after October 1, 2019.
- To meet UMF’s priority filing deadline, submit your FAFSA so that it ARRIVES at the Federal Processor by March 1, 2020.
- List the University of Maine at Farmington (UMF) on your FAFSA with UMF’s Federal School Code 002040.
- Keep copies together of your important financial aid records.

TAX RETURNS
The 2020-2021 FAFSA requires 2018 income information.

Use the IRS Data Retrieval tool to have the tax information pulled into your FAFSA from the IRS. If your parents filed as Married, Filing Separately, they are not eligible to use the IRS Data Retrieval and must submit a Tax Return for each parent. Amended tax return filers must provide both a 2018 Tax Return of the original 2018 IRS Tax Return AND a signed copy of the 2018 IRS Form 1040X. “Amended US Individual Tax Return” that was filed with the IRS.

“Get Your Tax Record” at www.irs.gov under “Tools” or call (800) 908-9946.

AID PROGRAMS
Need-based Federal Pell and Supplemental Educational Opportunity Grants, Federal Work-Study, Federal Direct Stafford Loans, State Scholarships & Grants, and University Scholarships are available. In addition, there are also various restricted scholarships, on-campus jobs, and non-need based loan programs.

STUDENT AID REPORT
If all required signatures and an e-mail address are provided, a Student Aid Report (SAR) e-mail notice containing a link to your FAFSA data will be sent in place of a paper SAR. Some scholarship organizations will require a copy of your SAR.

AID NOTIFICATION
UMF notifies applicants of aid eligibility beginning in January. Priority for aid is given to the neediest on-time applicants. Late applicants receive consideration for remaining available funds which may result in increased borrowing and diminished options.

IMPORTANT REMINDER!!
Priority consideration is given to students whose completed FAFSA is received (not postmarked) by the Federal Processor by March 1, 2020

ADDITIONAL RESOURCES
UMF Financial Aid Office
Online Information
financialaid.umf.maine.edu

Free Maine Scholarship Searches:
www.fastweb.com
famemaine.com
MaineCF.org

Free National Scholarship Searches:
BigFuture.CollegeBoard.org
Cappex.com
StudentScholarships.org
Chegg.com/scholarships

Information on Federal Student Aid:
studentaid.ed.gov
studentloans.gov

Financial Aid Information and Selected Calculators:
www.finaid.org

Federal Student Information Center
1-800-4FED-AID
(1-800-433-3243)
Monday through Friday
8 am to midnight
Eastern time
Student’s Financial Aid To Do List

Before you arrive and after!

**File the FAFSA** (Free Application for Federal Student Aid) at FAFSA.gov
March 1st is the UMF priority deadline. UMF’s school code is 002040.

**Merrill Center Student Services** (the go-to for assistance with financial aid and student employment)
Phone number: 207-778-7100  
Email: umfaid@maine.edu
Website: [http://merrillcenter.umf.maine.edu/financial-aid/](http://merrillcenter.umf.maine.edu/financial-aid/)
Student Financial Services: [https://mycampus.maine.edu/group/umf/finance](https://mycampus.maine.edu/group/umf/finance)

**TO DO:**

- **Review your Student Aid Report** (the SAR that FAFSA sends electronically to the email address you provide when filing your FAFSA) to see if there are any corrections to make or issues to resolve on the FAFSA application

- **Were you chosen for verification?** (Watch your MaineStreet Student Center “To Do” list)
  - Submit completed verification forms to the Financial Aid Office
  - Correct tax information by using the IRS Data Retrieval process on your FAFSA at FAFSA.gov

- **Apply for scholarships in your community or guidance office** and report any received to the Financial Aid Office. Some of the sites that a student can look at in addition to their local scholarships at are: [www.fanemaine.com](http://www.fanemaine.com); [www.collegeboard.com](http://www.collegeboard.com); [www.fastweb.com](http://www.fastweb.com); [www.collegetoolkit.com](http://www.collegetoolkit.com)

- **Review breakdown of UMF costs** (Cost worksheet is mailed with financial aid award – NOT your actual bill) and subtract financial aid that you plan to accept from the total cost of attending.

- **Accept the financial aid award on MaineStreet.** The link is “Accept/Decline award” under the finances section of your Student Center in MaineStreet. Acceptance moves the offered dollars to accepted and pending aid.

- If you intend to accept loans you must:
  - Go to [studentloans.gov](http://studentloans.gov) to complete entrance counseling (first-time borrowers)
  - Complete the Master Promissory Note

- Is there a semester balance? Call Financial Aid Office to discuss options:
  - Payment plans
  - Parent Plus loan (parent loan)
  - Alternative loan (student loan)

- Set up a **guest login to your financial account for parent(s) or family** that may be helping you financially. For instructions go to [http://www2.maine.edu/system/mainestreet/infoforcurrentstudents.php](http://www2.maine.edu/system/mainestreet/infoforcurrentstudents.php) and go to Campus Finance Topics > Add Authorized User in Bill+Pay Suite
• If you are planning to **work on campus**, see UMF’s link to student employment: http://merrillcenter.umf.maine.edu/financial-aid/student-employment/ and be sure to bring original forms of ID to campus for completion of your I-9.

• Do you have **money for books**? The costs of books and computers are not applied to a student’s account. Book costs for students can be found at the University store webpage under the textbook link.

• If **your financial aid is based on full-time enrollment**, you must be enrolled in at least twelve credits for financial aid to be applied to your account. In order to earn **128 credits** for graduation requirements in four years, UMF recommends enrolling in sixteen credits per semester.

• Be sure to **meet with your advisor during orientation** and review your graduation MAP (My Academic Progress), academic needs, and UMF’s academic resources to help you be successful. Always refer to the academic calendar for critical dates: myCampus > Academics > Academic Calendar

• **Go to class** and be sure to meet SAP (Satisfactory Academic Progress) in order to continue receiving financial aid. SAP policy can be reviewed at http://www2.umf.maine.edu/merrillcenter/financial-aid/applying-for-financial-aid/who-is-eligible/satisfactory-academic-progress/

• **Remember to apply for UMF Academic Scholarships on myCampus over your winter break for next year.** Applications are available from the end of December until February 28th on myCampus.

• **Attend some of the Financial Literacy Peer Education workshops on campus.** They are a great way to better understand your college finances and learn ways to save from your own peers here at UMF. Their Pizza Power Hours provide GREAT information! Check them out at http://www2.umf.maine.edu/financialliteracy/posts/

• **Visit the Merrill Center Student Services staff.** They are here to assist students with records and registration, student accounts, financial aid, and student employment. We understand the complexity of a first-year student’s attendance at the University of Maine at Farmington and we will do everything we can to help our students and families through the process. We encourage everyone to get to know the staff at the Merrill Center. We are available from 9:00 – 4:00 Monday through Friday. Call or stop in with any questions.
Working on Campus

Student employment is an important part of a student’s financial aid package, and is integral to the daily operations of many departments here at UMF. We are very proud of our student work programs because they allow students to work in fields related to either their major or a personal interest, or even to gain employment that leads them to a decision of what they would like to major in or pursue in a professional capacity.

There are three different funding sources for on campus employment:

Federal Work-Study:
- Is based on FAFSA eligibility: it is ‘need based’ work on campus
- Eligibility is determined by the Financial Aid Office
- Students are not placed in a job by the Financial Aid Office
- Students compete for jobs by applying and interviewing for positions
- Earnings are not applied directly to the students’ bill as students receive a paycheck for hours worked

Student Work Initiative:
- For students who are not awarded Federal Work-Study and still want to work on campus
- Job pays up to a maximum of $1000 per semester
- Students are limited to one job at a time
- Returning students are required to have and maintain a G.P.A. of 2.75 to participate in this program.
- Earnings are not applied directly to the students’ bill as students receive a paycheck for hours worked

Department Funds:
- Jobs on campus sponsored and paid for by department funds
- Earnings vary and depend on the amount of funds allotted to the position
- Not all departments have department funds to spend for student employees
- Earnings are not applied directly to the students’ bill as students receive a paycheck for hours worked

Other things you should know…
- Students interested in campus-based student employment will have the opportunity to attend informational sessions both during Summer Experience and Orientation weekend.
- Upon being hired for a position, new students will be responsible for filling out documentation which will require multiple forms of identification. Be sure to read all student employment related communications before arriving on campus in the Fall.
What to Bring/Packing List

- **Bedding materials**  All beds on campus are Twin XL. Use that size when thinking of things like sheets, pillows and pillow cases, blankets and/or comforters.
- **Shower caddy or basket and flip-flops**
- **Toiletries**
- **Bathrobe**
- **Coat hangers**
- **Basic cooking tools and dishes**: A good pot and pan, along with a few other kitchen tools and some dishes may be helpful, especially if you like to cook. Please note: knives cannot be longer than 4 inches.
- **Simple medical supplies such as bandages and aspirin.**
- **Personal medications and prescriptions**
- **Set of “dress” clothes and shoes**
- **Laundry supplies** including detergent, dryer sheets, stain remover, fabric softener, an iron and small ironing board, and a laundry bag or basket. You also want to make sure to bring cash in $5, $10, or $20 bills to load your laundry card at the machine in the Student Center. *It only takes cash.* We suggest you visit [https://www.sdirevalue.com/NewUser.aspx](https://www.sdirevalue.com/NewUser.aspx) to set up your card. This will enable you to also add money to your card through the website. Once on campus, visit laundryview.com/umf to see the status of washers and dryers in your hall.
- **Trash can and trash bags**  There are also recycling bins in each residence hall.
- **Basic cleaning supplies**  Items like a broom and dustpan.
- **Adhesive materials**  You’ll probably want to hang a few items on your walls or your room door. We suggest using adhesive strips like Command Strips, Scotch Mounting Putty, and Painter’s Tape. Just make sure whatever you use doesn’t damage the walls or you’ll be charged for each wall damage.
- **Small whiteboard and markers**  Stick this on your door so others can leave you messages when you’re out of the room.
- **Storage items and containers**
- **Floor covering**  such as an area rug
- **Fan**  Air conditioning units are not allowed.
- **Lamps**
- **UL extension cords / power strips / surge protectors**
- **Television**
- **Cable for cable television hook-up**  Each room has one cable TV connection and basic cable is provided for residents with the cost included in your housing.
- **Computer and printer**  There are computers on campus — Macs and PCs, and printers located in Mantor Library and the UMF Fusion Center. The campus and all of the residence halls have wireless internet, but there are also two Ethernet ports per room
- **Additional furniture**  You may want to bring in another chair, a small table, etc.  Just keep in mind all pieces of University-owned furniture must stay in the room for the entirety of the
year and are not allowed to be removed from the room. For safety and insurance reasons, you cannot loft beds.

**Items Not Permitted**

- **Any item with an open flame** including candles, incense burners, etc. Lighters are permitted for those students who smoke but you may not smoke on UMF property. UMF is a smoke-free campus.
- **Any item with an exposed heating element or coil** such as hotplates, Bunsen burners, toasters and toaster ovens.
- **Electrical space heaters**
- **Halogen lamps**
- **Fridges and Microwaves** Each residence hall room comes furnished with a MICROCHILL Fridge/Freezer/Microwave combo unit.
- **Pets**, with the exception of fish, are not allowed. UMF is fish-friendly but there is a limit of one fish container, per resident with a maximum capacity of 10 gallons per container.
General Residence Hall Information

Our residence halls are designed so our students receive the comforts of home while living here on campus. We provide students with facilities and services in order to make the transition to the college environment as comfortable as possible. Additionally, we offer break housing options during the academic year for students who would like to stay on campus.

Providing distinct advantages and a learning environment geared toward academic success, the University of Maine at Farmington requires all first-year students who have earned less than twenty-four hours of college credit after graduating high school and are enrolled in twelve or more hours at UMF to live on campus in student housing.

Each Residence Hall Includes:

- All double rooms are furnished with:
  - 2 beds
  - 2 study desks
  - 2 chairs
  - 2 bureaus
  - 2 closets or wardrobes
  - MicroChill Unit (Fridge, Freezer, and Microwave)
  - Each room has 2 Ethernet ports, wireless access, and one cable hook-up for TV.
    Basic cable channels are provided at no cost (36). A larger cable package is also provided in the main lounge of each hall.

- Community Assistants that live on each floor also hold office hours every night. The CAs help students adjust to the college lifestyle, and provide assistance for a variety of challenges students may encounter. They are responsible for various educational, social and recreational programs each semester.

- Small kitchenettes for students are included in each hall. Many of them have microwave ovens, stoves and refrigerators. Lockwood is equipped with a full commercial kitchen, as students who live here are not required to purchase a meal plan (juniors and seniors only).

- Main lounges that have an assortment of chairs and couches, along with TVs, and study tables. In some common areas, there is also a piano, as well as assorted games.

- Card-operated washers and dryers are located in the basement in most halls. Laundry cards act much like debit cards, with money being deducted from the cards with each load of laundry. Laundry cards can be purchased or refilled in the Olsen Student Center and Mantor Library.

- Bike storage for student use during the academic year.

- Most residence halls offer limited space for returning residents to store their belongings over the summer.
Student Life and Residence Halls

How do I make sure I have a residence hall room on campus for next fall?
Each new student will need to complete a Housing Application Form electronically, and complete and return a Room and Board License. The housing information will be sent to you after May 1st (There is no separate housing deposit for entering students). The room and board license is for the academic year, i.e. two semesters. The Student Life Office will inform students of room and roommate assignments in July.

How do I pick a roommate?
Roommates are matched based on the information you provide on the housing application form. A specific roommate may be requested when both roommates request each other and complete the housing application. Requests will be honored on a space available basis with mutual roommate requests. Once you have your housing assignment, we suggest reading the Roommate Success Guide found on the Student Life web pages to learn some tips and tricks to successful residence hall living.

What are residence halls and where can I live?
Students are housed in a variety of living environments called residence halls. All buildings are co-ed by room and offer gender-inclusive housing except for Scott South Hall first and second floors, an all-female community. Mallett, Purington, Scott South, Dakin, and Carolyn Stone Wellness Halls offer an opportunity for students to participate in themed and interest-based communities as well as Living Learning Communities (LLC). Being an active member of an LLC, students get an opportunity to build partnerships with other students and staff while engaging in purposeful, interactive programs and events. Students will develop a sense of belonging while they share and deepen their passion. UMF Housing has three Living Learning Communities: Leadership LLC (Dakin Hall 1st Floor), Service Impact LLC (Mallett Hall 1st Floor), and Experience the Outdoors LLC (Stone Hall 1st Floor). For more information about each residence hall and themed communities, visit our website: http://www2.umf.maine.edu/studentlife/about/residence-halls/

Who manages the residence halls?
Halls are grouped together and are managed by an Area Coordinator for Student Life. Each AC resides in on-campus housing and is responsible for the day-to-day management of the residence halls. ACs have the experience and skills to create living-learning environments that challenge and encourage the development of the whole student, foster a sense of community in the residence halls, and empower residents to take responsibility for their actions and decisions. In addition to their other roles, each AC oversees student staff of Community Assistants for each residential building. Community Assistants are carefully selected student leaders who assist in developing safe and healthy communities. Community Assistants fulfill many roles including programming, administration, and policy enforcement. Additionally, the residence halls are overseen by Assistant Directors in the Student Life Department. The Assistant Director of Housing and Academic Success is responsible for the housing process for both incoming and returning students to the residence halls, residential meal plans, individualized academic meetings with students, and upholding a climate of holistic academic success across campus. The Assistant Director of Student Life is responsible for the supervision of Community Assistants and Graduate Area Coordinators and the oversight of student activities.

Meal Plans for Students Living On-Campus:
All first-year students are required to have the 7 day all access meal plan with $100 declining balance. The declining balance can be used at the Mantor Café or the Beaver Lodge. The declining balance carries between semesters and expires at the end of the academic year. Additions to declining balances can be purchased at any time during the semester from Sodexo or online at https://farmington.sodexomyway.com.
We offer a wide variety of options for student housing on campus. The Department of Student Life is committed to providing living and learning environments emphasizing the development of skills that students will need, both during their college career and beyond. Each residence hall has something different to offer. To get more information on gender inclusive housing, please contact the Student Life Office.

The Scott Hall Complex is comprised of three different residential wings (North, South, and West). Each of the wings feature single user bathrooms. The first and second floors of Scott South offer all-female housing. The third floor of Scott South is home to the GLOBE Community (Diversity-Themed Community) as well as Education-Themed Housing. Scott North is a co-ed building offering single, double, triple, quad, and quint style rooms. Scott West is also a co-ed building comprised of single and large single rooms.

Mallett Hall is home to our Service Impact Living Learning Community (1st Floor). Do you want to make a positive impact in your community? Build leadership and community engagement skills in this LLC as you design and implement community service projects and initiatives with like-minded peers. Mallett Hall also offers traditional co-ed by neighbor housing (2nd and 3rd Floors). Comprised of single and double style rooms. The lower level of Mallett has a large laundry room and full kitchen. The main level of the hall has a large study lounge and game room.
Purington Hall is an Education-Themed Community offering single, double, and triple style rooms. This hall creates an opportunity for residents who are education majors and/or interested in the field of education to interact with students that have similar professional goals and interests. Students will be able to participate in hall programs and study groups, as well as interact with faculty and staff. The lower level of Purington has a large laundry room. The first floor of this hall has a full kitchen, lounge, and game room.

Dakin Hall is home to the Leadership Living Learning Community (1st Floor). Today’s internship providers regard leadership skills as a crucial asset for a successful candidate! Develop your leadership potential so you can become a leader on campus and in your future career and community. If you’re looking for a community specially geared toward academic success, the Scholars Community (3rd and 4th Floors) may be the right fit for you! Students living in the Scholars Community must maintain a GPA of 3.0 or higher. Dakin is comprised of single and double style rooms. The lower level of Dakin has a large laundry room, a full kitchen, a game room, and a piano room.
Carolyn Stone Wellness Community is home to the Experience the Outdoors Living Learning Community (1st Floor). Farmington has so many opportunities for outdoor recreation. Learn how to incorporate outdoor activities and adventures into your daily life and career! The Wellness Community is designed for students who wish to live a healthy and balanced lifestyle. In this community, the University is committed to following the eight dimensions of wellness: social, intellectual, occupational, spiritual, environmental, emotional, financial, and physical. To accomplish this, many of the programs in the hall are focused on wellness and the 3rd Floor of Stone Hall is Substance Free. The bathrooms in this hall are single user, and the building is comprised of single, double, and quad style rooms. The lower level of Stone Hall has a large laundry room and a full kitchen.

Frances Allen Black Hall (FAB) is a suite-style hall reserved for Sophomores, Juniors, and Seniors. It is our “green” building which means that it was built using LEED standards of environmentally-friendly practices. FAB is our Independent Living Community for upper-class students. Each suite has a small common area and a bathroom with a shower that students are responsible for cleaning. Laundry facilities are located on each floor, as are study and lounge areas. There is a main lounge and kitchenette for student use, as well as bicycle storage that is accessible from outside the building.
Lockwood Hall is a co-ed, cooperative living environment for Juniors and Seniors, in which residents are responsible for the daily running and upkeep of the building. This predominantly single room housing option allows students to reside on campus with the added benefit of being close to classrooms and campus events and the freedoms of apartment-style living. Students who live in this residence hall are not required to have a meal plan and have access to the commercial sized kitchen on the first floor.

A Look Inside...
Center for Student Involvement and Olsen Student Center

The Center for Student Involvement encourages you to explore your campus community and be an active participant in the variety of co-curricular activities available on the UMF campus. We see college as a 24/7 learning experience. Students that become involved on campus and in the surrounding community gain valuable skills and experience that can both apply to your academic program as well as to fulfill a personal interest. Through participation in clubs and organizations, students have a direct impact on campus life at UMF begin building their new networks and making connections.

What Is There To Do At UMF?

- UMF offers more than 50 active student organizations that are in search of new members and new ideas.
- There are organizations connected to many of our academic programs such as: History Society, Student Education Association of Maine, French Club, Psychological Wednesday Society, Journalism Club, Health Club, Writer’s Guild, Rehabilitation Club, Advocates for Disabilities Awareness Club, and Actuarial Science Club, just to name a few.
- There are also many organizations that are interest driven such as: Association for Campus Entertainment (campus-wide programming), Fooding Club, Student Theatre UMF, The Rainbow League, UMF Community Chorus, Alpha Phi Omega (service organization), and Rotaract.
- Farmington supports club sports such as: Ultimate Disc, Men’s and Women’s Rugby, Dance Team, UMF Cheerleaders, UMF Ski Team, and UMF Track Club. These organizations compete in club leagues throughout Maine and New England.
- **Student Senate** is the governing body for these student organizations and **Campus Residence Council** is the governing body for the residence halls. Each organization holds elections in the fall for various positions.
  - **Student Senate** is the “voice of students”. Senate is a student organization elected by the students. Senate acts as an advocate for the needs and issues of UMF students. The Senate office is located in the Olsen Student Center.
  - **Campus Residence Council** also sponsors campus-wide events such as “Green Up the Campus Day” and coordinates the Faculty Staff Appreciation banquet. The CRC Office is located in the Olsen Student Center.
- **WUMF** is our campus radio station. The station features an automated system, which means students don’t need previous radio experience. More than 70 students have radio shows or they assist with lights and sound at various events on campus. If you want your own radio show, then WUMF is the place for you. If you are interested in providing lighting and sound for campus programs then WUMF is also the place for you.

How Can I Get Involved In A Student Organization?

- During New Student Orientation each fall, the Center for Student Involvement coordinates a program about clubs and organizations at UMF. Many clubs send representatives to make connections with new students.
- The Student Organizations Fair occurs at the beginning of each academic semester. Organizations set up booths in the Olsen Student Center for interested students to learn information about their organization, such as meeting times and locations. During the Fair, organizations highlight past events and promote upcoming activities.
How Can I Start An Organization at Farmington?

Starting an organization at UMF is easy – however, there are steps to follow and Student Senate is an excellent resource to get you started. If you are interested in starting an organization at UMF, simply stop by the Student Senate Office in Olsen Student Center 110B. Recognized clubs and organizations are usually eligible for funding by our Student Senate. For descriptions about specific student organizations, visit our website at https://www.umf.maine.edu/campus-life/student-organizations/

What Types Of Events Happen On Campus?

- **The Landing** is our multi-purpose function venue located in the lower level of the Olsen Student Center. The Landing staff programs events and activities that take place six nights a week. Programs range from Karaoke Nights, Open Mic Nights, Poetry Slams, Trivia Nights, Craft Nights, Tournament Nights, Sporting Events on the large screen TV, popular TV Game Show spin-offs such as “Minute to Win It”, “Family Feud”, etc. You might also gather some friends, grab a snack at the Beaver Lodge and watch popular TV shows!

- **The Commuter Council** sponsors free luncheons for students. The luncheon series often focuses on issues and concerns related to commuter students. Commuters can hang out in the Landing during the day between classes, and use the space for study groups or engage in conversation with faculty and staff. Commuters also frequent the Commuter Council Office, Beaver Lodge, Fusion Center, and Mantor Library. The Commuter Council office offers free coffee – just bring your own cup.

- **Association for Campus Entertainment** is the student organization responsible for programs such as themed dances, hypnotists, comedy nights, illusionists, Dollar Movie Nights at Narrow Gauge cinema, and speakers on topics such as healthy relationships or other current issues.

What Types of Events Happen Off Campus?

- **The Weekend Adventures and Excursions** program offers students a variety of weekend travel experiences. Students engage in cultural, educational, social activities and programs in various locations from Maine to Washington, DC, and Canada. Students emerge with new ideas, perspectives, and memories that last a lifetime. Previous adventures and excursions included Whitewater Rafting, Snow Tubing, Boston Red Sox, Boston Celtics, Boston Bruins, Washington, DC, New York City, dinner cruise in Boston Harbor, Philadelphia, PA and Valley Forge. Students also have the opportunity to attend musicals in Boston and on Broadway such as Wicked, The Lion King, Matilda, and more.

Does UMF Have Live Arts?

- **Student Theatre UMF** is our campus theatre organization. Each semester presents different acting, directing, or technical opportunities such as a haunted house, student directed one-acts, 10-minute scenes, and other theatre opportunities.

- **The Lawn Chair Pirates** is our student improv comedy troupe!

- UMF features two dance groups: **Dance Team** and **Bust-a-Move Beavers (BAM!)**. Dance Team performs at half-time shows for the basketball games here on campus while BAM is completely student oriented in that students choose their own choreography, costumes, and songs to perform to an open audience of students and community members.

- Through the music department, UMF offers a **Community Chorus**. UMF also has two a capella groups for students: **Clefnotes** and **Deep Treble** that feature songs ranging from Adele to the Duck Tales theme song.

28
Do You Have Community Service Opportunities?

- **Alpha Phi Omega** is an organization on campus dedicated to community service at UMF and the surrounding Farmington community. Joining APO is a great way to meet new people, serve your community, and acquire/hone your leadership abilities, all while having a lot of fun!

- UMF’s annual **Days of Service Program** takes place each fall semester and is sponsored through the Partnership for Civic Advancement. Students, faculty, and staff fan out around the greater Farmington area performing community service. Typical sites include: Titcomb Mountain (Farmington’s local ski area), assisting with preparation for the Farmington Fair, Buttons for Babes project with the United Way, Western Maine Community Action (harvesting blueberries or other produce for senior citizens), performing service at local schools such as painting, staining, raking, volunteering at the animal shelter or the Equine Rescue Farm, and on-campus projects as well.

- **The Partnership for Civic Advancement** can assist in making connections to many non-profit organizations for community service experiences. The participating agencies often have specific projects or programs that are looking for volunteers. CSI maintains a list of non-profit agencies and contact information. Annually, the Rehabilitation Club sponsors a major event with local non-profits. The Partnership for Civic Advancement can also assist students with securing internships!

- **Girls Talk and Teen Voices** are mentoring programs for girls in grades 5 through 8 at many local schools. UMF students serve as mentors in this literature-based reading discussion program. Groups meet monthly to have dinner, enjoy lively book discussions and speakers. Mentor programs travel to cultural events and age-appropriate conferences for girls and teens to raise aspirations, enhance self-esteem, develop problem-solving and decision-making skills, and foster a commitment to their community. This is run through the Partnership for Civic Advancement.

What Other Opportunities Exist Through the Center for Student Involvement?

- The Center for Student Involvement provides many employment opportunities. Students work as Landing managers, office staff, interns, and multimedia design staff. Employment is available through Federal Work Study, the Work Initiative Program and some positions are department funded.

If you would like more information on any of the programs, student organizations, or other services mentioned, please do not hesitate to contact the Student Life Department at (207)-778-7348 or (207) 778-7346. You may also visit our website at [www.umf.maine.edu/stulife](http://www.umf.maine.edu/stulife).
Campus Resources

Academic Support

**Advising:** Each student is assigned an academic advisor in their major or program. General advising is also available through the Center for Student Development. Advising assistance includes help with changing a major, transfer issues, adjustment issues related to academics, and registration.

[www2.umf.maine.edu/advising/](http://www2.umf.maine.edu/advising/) or 207-778-7040

**Peer Tutoring:** Drop-by and individual tutoring is available for all students in Mantor Library’s Student Learning Commons.

Students who want tutoring in mathematics and writing can attend drop-by hours in the Student Learning Commons, no appointment is necessary. Times will be posted.

Individual tutors for all other courses can be requested at the Student Learning Commons. Session times will be set at the convenience of both tutors and students.

[www2.umf.maine.edu/learnassist/tutoring/](http://www2.umf.maine.edu/learnassist/tutoring/) or 207-778-7765

**Supplemental Instruction:** Supplemental Instruction is offered for specific classes to provide additional academic support. The professor will announce SI availability to the class with information about the sessions.

[www2.umf.maine.edu/si/](http://www2.umf.maine.edu/si/) or 207-778-7765

**Disability Accommodations:** To receive disability accommodations, call or stop by and set up an appointment. The office is located on the first floor of Franklin Hall.

[www2.umf.maine.edu/learnassist/](http://www2.umf.maine.edu/learnassist/) or 207-778-7295

Financial Aid, Student Records and Registration, Student Accounts, VA Benefits

**Merrill Center:** The Merrill Center is located on the first floor of Merrill Hall. Information on financial assistance is available, as well as processing payments, student employment, registering for classes, meal plan choices, and processing student refund checks.

[www2.umf.maine.edu/merrillcenter/](http://www2.umf.maine.edu/merrillcenter/) or 207-778-7100

Health, Safety, and Wellness

**Student Health Center:** Staffed by physicians, a registered nurse, a dietician, and a psychiatric nurse practitioner, the Health Center provides medical care for acute and chronic illness, preventative health care, gynecological exams, and health information.

[www2.umf.maine.edu/studenthealth/](http://www2.umf.maine.edu/studenthealth/) or 207-778-7200

**Counseling Services:** Personal counseling is available to all students. In a quiet and confidential setting, our counselors can help with personal issues, relationships, drugs and alcohol, identity, stress, anxiety, and more. All students with billable insurance can have up to three visits per semester without a co-pay charge. After three visits, you will be charged the co-pay amount associated with your insurance plan. Students with insurance that we cannot bill or who fail to present a health insurance card will be charged $20 for every visit. Students who have not met their annual insurance deductible or if your insurance company denies a submitted claim, will be charged $20 for the office.
visit. Students never have to pay up-front for services; they may have any charges added to their student account. www2.umf.maine.edu/counseling/ or 207-778-7034

Public Safety: The Public Safety Department provides 24-hour availability of police officers, professional law enforcement assistance, emergency call box service, intra-campus escort services (available at 4:00 pm to midnight), and parking decals. www2.umf.maine.edu/publicsafety/ or 207-778-7400

Fitness and Recreation Center: The FRC has a fully-equipped and supervised weight room, a cardio fitness area with multiple machines, four multipurpose courts, a 1/8 mile walking/jogging track, and a 25-yard swimming pool. The FRC offers fitness classes, professional trainers, swim instructors for all ages, programs for individuals with disabilities, an intramural sports program, and more. http://www2.umf.maine.edu/frc/ or 207-778-7495

Athletics: Farmington offers a full host of intercollegiate athletic sports, competing in the NCAA Division III North Atlantic Conference and a full spectrum of competitive snow sports competing in the USCSSA Reynolds Division. Since 2003, our athletic teams have captured 20 North Atlantic Conference Championships and members of the UMF ski and snowboard teams have qualified to participate in U.S. Collegiate Ski & Snowboard Association Nationals. goumfbeavers.com

Mainely Outdoors: Do you like outdoor activities? If so, you’re in luck! Mainely Outdoors offers students and community members a wide range of exciting outdoor opportunities. Run by the UMF Fitness & Recreation Center, Mainely Outdoors promotes fitness, gets people active, introduces them to new active outdoor recreation opportunities and takes advantage of the unbelievable natural resources in our area. As a UMF student, take advantage of free gear rentals, free trips, and more! http://www.umf.maine.edu/campus-life/outdoor-recreation/mainelyoutdoors/

Mantor Library and Fusion Space

Mantor Library: Mantor Library provides instruction and information access to faculty and students, allowing them to meet their scholarly and research goals. An IT Help Desk is conveniently located in the library to help students with Internet access, software problems, etc. Students can sign out laptops, cameras, and other equipment at the Information Desk. The Mantor Café is a welcomed addition, serving delicious beverages. www2.umf.maine.edu/library/ or 207-778-7210

Fusion Space: One general purpose computer lab and study area is open 24/7 year-round and one classroom lab are located in the Fusion Space. The space is also home to the Partnership for Civic Advancement and the Office of Global Education. www2.umf.maine.edu/its/ or 207-778-7300

Student Life and Commuter Concerns

Student Life: The Student Life office, located in the Olsen Student Center, oversees residence and commuter life, student activities, clubs and organizations, gender issues, orientation, and leadership development and training. http://www2.umf.maine.edu/studentlife/ or 207-778-7348

Commuter Concerns: The Commuter Council is here on campus to allow students who commute to have a place to come and relax before/after or between classes. Whether you live right off campus
but within walking distance or forty-five minutes away you are still a commuter and we have a place for you to come and catch your breath. For more information, call 207-778-7333.

Testing Services

Testing services administer placement testing (ACCUPLACER), certification (including PRAXIS I and II), licensure exams and other tests. Fees for the exams vary.

www2.umf.maine.edu/testing-services/ or 207-778-7666

TRIO Johnson Scholars Program

The TRIO Johnson Scholars program provides academic advising and personal support to students who would be the first in their families to attend college, students from low income families and students with disabilities. Program activities include intensive advising, peer mentoring, professional tutoring, leadership opportunities, limited scholarships, and cultural and recreational trips and events.

https://www.umf.maine.edu/academics/johnson-scholars-program/ or 207-778-7297

Additional Resources

Career Counseling: Career counseling is available to all students. Career counselors can help with career exploration, resume writing, job search, internships, graduate school, and job fairs.

www2.umf.maine.edu/careers/ or 207-778-7034

Office of Global Education: UMF’s study abroad and domestic exchange programs are administered through this office, as well as promotion and administrative coordination of faculty-led travel courses.

https://www.umf-experience.org/home or 207-778-7122

Everyone’s Resource Depot: At a low cost, you can purchase clean cast-offs from Maine industries including fabrics, boxes, straws, ribbons, and other odds and ends.

www2.umf.maine.edu/resourcedepot/ or 207-778-7150

Thrifty Beaver: Located in the lower level of the Fusion Space, this co-op allows students to acquire and trade items from thrifted clothing to canned goods. The goal of this resource is to provide resources for students struggling with food and clothing.

http://www2.umf.maine.edu/sustainablecampus/thrifty-beaver-co-op/ or 207-778-7096
A Success Plan for Students with Physical and Mental Health Challenges

Students with physical and mental health challenges who are successful at UMF are those who do some careful planning. In that spirit, we offer the following observations.

Students with physical health and mental health issues often think that coming to college will be a time to leave behind issues that were troublesome in high school or elsewhere. For these students, college represents an opportunity for a fresh start and a new beginning. Many students don’t take into account that entering college is a stressful time; learning to adjust to new surroundings and expectations separated from their familiar system of support. All students must learn to deal with stress, but these adjustment issues may have a greater impact on individuals with physical and mental health challenges, consequently, entailing the need for a plan.

The primary contact points at UMF for physical and mental health management, counseling, academic support and accommodations will be the Student Health Center, the Center for Student Development and the Learning Assistance Center. We recommend that these offices be part of the success plan. However, resources are limited and students with a history of physical or mental health problems should not rely solely on campus resources for their treatment. These offices can be a link to current providers and help make a connection with local service providers.

Students who are successful despite physical or mental health challenges tend to take the following steps during their first few weeks at UMF:

1. Maintain supportive contact with medical and/or psychological providers with whom they have a history of successful treatment;
2. Establish relationships with health and counseling services on campus;
3. Provide documentation to the Disabilities Coordinator if accommodations are required or requested;
4. Manage their stress by maintaining healthy sleep patterns, good nutrition, and exercise;
5. Maintain their medical treatments as prescribed, or seek medical advice when their medication is not working properly;
6. Provide written releases of information to all providers and family members so information can be freely exchanged;

We want students to be successful and we urge you to contact us with your concerns and questions. Please let us know about physical or mental health problems as early as possible and urge students to follow the steps outlined above. We can help put together a plan to have the best opportunity to achieve success.

Shelley Hickey, Director of the Student Health Center, shelley.hickey@maine.edu

Jess Berry, Director of the Learning Assistance Center/Disabilities Coordinator, jess.berry@maine.edu

Center for Student Development, Counseling Services, 207-778-7034
Student Health Center

The Student Health Center provides a full spectrum of holistic medical care of physical and mental health needs often in concert with providers from home, on campus and the regional medical community. With a nurse practitioner as medical director and primary provider, staff include a psychiatric nurse practitioner, registered nurses for walk in care and a registered dietician. We bill private insurance with the exception of out-of-state Medicaid providers. Students are encouraged to carry their insurance card or a copy of it on their phones.

The Student Health Center is located in Scott Hall, 245 Main Street. Please don’t hesitate to stop by when you are on campus, give us a call if you have questions at (207)-778-7200, or visit our website at: http://www2.umf.maine.edu/studenthealth/ The office is open Monday, Tuesday, Thursday, and Friday from 8:00am-4:30pm and Wednesdays from 9:30am-4:00pm The Health Center is not open on weekends or nights so if there is a need for emergency medical attention, we recommend the use of the Franklin Memorial Hospital Emergency Department, which is open 24 hours a day. It is located just four miles south of campus.

Our mission is to enhance the academic success of our students by providing high quality, affordable medical and mental health care and work collaboratively with others to promote health education and wellness within the UMF community. Our goal is to help students stay healthy, emotionally and physically. We provide a full range of primary health care services, including care for acute illness or injury, help in managing chronic health problems, psychiatric services and preventive health care.

Health Insurance: The University of Maine System policy requires all students with 9 or more credits to be covered by health insurance. Students who do not demonstrate proof of insurance will be billed for the Student Health Insurance offered by the University of Maine System.

Paying for Services: With a billable insurance plan, the UMF Health and Wellness Fee entitles students to 3 visits per semester without a co-pay charge. After 3 visits, the co-pay amount associated with the insurance plan up to a maximum of $20 per visit, will be charged. Students never have to pay up-front for services; if needed, charges can be put onto student’s accounts. The Student Health Center does not “balance bill.” If you receive an explanation of billing from your insurance company that states you have an outstanding balance with the Student Health Center, please disregard or contact our office.

Immunization Records: Maine State Law requires that all students born after December 31, 1956 who are enrolled full-time or part-time in a degree program or any non-degree student enrolled full-time (12 or more credit hours) show proof of: Having had 2 doses of MMR (measles, mumps, and rubella) and 1 dose of Tetanus/Diphtheria within the past 10 years. Proof of immunity to the above diseases should be on file prior to registering for classes. Any needed immunizations can be given to our office. Please send copies of your immunization records to:

Shared Processing Center
University of Maine System
P.O. Box 412
Bangor, ME 04401
Fax: 207-561-3450

Summer Hours: The Health Center is not open during the summer but someone does answer messages. If you have any questions or concerns you need addressed before we reopen in August/September, please feel free to leave a message or email us at: umf.healthcenter@maine.edu, Someone will get back to you within 24 - 48 hours.
Advising Mission Statement:
The role of advising is to help students make choices, and in the process, to help them learn how to make good decisions and solve problems on their own.

Advising Vision
Advising goes beyond the traditional notion of the academic advisor helping in course selection and career advice and includes working to ensure that a student's educational experience supports the development of the whole student. Advising takes place at every level at the university: by staff, in the residence halls, in the classroom, by professors other than the academic advisor, and in extra-curricular and co-curricular activities. This envisions faculty, staff, and students as partners in helping students identify their values and develop as individuals. Advising relates to the whole student, including the mental, emotional, spiritual, social, and physical aspects of life. Advising so defined is the core process of integrating the educational experience at Farmington, helping students become confident participants in their education, cognizant of their own values and priorities, determined to be lifelong learners, curious, enthusiastic, and open minded with a strong sense of both ethics and community.

Advising Responsibilities

Student Responsibilities
- Participate fully as an active learner in the advising process;
- Take the initiative to contact his/her/their advisor in a timely fashion;
- Be prepared for advising sessions, gathering all relevant information needed to make informed choices;
- Articulate personal values, goals, and aspirations;
- Accept ownership of his/her/their educational choices;
- Maintain a personal record of academic progress;
- Know and meet graduation and other requirements.

Academic Advisor Responsibilities
- Help students learn to make choices and, in the process, teach them how to make decisions and solve problems on their own;
- Assist students in the pre-registration and registration process, providing timely communication and accurate information;
- Discuss links between academic preparation, personal experience, and future career paths;
- Assist students with planning an academic program consistent with student abilities, interests, and potential for growth;
- Function as the point of reception and clearinghouse for information relating to advising responsibilities shared with other University personnel;
- Refer students to campus services and resources as needed;
- Monitor student progress and provide accurate feedback.
Academic Success in College

College is a student’s job:
At a job, you have to show up every day. Same with college. If students miss a class, they miss a big chunk of the course. Showing up is important!

College is a FULL-TIME job:
High school courses consist mostly of class time, but college emphasizes outside work. For each hour of class time, you are expected to put in 2-3 hours of homework.

Finding a place to work:
You go to a paying job. So, students need to go to the job of studying. The library, the Fusion Center, the commons or an empty classroom are good environments for getting work done.

Don’t worry about declaring a major:
Students end up changing their minds more than once about what they want to do with the rest of their lives. So, students do not have to declare a major to start. Students can try out a major if they want to or they can sample a variety of areas before settling on a major. Many college subjects are not taught in high school or are treated differently here.

Getting students help when they need it...and when they don’t:
The Learning Assistance Center provides tutors for any course at any point in the semester. The Learning Commons has staff trained to help students. Another good source of help is other students. While it is best not to wait, it is never too late to get help.

Students are responsible for their education:
This is not high school! No one will go chasing after students to be sure they get things done or in on time. Students need to keep on top of their courses.

Dr. Jonathan Cohen
Professor of Philosophy

The Student Learning Commons

The Student Learning Commons in UMF’s Mantor Library is a versatile place in which students can learn, collaborate, and socialize. The space has been designed with collaboration in mind; the comfortable furniture can be easily moved around, large whiteboards on wheels are within easy reach, and large-screen desktop computers are in place. Students can easily access Reference Librarians, the IT department, the Library front desk and stacks, and the Mantor Cafe. There are also many places for silent study throughout the Library.

The Student Learning Commons Tutors offer drop-by tutoring in Writing and Math, in addition to academic skills like the Cornell note-taking system, Time/Task Management, and Critical Reading skills. Tutoring takes place during mid-day hours, as well as in the early evening. It’s free, and no appointment is necessary. We will help students to find a tutor for any class in which they are having difficulty. Learning Commons tutors also help prepare Education majors for the PRAXIS exam with both group and individual tutoring sessions.

We offer Supplemental Instruction (SI) in a number of the more difficult “gateway” courses: two 1-hour review sessions per week, conducted by a student SI Leader. SI is an efficient way to maximize studying, and regular attendees tend to do better academically. Students can contact Pete St. John, Learning Commons Coordinator, at william.st@maine.edu.

36
UMF Career Services is helping to ensure students are career ready by helping to link the skills learned in classes to core employee competencies desired in today’s job market.

**UMF’s Career Competencies:**

**Collaboration:** Students focus on learning to work with others, communicate and compromise effectively, and accept feedback and redirection.

**Drive:** Students demonstrate resilience with the ability to bounce back when things get tough and the ability to go above and beyond minimal expectations.

**Professionalism:** Students exhibit strong work ethic, oral and written communication, and digital technology competency. Students exhibit appropriate boundaries and parameters of confidentiality.

**Coachability:** Students readily seek, accept, and implement feedback from peers, faculty, advisors, and supervisors.

**Curiosity:** Students learn about their world in an effort to gain global/intercultural fluency. Students learn about work in an effort to understand how to better provide services.
Your Career and You

UMF students tell us all the time that one of their major motivations for pursuing a college education is to “get a good job” after graduation. We share that priority and partner with students throughout their UMF experience to provide opportunities, resources, and tools to best prepare for life in the “real world.” Here’s just a sneak-peek of the ways our most successful UMF students and graduates establish themselves as competitive candidates for the post-college environment!

In their first year, students should…

- Establish and continue to develop good study and work habits through a sustained focus on academics and taking advantage of academic support services
- Explore career options by assessing strengths and interests and meeting with an academic advisor or career counselor
- Get involved on-campus through student-work experiences, clubs and organizations, and volunteerism opportunities

In their second year, students should…

- Work with an academic advisor or career counselor to identify relevant “field experiences,” such as course-related internships, practicums, summer jobs, or leadership in campus clubs and organizations
- Develop and enhance their online “brand” by creating a LinkedIn profile and managing their online presence
- Build their personal and professional network through social media, informational interviewing, campus and career events, and other opportunities

In their third year, students should…

- Develop a professional resume based on past experiences with future goals in mind, and have it reviewed by a career counselor
- Research graduate schools based on career and academic goals and plan out the timeline for applications and requirements
- Network with employers and graduate schools through the variety of career events offered, including graduate school and career fairs, employer visits, and workshops

In their fourth year, students should…

- Compile application materials and requirements and complete graduate school applications, in consultation with their academic advisor and career counselor
- Develop and initiate their job search strategy by taking full advantage of one-on-one career advising, fairs and events, employer visits, technology, and social media, and other resources through the career services office
- Update and refine job-seeking materials, such as resumes, cover letters, and reference letters and develop effective interviewing skills

Career development and success begins for all college students from the moment they step foot on campus. In a changing economy and employment landscape, UMF Career Services works hard and continuously to collaborate with faculty, staff, employers, and students to ensure a wide variety of opportunities, resources, and experiences that will lead to greater life satisfaction for our students and graduates. The 21st-century world of work looks more different now than it ever has, and we are committed to supporting our students’ success as they embark on their journeys after college.

Parents can play an incredibly important role in their student’s career development and success by encouraging them to take advantage of our wide array of resources, events, and services throughout the year. To learn more about Career Services or the Center for Student Development, visit our website at careers.umf.maine.edu, like us on Facebook at www.facebook.com/UMFCareers, and follow us on Twitter at www.twitter.com/UMFCareers! You can also visit http://www2.umf.maine.edu/parents/a-career-planning-course-for-parents/ about career planning.

Cyndi McShane, Assistant Director of Career Services
Center for Student Development | cynthia.mcshane@maine.edu | 207-778-7035

38
Study Abroad

Whether you choose one of our many short-term May Term Travel Courses or one of our formal semester-long exchange programs, we strongly encourage you to explore the exciting possibilities of international study. We also offer scholarship funding to help you participate in one of our exciting study abroad opportunities.

Affordable Short-Term Study Abroad Options

We understand an entire semester abroad program may be a bit too long or too expensive, so we offer a number of popular inexpensive, short-term travel courses. These faculty-accompanied trips abroad are conveniently offered during regular semester breaks — usually during Winter Session and May Term. Because the time away is much shorter, the cost is far less. However, the experience is priceless. Past short-term study abroad options have included:

- Italy, Scotland, Costa Rica, Ireland, Austria, Spain, Greece, Panama, Peru, Japan, England, Newfoundland, Northern Ireland, Tanzania, and more!

Immerse Yourself in a Full Semester Abroad

The University of Maine at Farmington offers the opportunity to participate in exciting semester-long, study-abroad opportunities in a wide range of countries. UMF also has a formal Semester Abroad Exchange Program in China and France (see below). We also offer semester-long study abroad opportunities through our partner providers in many countries including:

- England, Australia, Czech Republic, Ireland, Ecuador, Spain, Greece, Switzerland, Italy, Japan, Poland, Hungary, New Zealand and more!

Semester in France

**Le Mans:** Hosted by the Le Mans Université, a 7,500 student campus located about an hour by train (TGV) southwest from Paris, this program provides an intensive immersion in French language and culture and courses taught in French in a variety of disciplines for students with at least one year of college-level French language study. LeMans is a beautiful city located on the Sarthe River near the Loire Valley. The region has chateaux, picturesque villages, fine cuisine, theater, films, shopping and more.

Semester in China

**Beijing:** For students with at least one year of college-level Chinese language, Farmington offers an intensive program in Mandarin Chinese and Chinese culture at Beijing University of Technology, a 20,000-student university of science, engineering and management. Beijing, the political, economic and cultural center of China, is home to more than 10 million people.

**Shanghai:** Founded in 1905, Fudan University has more than 27,000 full-time local students and 2,800 international students. Located in the Yangpu District in the northeast part of Shanghai, Fudan University is a 20-minute subway ride to the downtown area. Students with one year of college level Chinese language may choose to study Chinese language and culture, a combination of Chinese language and other subjects taught in English, or only other subjects taught in English.
See More of America — National Student Exchange

If experiencing a different part of the U.S. is more to your liking, we can arrange for you to study away for a semester or an academic year through the National Student Exchange program. Nearly 200 different institutions in 49 states, D.C., three U.S. territories, and four Canadian provinces participate in this program.

Our students recently studied at colleges and universities in: Canada, California, Alaska, Colorado, Georgia, Illinois, Oregon, Nevada, Utah, Montana, New Mexico, Minnesota, Tennessee, and Texas, to name a few.

Whether you want to experience other cultures first hand, see your own country from a different perspective, test your language skills, or trace your personal history, you’ll return to UMF with a new understanding of your world and yourself.

Student-Teaching Abroad Opportunities

For UMF Elementary and Secondary Education students, there are also opportunities to student-teach abroad. Student-teaching placements are currently available in Hong Kong and South Korea.

And, in case you are wondering …

Most, if not all, of your financial aid can be used for Study Away. You will earn college credit for the courses you successfully complete. We will provide opportunities for you to share your experience upon return to UMF.

International Partnerships

Academics: [https://web.aiu.ac.jp/en/academic/](https://web.aiu.ac.jp/en/academic/)

Spain: Universidad de Alicante [https://www.ua.es/en/](https://www.ua.es/en/)
Undergraduate Degree Programs [https://web.ua.es/en/official-undergraduate-degrees.html](https://web.ua.es/en/official-undergraduate-degrees.html)

Cyprus: University of Nicosia in Cyprus [https://www.unic.ac.cy/](https://www.unic.ac.cy/)
Bachelor Degrees: [https://www.unic.ac.cy/bachelor-degrees/](https://www.unic.ac.cy/bachelor-degrees/)


Courses of Study: [https://www.uni-flensburg.de/en/students/courses-of-studies/](https://www.uni-flensburg.de/en/students/courses-of-studies/)

Hong Kong: Educational University of Hong Kong [https://www.eduhk.hk/main/](https://www.eduhk.hk/main/)
Faculty, Schools and Departments [https://www.eduhk.hk/main/academics/faculties-school-departments/](https://www.eduhk.hk/main/academics/faculties-school-departments/)

COIL: Collaborative Online International Learning SUNY: [http://coil.suny.edu/page/about-coil-0](http://coil.suny.edu/page/about-coil-0)

For more information: [https://www.umf-experience.org/home](https://www.umf-experience.org/home)
Department of Public Safety/Campus Police

The University of Maine at Farmington has one of three actual Campus Police Departments within the State of Maine and provides round-the-clock law enforcement and emergency police response services. The University has a strong working relationship with the state, town and county law enforcement and various other coalition partners within Franklin County.

We believe preventing crime is far better than dealing with crime after it has occurred. To that end, we employ a wide range of security and crime prevention programs. For instance, each residence hall building is locked down 24/7. Entry is granted to residents only through an electronic card access control system. We provide emergency phones and outdoor call boxes throughout campus, including at outlying parking lots, each linked directly to the UMF Public Safety Dept. communication system. Because we want students to feel safe walking in the Farmington campus area we offer a Campus Escort service, providing evening escort service to students and employees, 4pm-midnight. You can call from a call box or your own phone at 207-778-7400.

UMF Annual Security Report:

CARS AND PARKING ON CAMPUS

How do I get a parking decal?
All UMF community members (Faculty, Staff and Students) need to obtain a UMF Parking Decal and properly display it in their vehicle (on their rear view mirror or on their dashboard) at all times when parking on UMF property. You can fill out a UMF Parking Application during Student Orientation or stop by the Public Safety Office at 149 Quebec Street (across from the FRC) during business hours, Monday through Friday (8a.m.– 4p.m.) or find it on the UMF Department of Public Safety/Campus Police website (http://www2.umf.maine.edu/publicsafety/) under “Department Forms.”

Where can I park?
Resident First-Year Students have designated lots. These lots are in a variety of locations and are located on Prescott Street, Lot 21 and 22, directly behind the Fitness & Recreation Center, Lot 26, and located on Front Street, Lot 18. (Please refer to the campus map.) All the above-mentioned lots can be reached within an easy five to ten-minute walk from the residence halls. The lots contain call boxes directly linked to campus police and are well lit at night time.

Commuters park in the commuter lots on the perimeter of campus and are also required to purchase a UMF Parking Decal (see instructions above).

Is there a fee to have a car on campus?
There is a fee to have a car on campus, but it is only $20 per academic year! We accept cash or check (payable to the University of Maine at Farmington).
Alcohol and Drug Policy

Public intoxication which interferes with or disrupts the residential environment for others or necessitates staff intervention or medical attention (as determined by residence hall staff) is prohibited. Open alcohol containers are not permitted in hallways, lounges, bathrooms, stairwells, or any other common area(s), including exterior adjacent areas to the residence halls, such as porches, lawns, parking lots. Displays with content regarding alcohol or drugs may not be placed in areas of public view such as room windows facing out and room door exteriors; this includes but is not limited to neon signs, posters, empty container displays.

An “of age" room is when all residents living in the room are 21 years of age or older. An "underage" room is when one or more residents living in the room are less than 21 years of age. Alcohol may be consumed by students and their guests who are 21 years of age or older in an “of age" resident’s room only if no underage students are present. The possession of alcoholic beverage containers in “underage" student rooms, either full or empty, will be taken as a presumption of use and possession, and as such are not permitted, even for decorative or display purposes. Empty alcohol containers may be present in “of age" student rooms as long as they are not used for decorative or display purposes.

While the University is committed to providing assistance, it should be understood that student behavior while under the influence of drugs or alcohol will not be accepted as an excuse for violations of the Conduct Code or University policies and procedures.

Students shall not possess, make, grow, furnish, sell, or trade any illegal drug, or possess, use, sell, manufacture or advertise drug paraphernalia. Students shall not misuse, abuse, trade, or sell prescription medicines. The presence of smoke or other types of residue, including but not limited to seeds, stems, or odor as determined by University staff, from illegal drugs or any other substance such as incense, candles and tobacco products provides justifiable grounds for entering a student’s room and for appropriate disciplinary action.

Educational Response to First Offense Low Level Drug and Alcohol Violations:

We are invested as an institution in promoting healthy, responsible choices concerning the use of alcohol and other drugs, with the emphasis on the elimination of illegal and harmful use, high-risk behavior, and related physical impairment or injury.

In an attempt to promote student learning and development, as well as to advance community standards through education that are characterized by healthy relationships and behaviors, order, respect for self and others, good citizenship, and productivity, an educational response will be instituted. The parameters of the educational response are: All students will have a review of their conduct for lesser violations of university alcohol and drug policies pertaining to the illegal possession and/or use of alcohol or marijuana. If found responsible for a lesser violation, sanctions provided for first offenses will offer a student a chance to reflect upon and learn from their decisions. A lesser offense may include but is not limited to: carrying an open container, possession or consumption of small quantities of alcohol or marijuana, being present where alcohol or marijuana is being consumed.

A second incident involving the unlawful possession, use, and/or distribution of alcohol by a student under the age of 21 will result in a conduct review. A second incident involving the unlawful possession, use, and/or distribution of other illicit drugs, such as cocaine, ecstasy, or illegally obtained prescription medication, will result in the removal of the student from the residence halls.

Additional Stipulations:

Other illicit drugs beyond marijuana are not included under the one strike/warning policy. Serious alcohol and other drug offenses, such as operating a vehicle under the influence, furnishing a place for underage drinking to occur, procuring alcohol for minors, selling drugs, hazing, vandalism, assaultive behavior, etc. will bypass the one strike/warning policy and proceed directly to a conduct review.
Only one strike/warning is permitted during the course of a student’s undergraduate years. In addition to a strike/warning, other sanctions may be imposed, including but not limited to community restitution and drug and alcohol evaluations.

**Parental Notification Policy:**

The inherent risks associated with the abuse of alcohol and other drugs affect the entire community. One important goal of any institutional effort to mitigate the impact of alcohol and drug abuse on the campus at large is to involve faculty, staff, students, medical, and law enforcement services, alumni, and parents in a collaborative relationship to promote a safe and healthy learning community. Broad collaboration and the formation of partnerships between and among these groups can assure collective ownership in protecting a healthy environment where learning, performance, and the social aspects of college life are not compromised.

To that end, in accordance with the Family Educational Rights and Privacy Act (FERPA) and section 952 of the Higher Education Reauthorization Act, which provides for the notification of parents/legal guardians in the case of alcohol and/or drug activity, the University may notify the parents/legal guardians of any student hospitalization directly resulting from alcohol poisoning or drug overdose. Consent of the student is not required under FERPA provisions and section 952 of the Higher Education Reauthorization Act for this notification process.
Family Educational Rights and Privacy Act (FERPA)

Once a new student becomes matriculated at UMF, they are protected under the Family Educational Rights and Privacy Act (FERPA). FERPA is a federal law that protects the privacy of a student’s educational records. These records, as defined by FERPA, are documents or materials that are maintained by the university and directly relate to the student. Most academic, financial and administrative information falls into this category.

Under these guidelines, parents do not have automatic rights to access their student’s records. What a student chooses to share with their parents is between the student and their parents.

Any additional questions and inquiries regarding FERPA can be addressed by contacting the Registrar’s Office at 778-7241 or registrar@umf.maine.edu.

Involvement, Encouragement & Expectations

Parents & Families

The new role of a parent is to now become familiar with UMF resources and to encourage their student to tap into these resources. This knowledge will allow parents to empower their students and help them with the transition to college. Another key to this transition is to reinforce the idea of getting involved early to the student. College needs to be seen as a full-time job where learning happens in and out of the classroom.

Parents also must understand that the relationship they have with their students will change. Without the daily contact that they may be used to, some parents may feel cut out of the process. Parents need to remember that they still have a valuable role in their student’s lives, now as a “resource provider” instead of a “problem solver.”

Students

Students are now part of a new community, one built on educational excellence and personal growth. In order to succeed in this community, students must utilize the resources that are available to them, and take advantage of every opportunity that presents itself. Opportunities will not happen to or come to a student, they must instead make things happen and seek out opportunities.

Students should remember that our most successful students are those that are involved on campus in some sort of organization, have some sort of on or off campus job, and regularly attend events throughout the week and on the weekend. They learn valuable lessons and skills outside of the classroom.

The biggest hurdle a student might face is taking ownership of their actions. They must acknowledge the changing relationship with their parents, and learn to manage their own time and accept responsibility for their own choices. We as a university expect students to conduct themselves in a civil and respectful manner. We will provide assistance and resources for all those who seek our help.
What Parents Should Know about FERPA

What is FERPA?
FERPA is the Family Educational Rights and Privacy Act. It is a federal law that protects the privacy of student educational records.

Who does FERPA protect?
FERPA protects students who are or have been in attendance at post-secondary institutions regardless of age by keeping their educational records private.

What are educational records?
Educational records, according to FERPA, are documents or materials that are maintained by the university, which are directly related to a student, allowing the student to be identified. Almost all academic, financial, and administrative information (both print and electronic) falls under this act.

What information can be released?
Directory information is an exception to FERPA’s privacy protection. Directory information can be released by the university without consent unless the Registrar’s office receives written notification from the student that he/she does not want the information published. Directory information is that which would not be considered harmful or an invasion of privacy. Other educational records can be released if the university receives a signed and dated waiver form from the student. This form must reference the specific records allowed to be released, the purpose for disclosure and the identity of the person/people to whom the information can be released to. In addition, most educational records can be shared within the university as long as the individuals have legitimate educational interests, or a need to review the information in order to fulfill his/her job responsibilities.

What information does UMF designate as directory information?
At the University of Maine at Farmington, the following information is considered Directory Information: name, addresses, enrollment status (full-time, part-time), dates of attendance, date of birth, phone number, program of study (major), class level, degrees and awards received, most recent previous educational institution attended, participation in sports and activities, appropriate athletic statistical data.

What if a student does not want certain information published?
Students may elect to suppress the release of directory information by checking the appropriate line on the Student Information Form that is mailed in August or by contacting the Registrar’s Office.

What are a parent’s rights under FERPA?
At the University level, parents do not have an automatic right to inspect their student’s educational records. Parents who wish to access their student’s records must have their student sign a written consent form authorizing the release of specific information, like grade, financial or disciplinary information to the parents. For more information about this waiver and what information it must include please contact the Registrar’s Office at 778-7240 or registrar@umf.maine.edu.

Where can I get more information about FERPA?
The US Department of Education enforces FERPA. The department maintains a FERPA web site with many resources for parents, students, faculty and staff at:
## Explore Farmington

### Bookstores & Libraries
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>DD&amp;G Booksellers</td>
<td>193 Broadway Farmington, ME</td>
<td>(207) 778-3454</td>
</tr>
<tr>
<td>Farmington Public Library</td>
<td>117 Academy Street Farmington, ME</td>
<td>(207) 778-4312</td>
</tr>
<tr>
<td>Twice Sold Tales</td>
<td>155 Main Street Farmington, ME</td>
<td>(207) 778-4411</td>
</tr>
<tr>
<td>UMF Mantor Library</td>
<td>116 South Street Farmington, ME</td>
<td>(207) 778-7210</td>
</tr>
<tr>
<td>UMF University Store</td>
<td>238 Main Street Farmington, ME</td>
<td>(207) 778-7325</td>
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### Shopping
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Wal-Mart Super Center</td>
<td>615 Wilton Road Farmington, ME</td>
<td>(207) 778-5344</td>
</tr>
<tr>
<td>Big Lots</td>
<td>640 Wilton Road Farmington, ME</td>
<td>(207) 778-6176</td>
</tr>
<tr>
<td>Dollar Tree</td>
<td>650 Wilton Road Farmington, ME</td>
<td>(207) 778-0805</td>
</tr>
<tr>
<td>Farmington Thrift</td>
<td>217 Broadway Farmington, ME</td>
<td>(207) 778-9046</td>
</tr>
<tr>
<td>Liquid Sunshine</td>
<td>165 Main Street Farmington, ME</td>
<td>(207) 778-4413</td>
</tr>
<tr>
<td>Outskirts Vintage Clothing</td>
<td>227 Broadway Farmington, ME</td>
<td>(207) 778-9200</td>
</tr>
<tr>
<td>Reny's Department Store</td>
<td>200 Broadway Farmington, ME</td>
<td>(207) 778-4631</td>
</tr>
<tr>
<td>Touch of Class</td>
<td>309 Wilton Road Farmington, ME</td>
<td>(207) 778-4492</td>
</tr>
<tr>
<td>Touch of Class Too</td>
<td>206 Broadway Farmington, ME</td>
<td>(207) 778-3236</td>
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### Grocery Stores
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Better Living Center</td>
<td>181 Front Street Farmington, ME</td>
<td>(207) 778-6018</td>
</tr>
<tr>
<td>Hannaford Supermarket</td>
<td>131 Hannaford Drive Farmington, ME</td>
<td>(207) 778-0434</td>
</tr>
<tr>
<td>Madore's Market</td>
<td>103 Temple Road West Farmington, ME</td>
<td>(207) 778-4602</td>
</tr>
<tr>
<td>Ron's Market</td>
<td>144 Franklin Avenue Farmington, ME</td>
<td>(207) 778-3344</td>
</tr>
<tr>
<td>Save-A-Lot</td>
<td>654 Wilton Road Farmington, ME</td>
<td>(207) 778-0620</td>
</tr>
<tr>
<td>Tranten's Market</td>
<td>180 Main Street Farmington, ME</td>
<td>(207) 778-2202</td>
</tr>
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### Eateries
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arkay Pizza (carry out only)</td>
<td>172 Farmington Falls Road Farmington, ME</td>
<td>(207) 778-3944</td>
</tr>
<tr>
<td>Basil's (carry out only)</td>
<td>248 Wilton Road Farmington, ME</td>
<td>(207) 778-9070</td>
</tr>
<tr>
<td>Brickyard Cafe</td>
<td>US Route 2 Farmington, ME</td>
<td>(207) 779-0708</td>
</tr>
<tr>
<td>Burger King</td>
<td>633 Wilton Road Farmington, ME</td>
<td>(207) 778-9709</td>
</tr>
<tr>
<td>Dunkin Donuts</td>
<td>193 Main Street Farmington, ME</td>
<td>(207) 779-1009</td>
</tr>
<tr>
<td>Dunkin Donuts</td>
<td>636 Wilton Road Farmington, ME</td>
<td>(207) 779-1771</td>
</tr>
<tr>
<td>Farmington D</td>
<td>367 Wilton Road Farmington, ME</td>
<td>(207) 778-6880</td>
</tr>
<tr>
<td>Farmington House of Pizza</td>
<td>195 Broadway Farmington, ME</td>
<td>(207) 778-6867</td>
</tr>
<tr>
<td>Gifford's Ice Cream</td>
<td>293 Main Street Farmington, ME</td>
<td>(207) 778-3617</td>
</tr>
<tr>
<td>Homestead Bakery</td>
<td>186 Broadway Farmington, ME</td>
<td>(207) 778-6162</td>
</tr>
<tr>
<td>Ice Cream Shoppe</td>
<td>171 Wilton Road Farmington, ME</td>
<td>(207) 778-0646</td>
</tr>
<tr>
<td>Jade Palace</td>
<td>249 Wilton Road Farmington, ME</td>
<td>(207) 778-2098</td>
</tr>
<tr>
<td>Java Joe's Corner Café</td>
<td>154 Main Street Farmington, ME</td>
<td>(207) 779-1000</td>
</tr>
<tr>
<td>KFC &amp; Taco Bell</td>
<td>369 Wilton Road Farmington, ME</td>
<td>(207) 779-0504</td>
</tr>
<tr>
<td>Lotus Blossom</td>
<td>605 Wilton Road Farmington, ME</td>
<td>(207) 778-6378</td>
</tr>
<tr>
<td>McDonald's</td>
<td>303 Main Street Farmington, ME</td>
<td>(207) 778-6213</td>
</tr>
<tr>
<td>Pizza Hut</td>
<td>564 Wilton Road Farmington, ME</td>
<td>(207) 778-2400</td>
</tr>
<tr>
<td>Soup For You! Café</td>
<td>222 Broadway Farmington, ME</td>
<td>(207) 779-0799</td>
</tr>
<tr>
<td>Subway</td>
<td>230 Wilton Road Farmington, ME</td>
<td>(207) 778-4050</td>
</tr>
<tr>
<td>Thai Smile</td>
<td>168 Front Street Farmington, ME</td>
<td>(207) 778-0790</td>
</tr>
<tr>
<td>The Dugout</td>
<td>118 Broadway Street Farmington, ME</td>
<td>(207) 779-1112</td>
</tr>
<tr>
<td>The Downtown Press Cafe</td>
<td>112 Marceau Ct Farmington, ME</td>
<td>(207) 778-5353</td>
</tr>
<tr>
<td>The Roost Pub &amp; Wingery</td>
<td>187 Main Street Farmington, ME</td>
<td>(207) 860-2811</td>
</tr>
<tr>
<td>Uno Mas Mexican Grill</td>
<td>147 Pleasant St Farmington, ME</td>
<td>(207) 778-9222</td>
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### Gas Stations

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Farmington Big Apple</td>
<td>254 Wilton Road Farmington, ME</td>
<td>(207) 778-6860</td>
</tr>
<tr>
<td>Irving Big Stop</td>
<td>507 Wilton Road Farmington, ME</td>
<td>(207) 778-5946</td>
</tr>
<tr>
<td>Irving</td>
<td>309 Main St Farmington, ME</td>
<td>(207) 778-0310</td>
</tr>
<tr>
<td>7 Days Mart</td>
<td>289 Main Street Farmington, ME</td>
<td>(207) 778-3287</td>
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### Entertainment

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
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<tbody>
<tr>
<td>Meadow Lanes Bowling</td>
<td>US Route 2 Farmington, ME</td>
<td>(207) 778-6078</td>
</tr>
<tr>
<td>Narrow Gauge Cinema</td>
<td>15 Front Street Farmington, ME</td>
<td>(207) 778-2881</td>
</tr>
<tr>
<td>Troll Valley Disc Golf</td>
<td>283 Red Schoolhouse Road Farmington, ME</td>
<td>(207) 778-3656</td>
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### Health, Wellness, and Safety - Emergency: Call 911

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Farmington Police Department</td>
<td>116 Franklin Avenue Farmington, ME</td>
<td>(207) 778-6311</td>
</tr>
<tr>
<td>Fire Department</td>
<td>153 Farmington Falls Road Farmington, ME</td>
<td>(207) 778-3235</td>
</tr>
<tr>
<td>Franklin County Sheriff Department</td>
<td>123 County Way Farmington, ME</td>
<td>(207) 778-2680</td>
</tr>
<tr>
<td>Franklin Memorial Hospital</td>
<td>111 Franklin Health Commons Farmington, ME</td>
<td>(207) 778-6031</td>
</tr>
<tr>
<td>Mt. Blue Drug</td>
<td>624 Wilton Road Farmington, ME</td>
<td>(207) 778-6015</td>
</tr>
<tr>
<td>Walgreens</td>
<td>317 Main Street Farmington, ME</td>
<td>(207) 778-3919</td>
</tr>
<tr>
<td>SAPARS</td>
<td>144 High Street Farmington, ME 04938</td>
<td>(800) 871-7741</td>
</tr>
<tr>
<td>UMF Public Safety</td>
<td>149 Quebec Street Farmington, ME</td>
<td>(207) 778-7400</td>
</tr>
<tr>
<td>UMF Student Health Center</td>
<td>254 Main Street Farmington, ME</td>
<td>(207) 778-7200</td>
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### Ski Resorts

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Mountain</td>
<td>39 Glover Road Rumford, ME</td>
<td>(207) 364-8977</td>
</tr>
<tr>
<td>Sugarloaf USA</td>
<td>Kingfield, ME</td>
<td>(207) 237-2000</td>
</tr>
<tr>
<td>Sunday River Ski Resort</td>
<td>Bethel, ME</td>
<td>(207) 824-3000</td>
</tr>
<tr>
<td>Titcomb Mountain</td>
<td>Morrison Hill Road Farmington, ME 04938</td>
<td>(207) 778-9031</td>
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### Places of Worship

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assembly of God</td>
<td>547 Wilton Road Farmington, ME</td>
<td>(207) 778-6190</td>
</tr>
<tr>
<td>Church of Jesus Christ of Latter-Day Saints</td>
<td>141 Perham Heights Farmington, ME</td>
<td>(207) 778-4038</td>
</tr>
<tr>
<td>Fairbanks Union Church</td>
<td>583 Fairbanks Road Farmington, ME</td>
<td>(207) 778-4705</td>
</tr>
<tr>
<td>Farmington Baptist Church</td>
<td>194 Whittier Road Farmington, ME</td>
<td>(207) 779-0731</td>
</tr>
<tr>
<td>Farmington Seventh Day Adventist Church</td>
<td>380 New Vineyard Road Farmington, ME</td>
<td>(207) 779-0749</td>
</tr>
<tr>
<td>Friends of Jesus Christ</td>
<td>168 Crosswell Road Farmington, ME</td>
<td>(207) 778-2700</td>
</tr>
<tr>
<td>Henderson Memorial Baptist Church</td>
<td>110 Academy Street Farmington, ME</td>
<td>(207) 778-2163</td>
</tr>
<tr>
<td>Jehovah's Witnesses Farmington Congregation</td>
<td>266 Fairbanks Road Farmington, ME</td>
<td>(207) 778-3217</td>
</tr>
<tr>
<td>New Hope Baptist Church</td>
<td>268 Perham Street Farmington, ME</td>
<td>(207) 778-6393</td>
</tr>
<tr>
<td>&quot;Old South&quot; First Congregational Church UCC</td>
<td>227 Main Street Farmington, ME</td>
<td>(207) 778-0424</td>
</tr>
<tr>
<td>Saint Joseph’s Roman Catholic Church</td>
<td>133 Middle Street Farmington, ME</td>
<td>(207) 778-2778</td>
</tr>
<tr>
<td>St. Luke’s Episcopal Church</td>
<td>59 High Street Wilton, ME</td>
<td>(207) 645-2639</td>
</tr>
<tr>
<td>Temple Beth El</td>
<td>3 Woodlawn Street Augusta, ME</td>
<td>(207) 622-7450</td>
</tr>
<tr>
<td>Trinity United Methodist Church</td>
<td>612 Farmington Falls Road Farmington, ME</td>
<td>(207) 778-3921</td>
</tr>
</tbody>
</table>
Office of Admissions Staff Contacts

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**New England:** New Hampshire
**Other:** WI, MI, IL, IN, OH, KY, TN

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Data Management
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**New England:** Rhode Island
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**Other:** MN, NE, IA, MO, OK, KS, AR, TX, LA

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**New England:** Eastern Connecticut
**Other:** CA, NV, UT, AZ, NM, AK, HI

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