

# Careercenter

## THE UNIVERSITY OF MAINE

### SERVICES FOR FIRST YEAR STUDENTS



- **Counseling and Advising**

*The professional staff of the Career Center is ready to assist you with any issues related to your career planning. We can help you identify your interests and skills, choose a major, understand the relationship between academic majors and careers or define your career goals. You are invited to schedule an appointment with one of our counselors anytime!*

- **Self-Help Career Resource Library**

*The Career Resource Library has a wealth of career-related publications, computer resources and DVDs, as well as self assessment worksheets, information about majors offered at UMaine, ideas/programs to help you get experience to test out career options and a decision-making module.*

- **Career Resources**

*Current literature, books and videos describing a wide variety of career fields and specific occupations are available for your use in the Career Library. A trained Career Assistant will be happy to help you find the resources you need to fully explore careers of interest.*

- **FOCUS**

*Two computer guidance systems designed to help you assess your interests, values and skills and explore career and education programs compatible with your personal attributes. These two programs provide detailed information on hundreds of job titles, descriptions, salary and employment outlooks and graduate schools.*

- **Maine Mentor Program**

*This program is designed to give students and alumni access to UMaine graduates in a variety of career areas. Those who participate in the program will gain firsthand information about various careers. Students are encouraged to communicate with alumni mentors by way of informational interviewing at their work sites, e-mail, telephone conferencing and/or job shadowing.*

- **Cooperative Education/Internships**

*These opportunities give you the chance to gain pre-professional experience that can help you test tentative career choices before you graduate and/or help to make you more marketable when you do graduate. There are thousands of co-op/internship listings found on the Career Center's web site located at: [www.umaine.edu/career](http://www.umaine.edu/career).*

- **Special Programs**

*The Career Center is actively involved with the campus community in helping students make connections with employers, either on or off campus. Examples of these programs include: On-Campus Recruiting, the Career Fair and the Engineering Job Fair. The Career Center also assists students with their Graduate School search and co-sponsors the annual Applying to Graduate School Workshop.*



## CAREER CENTER

*The University of Maine*  
5748 Memorial Union - Third Floor  
Orono, ME 04469

**Phone:** (207) 581-1359

**Fax:** (207) 581-3003

[www.umaine.edu/career](http://www.umaine.edu/career)

**Hours:** Monday-Friday 8:00am - 4:30pm

THE DIVISION OF  
**Student Affairs**  
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