Student Life acknowledges and supports your great work with our students in the classroom and laboratories across our campus. The work you do is truly amazing.

We would like to let you know about a program we offer called Classroom Alternatives. If you must miss a class due to professional obligations, conference or workshop attendance, illness, etc., we would love to work with your students.

Classroom Alternatives offers a menu of programs that can be delivered to your class in your absence at no cost to you or your department. The topics range from alcohol and drug education to service/volunteerism to wellness to study and library research skills, and many in between. We can also customize a program just for you/your class. Once a session is scheduled, the facilitator will go to your classroom, introduce themselves and their topic, conduct the program, distribute information sheets or handouts, take attendance, and ask students to complete a brief evaluation. Within a week of the class, the facilitator will provide you with information about their presentation, including copies of handouts.

Our goals through this program are to reach out and make contact with students in as many ways as possible and also to serve as a resource to faculty. We hope you will find this program to be a useful resource and one that will benefit your students.
Careers & Professions
These sessions familiarize students with the many careers and professions available to them. Internships and co-ops are discussed as well.

Career Exploration 581-1359
Job Search Strategies and Techniques 581-1359
Graduate and Professional Schools 581-1359
Getting Experience: Internships and Co-ops 581-1359
Real World: Discussion with Employers 581-1359
Etiquette: On and Off the Job 581-1359

Success & Leadership
These sessions help students to make the most of their time in and outside of the classroom as well as improve organizational and leadership skills.

Time Management: Making the Best of It 581-1420
Test Taking: Maximize Test Taking Efforts 581-1420
Note Taking: Getting the Most of Lectures 581-1420
Becoming a Student Leader 581-1760
Searching for Research Information 581-3613
Event Planning 581-1760
Life Skills 581-1420

Diversity
These classes focus on breaking stereotypes and on the concept of privilege and discrimination.

Guess Who’s Gay 581-1439
Sex Roles and Discrimination 581-1892
The Relevance of A Multicultural Education 581-1406
Understanding Diversity in Today’s Climate 581-1406
Preparation for a Global Workforce 581-1425
Study Abroad Programs 581-1509

Wellbeing
These sessions focus on ways to maintain and improve personal mental and emotional wellness so that students can reach their academic potential.

Introduction to the Counseling Center 581-1392
Suicide Prevention Training 581-1392
Stress Relief 581-1392
Procrastination 581-1392
Healthy Relationships 581-1392
Coping Skills for Whatever Life Brings 581-1392
Managing Anxiety with Mindfulness 581-1392
Know Your Nine 581-1406
Sexual Harassment/ Assault Awareness 581-1406

Service and Volunteerism
These activities and sessions will make students aware of ways that they can be involved on campus and in the community.

The Active Citizenship Continuum 581-3091
Planning Service Trips 581-3091
National/International Volunteering 581-3091
Civic Passage 581-3091
VISTA Program 581-3091

Fitness & Team Building
These activities focus on both individual physical well-being and group team-building activities to improve group communication.

Fitness, Personal Training 581-3479
Team Building/Communication 581-1794
Adventure and Risk Taking 581-1794
Self Defense 581-4064
CPR/First Aid 581-3479

Veterans
These sessions focus on ways to support veterans on campus.

Veterans 101 581-1316
PTSD 101 581-1316

Alcohol & Drug Education
These sessions teach important alcohol and drug information. Personal decision making and responsibility are emphasized.

Alcohol and the Work Place: Do’s and Don’ts 581-1423
Party! Alcohol Laws and Furnishing 581-1423
Alcohol and Academic Success 581-1423
Tobacco-Free Campus 581-1423
Bystander Intervention 581-1423
Alcohol 101: How It Affects Your Life 581-1423
Risk Management and Prevention Strategies 581-1423
Jeopardy!: Alcohol, What You Don’t Know 581-1423
Date Rape Drugs: Beware of Drugged Drinks 581-1423
What’s the Buzz?: Marijuana 581-1423
Jeopardy!: Smoking and Marijuana 581-1423

Customized Programs
If you don’t see what you’re looking for please call and ask for a customized program to meet your needs. You can also request a customized program at our website: www.umaine.edu/studentlife/classroomalternatives

Scheduling a Program
Call the corresponding number for the program you wish to schedule or go to our website and fill out our online program request form at: www.umaine.edu/studentlife/classroomalternatives