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!

• Career Library
  This library contains a multitude of resources to help you with your career development. These include self-assessment instruments, academic and career information, internship resources, the Maine Mentor Program, employer information and job hunting guides. The Career Center’s computer cluster also offers students access to the Career Center’s website and FOCUS. Many resources are also available on our website www.umaine.edu/career

• CareerLink
  CareerLink is our student career management system. You may use CareerLink to search for jobs and internships, learn about employers and careers, sign up for career events and job fairs, and participate in the on-campus recruiting program.

• FOCUS II
  This computer guidance system is designed to help you assess your interests, values and skills and explore career and education programs compatible with your personal attributes. FOCUS provides detailed information on hundreds of job titles, descriptions, salary, employment outlooks and more. FOCUS II may be accessed from our website; ask the Career Center for the UMaine access code so you can get started!

• 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, Skype 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 via CareerLink: 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.

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