

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 development. 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. We welcome you to join us in the Career Café and pour a coffee or grab a snack.

• 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 II 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! Many resources are also available on our website www.umaine.edu/career

• 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.

• Internship Resources

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: 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
300 Memorial Union
Orono, ME 04469

Phone: 207.581.1359

Fax: 207.581.3003

Email: umainecareercenter@maine.edu

umaine.edu/career

Hours: Monday-Friday 8:00AM - 4:30PM

Call or visit the Career Center to schedule an appointment.