UMaine: What You Need to Know
Our schedule for today:

+ Campus life
+ Academics
+ Emergency contact information
+ Counseling Center: Changes/Transitions
+ Student Wellness
+ Ways to get involved on campus
+ Maine Hello and Fall Welcome Weekend
+ Reminder about Parent Q&A Session Tomorrow
+ Questions
+ Contact Info
Who We Are

- John Lawler, Director of Campus Life
- Andra Bowen, Assistant Director for Residence Life
- Sara Henry, Director of Student Accessibility Services
- Kenda Scheele, Assistant Vice President and Sr. Associate Dean of Students
- Dave Fiacco, Director of Community Standards, Rights, and Responsibilities
- Bud Walkup, Licensed Drug and Alcohol Counselor, Student Wellness Resource Center
- Amy Moran, Psychology Resident, Counseling Center
- Doug Johnson, Counseling Center Director and Staff Psychologist
Campus Life
Residence Life: John Lawler and Andra Bowen
Residence Life-What We Do

- Help your student in any way once they move into the residence halls
  - Roommate issues
  - Referrals
- Foster a positive community living environment
- Programming
- Safety and Security
- We are not the Housing Office, but we work closely with them!
Residence Hall Staff

- Full-time, professional staff Community Coordinators (CCs)
  - Masters Level

- Two part-time graduate assistants (ACCs)

- Resident Assistants
  - Undergraduate students
  - Front-line for the students
  - Who your student will most likely go to first with any issue
The First Year and Transfer Center

Our main goal:
- To help your student connect to UMaine and to be successful

We address first-year and transfer student concerns
- Understanding university policies
- Helping students advocate for themselves, being student advocates
- Connecting students to resources, clubs, staff, peers, etc.
- Questions/concerns from parents, instructors, advisors, etc.

While our main focus is first year and transfer residential students, we will help anyone, including commuter students!
Commuter Student: Any student not living in the residence halls

- Commuter and Non-Traditional Student Programs Office
  - Located in the Union: Wade Center
  - Staff available all day to answer questions
  - Free coffee and tea, use of microwave, toaster and fridge
  - Way to connect with other students

Also here for you

- First-Year Parent and Family Newsletter
- E-mail um.fye@maine.edu to be added to the list if you did not already sign up today at the Residence Life table
Roommates

- One of the most anxiety-inducing parts of college
  - First time sharing a space
  - Assumption of being best friends
  - Each person’s version of “normal” is different

- Required roommate contracts
  - Guests, noise, sharing things, communication, bed time, etc.

- Roommate mediation with hall staff
  - We support all students

- Guests are not allowed for the first two weeks and last two weeks of any semester!
Making friends

- Another anxiety-inducing part of coming to college
  - Students who have been in the same school district
  - The assumption that everyone already has friends

- Be willing to put yourself out there
  - Pop into a neighbor’s open door
  - Say hi to the person sitting next to you in class
  - Get to know your lab partner
  - Go to programs and events
  - Hang out in the study lounge
  - Join a club or organization
What are your student’s expectations?

+ Their expectations for their roommate situation
  + How they may have to compromise
  + How will they communicate when there is an issue

+ Speaking up for themselves
  + When to ask for help
  + Do not wait until it is too late/already a crisis
    : We can’t fix a problem if we don’t know it exists!
Understanding FERPA (Federal Education Rights and Privacy Act)

- Families not given automatic access to student records
- Student can sign “Student Consent to Release Information Form”
  - Kept on file at Office of Student Records
  - Also called the “FERPA waiver” or “waiver” or “consent form”
  - Access to: financial aid, bills, class schedules, semester grades
- We do not give families access to students’ online accounts
- Some information cannot be released
- Online system different than high schools
  - No centralized site – does not track attendance, all assignments, etc.
Academic Expectations

- Syllabus for each course outlines expectations for that course
  - Breakdown of the grading
  - Attendance policy
  - How to contact the instructor(s)
  - Books or other materials required for the class

- Academic dishonesty policy - on all syllabi and in the handbook

- Accommodation statement informs students with IEP, 504 Plan, chronic illness or other disability about Student Accessibility Services
Many sources of help available to UMaine students who seek out assistance

Tutor Program Academic Resource has information about many sources of assistance

- [umaine.edu/tutorprogram/academic-resources/](umaine.edu/tutorprogram/academic-resources/)

Examples: Tutor Program, Math Lab, Writing Center, Economics Lab, Physics Learning Center, Computer Science Lab, First Year Center, etc.
How to Succeed in College - Academics

- Show Up! Class attendance directly correlates to GPA
  - Attend all classes (average GPA of 3.03)
  - Frequently miss classes (average GPA of 1.32)

- Typically students should spend 2 hours outside of class studying for every one hour in class
  - If your student is taking 15 credit hours, he/she should be studying 25-30 hours outside of class
  - Students should treat school like a full-time job; put in 40 hours/week
How to Succeed in College - Academics

- Study location; your student should find a place that works
  - Don’t assume it will be residence hall room

- Studying and review in college different
  - Faculty do not always cover all the material in class that will be on tests
  - Many students don’t anticipate the amount of reading required or allocate sufficient time to read texts
What to Discuss with your Student

- Your expectations of them regarding class attendance
- Your expectations of their priorities at school
  - Studying, getting involved, working, etc.
- What academic changes they need to let you know about
  - Changing majors, dropping classes, etc.
- If you expect them to get help when struggling
- If you expect them to graduate in 4 years
- If you want them to talk to SAS or use accommodations
Emergency information will be published on the main page of the UMaine website

Emergency alert system sends out texts and emails
  - If your student signs up for this service, you can, too
  - Sign up here: https://umaine.edu/emergency/ !!!

Weekly testing of audible alarms
UMPD & UVAC

- UMPD- University of Maine Police Department
  - 207.581.4040

- UVAC- University Volunteer Ambulance Corps
  - Reached via 911 or UMPD
  - Cell phone calls routed through Penobscot dispatch or Maine State Police

- Clery Report- statistics about all campus crimes
  - Found at umaine.edu/clery
Code of Student Conduct & Guide to Campus Living

- Office of Community Standards, Rights and Responsibilities oversees all conduct cases for the campus
- If UMPD responds to a situation they can refer them to OCSRR and/or give them a summons
- Guide to Campus Living- additional policies for students in the residence halls to help maintain a safe and comfortable community
  - Noise policies, guests policies, etc.
Sexual Assault & Violence Prevention

+ Office of Sexual Assault and Violence Prevention
  + Deputy Title IX Coordinator, Elizabeth Lavoie, 207-581-1406
  + Educates the campus and students about their rights and responsibilities
  + Involved in all cases involving sexual assault, sexual harassment, domestic violence, stalking, discrimination, etc.

+ Most UMaine employees are mandated reporters

+ Confidential resources:
  + Counseling Center/LADC
  + Rape Response
  + Spruce Run
  + Health Center
When we will contact you

- Health and Safety Exception to FERPA
- Repeat conduct case offenses
- Higher-level conduct case offenses
Contacting Us
After Hours

- After business hours and on weekends:
  - UMPD is on 365 days a year
  - Anyone you need to speak with can be reached through UMPD
    - Dean or other staff on call
    - Counselor
    - UVAC
  - UMPD = 207-581-4040
Q&A

- Parent & Family Program
- umaine.edu/studentlife/parents-and-family
- 866.430.7546
- parent.inquiries@maine.edu
Counseling Center: Doug Johnson and Amy Moran

Counseling Center: Tips & Resources
The whole family is affected when a young adult heads to college. Emotions are high. Parents and students are at different stages of development. They need to successfully separate from you. Your job is to assist and allow that to happen. Developing into an adult in a complex world is complicated and difficult.
### How to create conditions that support students

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<tr>
<th><strong>DO</strong></th>
<th><strong>DON’T</strong></th>
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<tr>
<td>Listen more than talk</td>
<td>Take over and talk</td>
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<td>Ask open ended questions</td>
<td>Act like you know everything</td>
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<tr>
<td>Appreciate (3 to 1 ratio) more than criticize</td>
<td>Criticize more than appreciate</td>
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<td>Be at ease – show patience and love</td>
<td>Be Controlling</td>
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<td>Encourage – help them think through options and decisions</td>
<td>Tell them what to do</td>
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<td>Honor and Inquire about Feelings</td>
<td>Avoid or shut down feelings</td>
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<td>Be open to changes (they will happen)</td>
<td>Deride changes (change is inevitable)</td>
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<td>Be Clear about your Expectations</td>
<td>Assume they know your expectations</td>
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A Few Other Things We’ve Learned

1. Most students get homesick-most adapt with time
2. Students want to know they still have a home. Don’t make their room a den
3. When parents express a lot of worry about finances, or other things, students can begin to feel like a burden
4. Most students worry far too much about getting a job off in the future
5. Trust that a good education will lead to a good job, even if it’s not a STEM degree
Counseling Services

- Usually short term, every other week (4-5 sessions avg.)
- Counseling is free to full time students
- Counseling is confidential. We are obligated by law to not share information
- First point of entry is a brief phone interview
- Group counseling can be most effective for college students
- Referrals are made when needs fall beyond our resources
- Psychiatric service is referred to community resources
- On call consultation is available for crisis on nights and weekends through UMaine Police at 207-581-4040.
Counseling Center Outreach and Education

- Office in the first floor of the Union (By the ATMs)
- Biofeedback Equipment
- Mindfulness Training
- Workshops and Awareness Events
- On line self help resources available through our website at: https://umaine.edu/counseling/
Family Summer Reading List

- *Letting Go* by Karen Levin Coburn and Madge Lawrence Treeger
- *The Happiest Kid on Campus* by Harlan Cohen
- *You're On Your Own - But I'm Here If You Need Me* by Marjorie Savage
- *The Empty Nest: 31 Parents Tell the Truth About Relationships, Love and Freedom After the Kids Fly the Coop* by Karen Stabiner
- [www.TransitionYear.org](http://www.TransitionYear.org) – online source to support emotional health at college for Parents AND Students
Student Wellness Resource Center: What We Do

- One-on-one personal coaching
- Peer Education
- Bystander Intervention
- The HUMaine Way
- Alcohol, marijuana, other drug education
Substance Use

- Confidential alcohol, marijuana, and other drug counseling
  - Self-referrals
  - Court assessments and evaluations
- For on-campus violations
  - May or may not get a summons
  - Parents may or may not find out
- Hospitalizations
- Medical Marijuana
Student Wellness Resource Center

Resources

- Black Bears for Recovery
  - 12-Step and Al-Anon meetings on campus each week
- Non-drinkers/smokers
  - Substance-free housing
- Hazing
  - Center for Hazing Collaborative
Expectations

- Studies show . . .
- At home . . .
  - Develop and discuss your expectations.
  - Ask theirs.
- Expectations
  - Spending money
  - Drinking/smoking
  - Should they tell you if they get in trouble
Most Important

• Top 3 tips for academic success
• Get involved.
Campus Involvement

Campus Activities and Student Engagement: John Lawler
What Predicts College Student Success?

- Students who *[insert behavior here]* do better than students who don’t *[insert same behavior here]*
  - Behavior #1 – Go to class
  - Behavior #2 – Talk to faculty outside of class
  - Behavior #3 - Get involved through campus
What Exactly is “Involvement?”

- Student employment
- Volunteering through campus offices or organizations
- Joining, creating, and/or leading student organizations
The Importance of Being Connected

- Of the students who will not graduate from the University, the majority will leave before the start of their sophomore year

- Reasons they leave:
  - Not ready for college
  - Transferring to get closer to home, for financial reasons, or for a different academic program
  - Not feeling connected
Focus on Academics or Involvement?

- The impact of involvement on GPA
  - 1-4 hours/week – no impact
  - 5-16 hours/week – positive impact
  - 17-20 hours/week – no impact
  - 21+ hours/week – negative impact
After Graduation

- Graduation reflects successful completion of a course of study as determined by university faculty.
- Employers consider that a starting point for assessing candidates.
  - But what else did the applicant do while in college?
  - Where did they...
    - Go above and beyond?
    - Show leadership?
    - Contribute to something larger than themselves?
    - Exercise critical thinking skills?
    - Become persuasive communicators?
Ways to Get Involved

- Over 200 organizations on campus
  - Academic, Professional, Honorary
  - Multicultural
  - Religious/Faith
  - Greek Life and Philanthropy
  - Fine and Performing Arts
  - Residence Halls – Complex Councils, Residence Hall Association
  - Large Scale – Student Governance, Campus Activities Board, WMEB, Maine Campus, Dance Marathon
Family and Friends Weekend

Friday, September 22 – Sunday September 24

For more information:
umaine.edu/studentlife/familyandfriends
New Student Move-in Day
Maine Hello! and Fall Welcome Weekend

- If your student is an athlete with a pre-season, or is on pep band
  - Information will come from the program organizer/coach
- Participation in the Biology Schoodic, OPTIONS trip, or other trip
  - Information will come from your trip organizer(s)!
  - Encourage families to come on Friday for full move-in experience
- New Commuter Student Welcome Day is Thursday, August 24
- **New students move in on Friday, August 25 (Maine Hello!)**
- Fall Welcome Weekend Friday, August 25-Sunday, August 27
- Classes begin Monday, August 28
Tomorrow 9:00-10:30 am
Wrap-Up and Q&A

- Housing Services (contracts, assignments)
- Parking Services (on-campus parking, public transportation)
- Tutor Program (tutoring and other academic help on campus)
- Student Accessibility Services (students with IEPs or 504s)
- Financial Aid, Bursar’s Office, Student Employment (all things $ related)
- Residence Life and First Year Experience
- Student Life representative (conduct, service, clubs, Vets, and more)
- Auxiliary Services representative (dining, health center, bookstore and more)
“Today’s test is 70% of your final grade which makes up 35% of your grade for the semester and 20% of your GPA for 50% of your scholastic career for 15% of the curriculum. If you can explain this to the person next you, you pass the test.”
Contact Info

- First Year Center: 207.581.1420, 145 Memorial Union, um.fye@maine.edu
- Student Wellness Resource Center, Room 235 Memorial Union, 207.581.1423
- Student Life Office: 315 Memorial Union, 207-581-1406
- Student Accessibility Services: 121 East Annex, 207-581-2319, um.sas@maine.edu
- Campus Activities and Student Engagement: 149 Memorial Union, 207-581-1760