Student Mail

To send mail to students on campus, please use this mailing address format:

Your Student
Room #, Residence Hall Name
The University of Maine
Orono, ME 04469

All mail addressed to any location on the UMaine campus will initially go to Mailing Services, where it is sorted by campus building. Once the mail is delivered to the residence halls it is sorted into student mailboxes when the RA is on duty beginning at 7:00 p.m. each night.

Any mail that is too large to fit into a student’s mailbox will be sent to The Package and Postal Center in the Memorial Union. Your student will receive an email from The Cubby once they have received and logged the package. Your student can stop in to get their package Monday-Friday from 8:30 a.m. to 4:30 p.m. They will need to have their MaineCard with them in order to verify their identity.
Too Much Free Time

Well-meaning teachers, guidance counselors, and even some parents advise students not to get involved in any activities during their first year of college. The thought is that students need time to adjust to college, especially the increased amount of study time.

However, we recommend just the opposite. Except for those with lab-based science courses, most students will only have two or three classes a day. On some days students will finish with classes by noon. On other days students might not start classes until noon. Even a ‘full’ day of classes may only require a student to be in class for 3-4 hours.

The results are that most students have a lot of free time. A lot. Certainly there are groups of students whose schedules are packed- varsity athletes, marching band members, those rehearsing for plays or concerts, those who are working a job- but most students have a several hours each day where they have nothing scheduled.

While we would all like to think that most of our students’ free time will be used for studying, this is not normally the case. Even if a student studies the recommended 3-4 hours per day (that is not a misprint), he/she still has plenty of time to do other things. Also, most students are accustomed to a busy and structured schedule from their days in high school, so the transition to a much less structured day with many hours of free time can actually cause some students to struggle in managing their time well.

Throughout the first few weeks of the year your student will hear many times that getting involved is important, and we will try to inform them about all of their options for getting involved on campus and in the local community. We encourage you to have a conversation about this with your student, as well.

New Balance Student Recreation Center and Maine Bound Adventure Center

If you ever hear your student say that they are bored, please remind them to visit the New Balance Student Recreation Center or Maine Bound Adventure Center to get active, to participate in sports or outdoor adventures, to get fit, or to find people having fun!

All information about our programs, facility hours, activity and trip schedules, and more can be found online. MaineBound offers an indoor climbing wall, rents out a wide variety of camping, hiking, and other outdoor equipment, and has a full schedule of trips and clinics open to students at a very low cost. The Rec Center offers a pool, hot tub, steam room, racquetball courts, a wide variety of weight and cardio machines, classes, pick-up games, and also coordinates intramural sports for the campus.

Students are automatically members of both facilities, and just need to bring their MaineCard with them to get in. Our staff members are trained to be especially helpful to first-year students because they all know what it’s like to go to these facilities for the first time and not really know how the equipment works, or what to ask or do.

Campus Recreation and Maine Bound offer your student fun, healthy activities in wonderful, safe environments. They’ll be glad they checked us out...and so will you!

Kristie Deschesne
Associate Director, Campus Recreation

When to Call

In your student’s first few days away from home you may be hearing a lot from your student. And as a parent- especially if you’re a significant distance away- it can be hard to decide when to intervene.

Remember that you are your student’s safety net and sympathetic ear. They will likely call you about everything, especially when they just need to vent about a bad day, a weird interaction with a peer, or an issue that they’ve come up against. They don’t necessarily need you to jump right in to solve their problems (and sometimes are upset when you do). So let them vent.

If they talk about the same issue/concern with you again, offer some advice. Help them try to reach a solution on their own. Remember that part of helping your student grow into a confident, self-sufficient adult is letting them solve their own issues. That doesn’t mean you need to completely disengage from the process- your insight is highly valuable, and can help them feel confident in working towards these solutions.

If the same issue/concern comes up a third time, that’s probably a signal that they need your help. Be sure to ask your student how they’d like for you to get involved, as that continues to build their confidence as they move forward into adulthood. It’s such an awesome (and scary) process to watch your child grow up!
The University of Maine is currently competing to be the most outdoorsy school in the nation, and you can help! Anyone can download the app and affiliate with the University of Maine—even parents and family members! Read below to learn more!

COMPETE FOR THE TITLE OF THE MOST OUTDOORSY SCHOOL IN THE NATION AND YOU COULD EVEN BE NAMED THE MOST OUTDOORSY PERSON AT YOUR SCHOOL.

The Outdoor Nation Campus Challenge is about school communities and student bodies joining together to see who can get the most people outside and active. It’s a Mother Nature meets March Madness-style competition where 90 schools from across the country will go head-to-head over six weeks. The school that gets the most people outdoors will win the National Outdoor Championship.
– Outdoor Nation

The goal of the challenge is for massive participation across campuses therefore the entire college/university campus must be involved and support the challenge.

Maine Bound Adventure Center will be collaborating with Residence Life, Campus Activities, Admissions, International Programs, The Department of Education, The Forestry Department, and The Outing Club. Together we will be organizing 4 events, 1 per week, over the course of the month long Campus Challenge. Students, faculty, staff, alumni or any resident located around the world can log-in to the Challenge website and choose to make their activities count for anyone of the schools participating. To participate please download the Outdoor Nation App and start logging your hours.

How to Get Involved

One of the most common questions I receive is “how does my student get involved?” There are many ways for students to get involved at UMaine, but they might need to do a little digging to seek it out!

They can start by visiting the Campus Activities and Student Engagement office (CASE). Their office is located in the basement of the Memorial Union. CASE will have a list of clubs and organizations with contact information for the groups! They will also have a list of programs they are putting on themselves!

There are also many clubs within the academic departments. If your student enjoys their major, encourage them to join the Engineering Club, Biology Club, or any other club associated with their academic program! Their professors should have more information, and if not, your student can always contact the main office for their academic program.

The Rec Center and MaineBound has many programs as well (see article above).

Another way to get involved that is often forgotten about is getting a campus job! Getting a job on campus is a great way to meet people and is a way to connect with other offices on campus. If your student is interested in looking for a job on campus, they can start by contacting the Student Employment office or visiting their website (https://umaine.edu/studemp/students/).

When in doubt, your student can always visit the First Year and Transfer Center, now located in 141 Memorial Union! We can help them get connected and try to find activities that may be of interest to them. We want your student to feel connected here, and involvement is one of the best ways!
Budgeting Basics

School has started, all your students' books have been (hopefully) bought, and things are starting to finally settle into familiar patterns. At this point your student may find themselves asking, “Where did all my money go?” With a budget, you won’t need to ask that question!

You should definitely encourage your student to make a budget, and these guidelines will help!

When looking into budgeting you want to keep things simple. Income must be greater than or equal to your expenses.

First look at your sources of income and write them down. If you have one lump sum, divide it amongst the months that you need it to last for and imagine you’re paying yourself that amount each month. If you have some being deposited week after week figure out how much you will have each month.

Next you will want to figure out your expenses. Look at what you have been spending in the past. Doing this helps you to establish a good baseline of where all your money is going. Financial institutions are required to give you a statement, so this is a good place to look. Separate your spending into needs and wants. What do you need in order to function? Wants aren’t necessarily a bad thing either, you just want to make sure you set enough to have fun, but not enough to drain your money every month.

When you have all of these written down, adjust your budget accordingly. If you find yourself short, cut a little bit from things you may not need first, and if you’re still coming up short cut back even more. The last thing you want is to cut back on something you need to pay for something you want!

If you find yourself in the opposite boat and you have extra money, congratulations! Of course that doesn’t mean start increasing the fun money though. Use this extra money to set aside an emergency fund, or once that has been established to set yourself up for a better future. You may thank yourself next semester when you find yourself short on funds for school, or when you graduate and have enough to get off to an even better start.

A final thought on budgeting is establishing good habits now. If you set aside just five minutes once a week to make sure you’re following your plan, you will form a habit that will help you well past your college years. You can also make yourself accountable to someone by setting small goals and sharing those goals with them. Your first goal could be having enough in an emergency fund to last a month or even three without any income. Sharing these goals with a friend or family member will help to motivate you to achieve your goals and give you a little extra push of support.

Good luck, and happy budgeting!