

## COLLEGE SUCCESS & LEADERSHIP

These sessions focus on skills students need to be successful in college.

Time Management: Making the best of your time	581-1420
Test Taking: How to maximize test taking efforts	581-1420
Note Taking: Getting the most out of time in	581-1420
Becoming and being a student leader	581-1736
Searching for research information	581-3613
Event planning	581-1736



## Student Life

Our vision is for a university in which students are fully engaged in a vibrant and purposeful community life that nurtures, guides and motivates them in realizing their fullest academic and personal potential.



**Bodwell Volunteer Center**  
**Campus Activities and Student Engagement**  
**Campus Recreation**  
**Career Center**  
**Community Standards, Rights & Responsibilities**  
**Counseling Center & Mind Spa**  
**LGBTQ Services**  
**First Year and Transfer Student Center**  
**Fraternity and Sorority Affairs**  
**Health & Legal Professions Advising**  
**Memorial Union**  
**Multicultural Programs & Multicultural Center**  
**Non-Traditional & Commuter Student Programs**  
**Ombudsperson**  
**Residence Life**  
**Student Accessibility Services**  
**Student Organizations & Leader Development**  
**Title IX Student Services**  
**Veterans' Education & Transition Services**

**STUDENT LIFE**  
**Building Community, Partnering for Success**

## Classroom Alternatives



## 2018-19

Various departments on campus can provide a variety of classroom sessions for you so you don't have to cancel class when you're unavailable.

Try our new online request form to read descriptions of the programs and to request a session online!  
<https://umaine.edu/studentlife/classroom-alternatives/>

## 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: Discussions with Employers	581-1359
Etiquette: On and off the Job	581-1359

## FITNESS & TEAM BUILDING

These activities focus on both individual physical well-being and group team-building activities to improve group communication and functioning.

Personal Fitness: Getting started	581-1082
Improve Communication Through Experiences	581-1082
What to know about the Recreation Center	581-1082

## DIVERSITY & INCLUSION

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

Guess Who's Gay	581-1439
Sex Roles and Discrimination	581-1392
The Relevance of A Multicultural Education	581-1425
Understanding Diversity in Today's Climate	581-1425
Preparation for a Global Workforce	581-1425
Study Abroad Programs	581-1509

## TO SCHEDULE ANY PROGRAM:

Call the corresponding number or go to our website and fill out our NEW online program request form:

<https://umaine.edu/studentlife/classroom-alternatives/>

## PERSONAL WELLNESS

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 Handling Whatever Life Brings	581-1392

## SERVICE & VOLUNTEERISM

These activities sessions will make students aware of ways to be involved on campus and in the community.

The Active Citizenship Continuum	581-3091
Facilitating Service Trips	581-3091
National/International Volunteering	581-3091
Bodwell Center Programs	581-3091

## STUDENT WELLNESS RESOURCE CENTER

These sessions teach the repercussions of alcohol and drug use and emphasize personal decision making and responsibility.

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
Becoming a Tobacco-Free Campus	581-1423
Bystander Intervention	581-1423
Alcohol 101: How drinking 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
Smoking and Marijuana Jeopardy	581-1423

## CUSTOMIZED PROGRAMS

If you don't see what you are looking for please call and ask for a customized program to meet your needs. You can also request customized programs at our website:

<https://umaine.edu/studentlife/classroom-alternatives/>