



THE UNIVERSITY OF

MAINE

DEFINE  
TOMORROW



PARENT *and* FAMILY GUIDE *and*  
**CALENDAR**

2020-2021





**UNIVERSITY** of MAINE







# PARENT *and* FAMILY GUIDE *and* CALENDAR

2020-2021

Congratulations on reaching an important family milestone. At the University of Maine, we understand that the transition from high school to college can be as challenging for family members as it is for students. Our goal is for each new student to build a fulfilling and successful college experience. This calendar is designed to provide information about important UMaine academic dates, including breaks and exam periods. There's also space to write in your own reminders.

We look forward to continuing the dialogue in your first year – and beyond. Welcome to UMaine. I'll see you around campus soon.

Warmest regards,

A handwritten signature in black ink, appearing to read 'Rob Dana'.

Robert Dana, *Vice President for Student Life and Dean of Students*



## PARENT and FAMILY GUIDE and CALENDAR

# LIFE on CAMPUS



The transition from high school to college is a big one and UMaine ensures that first-year students have lots of support.

Residence halls are secure (linked to a student's MaineCard) and are close to classes, campus dining locations and social/recreational opportunities. Living on campus maximizes students' opportunities for social development and is linked to academic success.

The First-Year and Transfer Student Center in the Memorial Union is the go-to place for new students, parents and families. Whether the student has a personal or academic problem, or just needs someone to talk to, the First-Year and Transfer Student Center is available.

The Commuter Lounge in the Wade Center for Student Leadership is a respite for nontraditional and commuting students. The Veterans Education and Transition Services (VETS) Office, located on the ground floor of Memorial Union, supports veterans, their families and those receiving GI Bill benefits.

### Online resources:

- **Housing Services:** [umaine.edu/housing](http://umaine.edu/housing)
- **First-Year and Transfer Student Center:** [umaine.edu/fytc](http://umaine.edu/fytc)
- **Residence Life:** [umaine.edu/reslife](http://umaine.edu/reslife)
- **Commuter and Nontraditional Student Programs:** [umaine.edu/cntsp](http://umaine.edu/cntsp)
- **Veterans Education and Transition Services:** [umaine.edu/veterans](http://umaine.edu/veterans)
- **Student Life:** [umaine.edu/studentlife](http://umaine.edu/studentlife)









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## Staying **HEALTHY**

**On-campus health:** Northern Light Cutler Health Center provides professional, quality health care services on campus. Services include primary care, allergy shots, acute and chronic care, women's health, physical therapy, on-site laboratory and X-ray services, plus athletic training for club and intramural sports. Pharmacy delivery to campus available. Ask Cutler Health Center staff for details.

**Fitness:** The New Balance Student Recreation Center has a suspended running track, pool, sauna, basketball courts, squash/racquetball courts, and equipment for cardio workouts and weight training. A variety of fitness classes are offered each semester, most free to students.

**Counseling:** The Counseling Center, located across the street from Gannett Hall, provides free and confidential counseling for students, as well as mind-body resources and workshops at the Mind Spa in the Memorial Union. The Student Wellness Resource Center provides peer coaching, alcohol and drug education, and substance abuse recovery support.

### Online resources:

- **Counseling Center:** [umaine.edu/counseling](http://umaine.edu/counseling)
- **Northern Light Cutler Health Center:** [umaine.edu/cutler](http://umaine.edu/cutler)
- **Student Wellness Resource Center:** [umaine.edu/wellness](http://umaine.edu/wellness)
- **New Balance Student Recreation Center:** [umaine.edu/campusrecreation](http://umaine.edu/campusrecreation)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																											
Collins Center for the Arts season collinscenterforthearts.com School of Performing Arts season umaine.edu/spa/events	Students get free tickets to UMaine Athletics events and two free tickets per semester for select Collins Center for the Arts performances	Union Fest (Memorial Union) 1	Student Organization Fair (Mall) 2	Late Night at the U (Memorial Union) 3	First Friday Bagels (Commuter Lounge) International Student Welcome Late Night at the U (Memorial Union) 4	Late Night at the U (Memorial Union) 5																																																																																																											
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13	Sorority Formal Recruitment Last day to drop classes for refund 14	Sorority Formal Recruitment Latin X Heritage Month begins 15	Sorority Formal Recruitment 16	Sorority Formal Recruitment Constitution Day Late Night at the U (Memorial Union) 17	Sorority Formal Recruitment Late Night at the U (Memorial Union) 18	Sorority Formal Recruitment Maine Football vs. Monmouth Late Night at the U (Memorial Union) 19																																																																																																											
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Family & Friends Weekend 27	28	29	All Greek Meeting 30	<b>Family &amp; Friends Weekend Information:</b> <a href="http://umaine.edu/studentlife/familyandfriends">umaine.edu/studentlife/familyandfriends</a>	<b>August 2020</b> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td> </tr> <tr> <td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td> </tr> <tr> <td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td> </tr> <tr> <td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td> </tr> <tr> <td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<b>October 2020</b> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>2</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> </tbody> </table>		S	M	T	W	T	F	S							1							2							3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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## DINING *on campus*

UMaine Dining serves high-quality, healthy and diverse menus featuring local products in three all-you-care-to-eat facilities (Hilltop Dining, Wells Central and York Dining) and five retail locations on campus.

**Meal plans:** Residential students choose from a variety of meal plans. Commuter meal plans also are available.

**Dining funds:** Dining funds are available with select meal plans and may be added. Funds operate as a declining balance from a MaineCard account and expire at the end of each spring semester.

**Black Bear Bucks:** Black Bear Bucks can be used to pay for dining purchases on campus and include a 5% discount when used at UMaine Dining locations. Black Bear Bucks also may be used for dining purchases at select off-campus merchants. Available balance carries over each semester until graduation.

Concerns about food allergies or dietary restrictions, or want to speak with a nutritionist? Contact UMaine Dining.

### Online resources:

- **UMaine Dining:** [umaine.edu/dining](http://umaine.edu/dining)
- **MaineCard:** [umaine.edu/mainecard](http://umaine.edu/mainecard)





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## Get INVOLVED

The mission of the University of Maine's Center for Student Involvement is to provide engaging programming on campus to support and develop students. This sense of community is built through diverse campus activities, fraternity and sorority relationships, leadership development, and participation in student organizations. Our goal is to engage students in their co-curricular activities and help them define their experiences as a student at the University of Maine.

The Office of Multicultural Student Life and the Multicultural Center are home to student groups, including the Asian, African and Latin American student associations, Black Student Union, and the LGBTQ+ Resource Center.

Get out, get involved, get connected.

### Online resources:

- **Center for Student Involvement:**  
[umaine.edu/studentinvolvement](http://umaine.edu/studentinvolvement)
  - **Campus Activities**
  - **Student Leadership**
  - **Student Organizations**
  - **Fraternity and Sorority Affairs**
- **Campus Recreation:**  
[umaine.edu/campusrecreation](http://umaine.edu/campusrecreation)
- **Bodwell Center:** [umaine.edu/volunteer](http://umaine.edu/volunteer)
- **Multicultural Student Life:**  
[umaine.edu/multicultural](http://umaine.edu/multicultural)
- **LGBTQ+ Resource Center (Rainbow Resource Center):** [umaine.edu/lgbtq](http://umaine.edu/lgbtq)



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1	Native American Heritage Month Flag Raising 2	Election Day 3	4	Late Night at the U (Memorial Union) 5	First Friday Bagels (Commuter Lounge) 6 Late Night at the U (Memorial Union) 6	Maine Football vs. Albany Culture Fest (Rec Center) Take Pride in Acadia Day (Acadia National Park) Late Night at the U (Memorial Union) 7																																																																																																		
8	Veteran's Week 9	Veteran's Week 10	Veterans' Day No classes Maine Brewers Night 11	Veteran's Week Gay Thanksgiving (Memorial Union) Late Night at the U (Memorial Union) 12	Veteran's Week Late Night at the U (Memorial Union) Last day to withdraw from a class and receive "W" grade 13	Prospective Student Open House Late Night at the U (Memorial Union) 14																																																																																																		
15	Commuter & Non-Traditional Student Programs (CNTSP) Week 16	CNTSP Week 17	CNTSP Week 18	CNTSP Week Multicultural Thanksgiving (Memorial Union) Late Night at the U (Memorial Union) 19	CNTSP Week Trans Day of Remembrance Late Night at the U (Memorial Union) Enrollment for Spring 2021 classes closes. 20	Maine Football vs. UNH Late Night at the U (Memorial Union) 21																																																																																																		
22	23	24	Thanksgiving break begins 25	Memorial Union closed Thanksgiving Day 26	Memorial Union closed 27	Memorial Union closed 28																																																																																																		
29	Classes resume 30	Native American Heritage Month	Commuter & Non-Traditional Student Programs <a href="http://umaine.edu/cntsp">umaine.edu/cntsp</a> Tutor Program <a href="http://umaine.edu/tutorprogram">umaine.edu/tutorprogram</a>	Think 30 with classes online and on campus <a href="http://year-round.umaine.edu/think30">year-round.umaine.edu/think30</a>	<table border="1"> <thead> <tr> <th colspan="7">October 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> </tr> <tr> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> </tr> <tr> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> </tr> <tr> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> </tr> </tbody> </table>	October 2020							S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<table border="1"> <thead> <tr> <th colspan="7">December 2020</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> </tr> </tbody> </table>	December 2020							S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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## CULTURAL *resources*

A rich landscape of academic and cultural resources engages the UMaine community. The Collins Center for the Arts brings world-renowned touring artists to campus, and the School of Performing Arts stages concerts, recitals, and theatre and dance productions. The University of Maine Museum of Art in Bangor features diverse contemporary exhibitions and a permanent collection focusing on works since 1945. In campus galleries, faculty and students in the visual arts and new media exhibit their work. Throughout the academic year, UMaine hosts speakers, seminars and lectures. The Emera Astronomy Center on campus is home to the state's largest planetarium and the second largest observatory.

### Online resources:

- **UMaine Museum of Art:** [umma.umaine.edu](http://umma.umaine.edu)
- **Collins Center for the Arts:** [collinscenterforthearts.com](http://collinscenterforthearts.com)
- **School of Performing Arts:** [umaine.edu/spa](http://umaine.edu/spa)
- **Emera Astronomy Center:** [astro.umaine.edu](http://astro.umaine.edu)
- **Center for Student Involvement:** [umaine.edu/studentinvolvement](http://umaine.edu/studentinvolvement)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Winter Session</b> <a href="http://umaine.edu/wintersession">umaine.edu/wintersession</a>	<b>Sign up for inclement weather and emergency notifications</b> <a href="http://umaine.edu/emergency">umaine.edu/emergency</a>		Bookstore Holiday Sale All Greek Gala	Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)	Boulder Bash (Maine Bound Adventure Center) Late Night at the U (Memorial Union)
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Finals Countdown! Late Night Breakfast (Hilltop)	Finals Countdown! Finals week begins	Tinsel Tuesday (Bear Necessities) Finals week	Maine Brewers Night Finals week	Finals Countdown! (Memorial Union) Late Night at the U (Memorial Union)	Last day of classes Finals Countdown! Late Night at the U (Memorial Union)	Finals Countdown! Late Night at the U (Memorial Union)
13	14	15	16	17	18	19
22	20	21	22	23	24	25
26	27	28	29	30		
Final grades due	Winter Session begins			New Year's Eve		

November 2020							January 2020							
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29	30						24	25	26	27	28	29	30	
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## **MONEY** *matters*

To be eligible for financial aid, students must be enrolled at least half time in a degree program and complete the Free Application for Federal Student Aid (FAFSA). The FAFSA is available Jan. 1. For priority consideration, the FAFSA must be filed by March 1. Students will be sent a letter when awards can be viewed on MaineStreet. Changes to bills or awards may also be viewed on MaineStreet.

Students should be sure to check their MaineStreet account to ensure they have signed their financial responsibility statement.

Information about on- and off-campus student jobs can be found on the Career Center website.

### **Online resources:**

- **Financial Aid:** [umaine.edu/stuaid](http://umaine.edu/stuaid)
- **Student Employment:** [umaine.edu/studemp](http://umaine.edu/studemp)
- **Career Center:** [umaine.edu/career](http://umaine.edu/career)
- **FAFSA:** [fafsa.ed.gov](http://fafsa.ed.gov)





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## FRIENDLY *and* SAFE

**Security:** Residence halls are locked 24/7.

**University Police:** UMaine's state-certified officers and support professionals are available around-the-clock, patrolling campus. Call 581.4040 or dial 911 from a campus phone for dispatch. Sign up for the free emergency text service on the UMPD website. The UMaine Clery (crime) Report also is found here.

**UVAC:** UMaine's student-run ambulance service responds to campus medical emergencies during the academic year.

**Accessibility Services:** Support for students with short- and long-term disabilities, located in the East Annex. 207.581.2319.

**Title IX Student Services:** Resources and options for gender discrimination, sexual assault or harassment, dating or domestic violence and stalking, located in the Memorial Union.

### Online resources:

- **Bias Response Team:** [umaine.edu/biasreporting](http://umaine.edu/biasreporting)
- **Annual Clery Report:** [umaine.edu/clery](http://umaine.edu/clery)
- **Counseling Center:** [umaine.edu/counseling](http://umaine.edu/counseling)
- **Emergency:** [umaine.edu/emergency](http://umaine.edu/emergency)
- **Student Accessibility Services:** [umaine.edu/studentaccessibility](http://umaine.edu/studentaccessibility)
- **Student Handbook:** [umaine.edu/handbook](http://umaine.edu/handbook)
- **Title IX Student Services:** [umaine.edu/osavp](http://umaine.edu/osavp)
- **University Police:** [umaine.edu/police](http://umaine.edu/police)
- **UVAC:** [umaine.edu/uvac](http://umaine.edu/uvac)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Black History Month</b>	Application for May Graduation filing deadline  Last day to drop classes for refund		Career Fair (New Balance Student Recreation Center)	Late Night at the U (Memorial Union)	First Friday Bagels (Commuter Lounge)  Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)
	1	2	3	4	5	6
7	8	9	Maine Brewers Night	Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)
			10	11	12	13
Valentine's Day	Presidents' Day  No classes	Winter Carnival	Winter Carnival	Last day to drop a class and not have it appear on transcript  Winter Carnival  Late Night at the U (Memorial Union)	Winter Carnival  Late Night at the U (Memorial Union)	Winter Carnival  Late Night at the U (Memorial Union)
14	15	16	17	18	19	20
Sustainability Sunday						
21	22	23	All Greek Meeting	Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)	Late Night at the U (Memorial Union)
			24	25	26	27
	<b>January 2021</b>	<b>March 2021</b>	Multicultural Student Center <a href="http://umaine.edu/multicultural">umaine.edu/multicultural</a>	Career Center <a href="http://umaine.edu/career">umaine.edu/career</a>	Remember to file your FAFSA by March 1	Maine Bound trips and equipment rentals <a href="http://umaine.edu/campusrecreation/mainebound">umaine.edu/campusrecreation/mainebound</a>
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# ACADEMIC *support*

UMaine offers many academic support services, including the Tutor Program with a staff of peer tutors providing assistance for 100- and 200-level courses. The UMaine Writing Center also offers peer tutoring. Some colleges and academic departments have their own student advising centers, study centers and laboratories. Other campuswide academic resources include: Fogler Library, Maine's largest library; Center for Undergraduate Research, dedicated to enhancing creative achievement opportunities for undergraduates; and computer clusters, including the Collaborative Media Lab for multimedia, web and graphic design.

The First-Year and Transfer Student Center, located in the Memorial Union, can assist students in finding the right academic support services.

### Online resources:

- **Tutor Program:** [umaine.edu/tutorprogram](http://umaine.edu/tutorprogram)
- **Writing Center:** [umaine.edu/wcenter](http://umaine.edu/wcenter)
- **College Success Programs:** [umaine.edu/csp](http://umaine.edu/csp)
- **Fogler Library:** [library.umaine.edu](http://library.umaine.edu)
- **Center for Undergraduate Research:** [cugr.umaine.edu](http://cugr.umaine.edu)
- **First Year and Transfer Student Center:** [umaine.edu/fytc](http://umaine.edu/fytc)





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<b>Women's History Month</b>	FAFSA due 1	2	3	Late Night at the U (Memorial Union) 4	First Friday Bagels (Commuter Lounge) Late Night at the U (Memorial Union) 5	Late Night at the U (Memorial Union) 6																																																																																				
7	8	9	Maine Brewer's Night 10	Late Night at the U (Memorial Union) 11	Accepted Student Day (CCA) Residence halls close for spring break, 5 p.m. 12	13																																																																																				
14	Spring break 15	Spring break 16	Spring break 17	Spring break 18	Spring break 19	20																																																																																				
Residence halls reopen, 10 a.m. 21	Classes resume Commuter Week 22	Commuter Week 23	Commuter Week Grad Fair (Memorial Union) 24	Commuter Week Late Night at the U (Memorial Union) 25	Accepted Student Day (CCA) Commuter Week Late Night at the U (Memorial Union) 26	Late Night at the U (Memorial Union) 27																																																																																				
Sustainability Sunday 28	Enrollment for fall 2021 begins 29	30	Transgender Day of Visibility 31	<b>Women's, Gender, and Sexuality Resources on campus:</b> <a href="http://umaine.edu/womensgenderandsexualitystudies/campusresources">umaine.edu/womensgenderandsexualitystudies/campusresources</a>	<b>February 2021</b> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>28</td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28							<b>April 2021</b> <table border="1"> <thead> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>1 2 3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td> </tr> </tbody> </table>	S	M	T	W	T	F	S							1 2 3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
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## PARENT and FAMILY GUIDE and CALENDAR

## Go BLUE!

As the state's only Division I school, athletics are a big deal here and a great way for students to connect with the campus community. It's normal to scream and cheer while watching hockey with 5,000 of your closest friends at the Alford Arena. Black Bear pride goes way beyond hockey. It's singing the "Stein Song" when UMaine scores on the ice, court, track, trails, diamond or field.

It's also about meeting with friends to shoot hoops or participate in the dozens of club and intramural sports at the New Balance Student Recreation Center.

The University of Maine Marching Band and Screamin' Black Bear Pep Band provide spirit and entertainment to UMaine fans.

Sports clubs compete intercollegiately through Campus Recreation. Examples include rugby, lacrosse, wrestling (UMaine has a four-time national champion), crew and more.

### Online resources:

- **UMaine Athletics:** [goblackbears.com](http://goblackbears.com)
- **New Balance Student Recreation Center:** [umaine.edu/campusrecreation/facilities/reccenter](http://umaine.edu/campusrecreation/facilities/reccenter)
- **Bear Necessities Fan Shop:** [goblackbears.com/shop](http://goblackbears.com/shop)







PARENT *and* FAMILY GUIDE *and*  
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## THINK 30

Think 30 is an initiative to increase the number of UMaine students who complete a degree in four years and save money, including reducing debt associated with pursuing a college education. Faculty members, academic advisers and students keep the focus on completing 30 credit hours each year in order to “finish in four.”

UMaine offers courses on campus and online during spring and fall semesters, and during Winter Session and Summer University, to ensure that full-time students have the opportunities they need to stay on track and complete 120 credit hours in four years.

### Online resources:

- **Summer University:** [umaine.edu/summeruniversity](http://umaine.edu/summeruniversity)
- **Winter Session:** [umaine.edu/wintersession](http://umaine.edu/wintersession)
- **UMaine Online:** [online.umaine.edu](http://online.umaine.edu)
- **Think 30:** [umaine.edu/think30](http://umaine.edu/think30)
- **Career Center:** [umaine.edu/career](http://umaine.edu/career)



# UNIVERSITY of MAINE May 2021

Sunday							Monday							Tuesday							Wednesday							Thursday							Friday							Saturday														
April 2021							June 2021							Think 30 umaine.edu/think30							Summer University umaine.edu/ summeruniversity							UMaineOnline online.umaine.edu							Commencement Information: umaine.edu/ commencement																					
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Late Night Breakfast (Hilltop)							Final Exams							Final Exams							Final Exams							Final Exams							Final Exams							Final Exams														
Finals Countdown							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							Quiet study space (Totman Lounge)							
2							3							4							5							6							7							8														
Mother's Day							Summer University begins																												Final grades due																					
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College students' experiences and life on campus are filled with change, growth, learning and decision-making. They face challenges that provide opportunities for self-discovery. As your student engages in campus life, you as parents, family members and friends have opportunities to provide sound guidance and advice while encouraging your student to take control of his or her college experience. These changes will occur in your student's social life and academics.

Much more is expected of students academically in college than in high school. Students are expected to put in twice as much effort outside of class as they do in class. The pace of classes is much faster. As an example, in a college-level math class, students will cover in one semester what they would have covered in 1.5 years in high school.

Keeping up — doing all the homework and reading, and studying long before (weeks before) the exam — will be essential to academic success.

The transition from high school to college is as challenging for family members as it is for college students. Family roles and relationships change, expectations and the nature of the involvement in each other's lives also change. Knowing that you all are entering a time of transition will help prepare you to adapt effectively and support your student throughout his or her years at UMaine.

You may not hear as much as you'd like about your student's progress or life, but you will appreciate being asked for advice on larger, more important and personal decisions. Your moral support, active listening and willingness to share in significant decisions are essential to your student's development. It is critical to show your support and openness to change, even when you may not agree with those changes.

Keep dialogue and discussion going, and reach out to the Division of Student Life at any time.

**Robert Dana**

*Vice President for Student Life and Dean of Students*



PARENT *and* FAMILY GUIDE *and*  
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## Accessing **STUDENT RECORDS**

### What you need to know about the Family Educational Rights and Privacy Act

In compliance with the Family Educational Rights and Privacy Act (FERPA) of 1974 as amended, the University of Maine will not release student grades, student financial records, schedules, financial aid or academic information to parents, relatives, partners or others without written permission from the student.

To obtain a release form, contact the Office of Student Records, 207.581.1290; [studentrecords.umaine.edu](http://studentrecords.umaine.edu).

A separate release is required to obtain information from Northern Light Cutler Health Center. For more information, contact Cutler Health Center, 207.581.4000; [umaine.edu/cutler](http://umaine.edu/cutler).

The University of Maine is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).



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## *Black Bear* **ESSENTIALS**

### ***MaineStreet***

MaineStreet allows students to access and manage academic records and financial information in one easy-to-use site. On MaineStreet, students can add and drop courses, view account balances, check course schedules, make payments, peruse student records and more. **207.581.1290; [umaine.edu/portal](http://umaine.edu/portal)**

### ***MaineCard***

The MaineCard, the official university identification, provides access to important services and features. Students use MaineCards to enter their residence hall and room; access their meal plan, as well as dining funds and Black Bear Bucks; print at designated printers, enter campus recreation facilities; ride the local bus system for free and more. Funds can be added to a MaineCard at any time. **207.581.CARD; [umaine.edu/mainecard](http://umaine.edu/mainecard)**

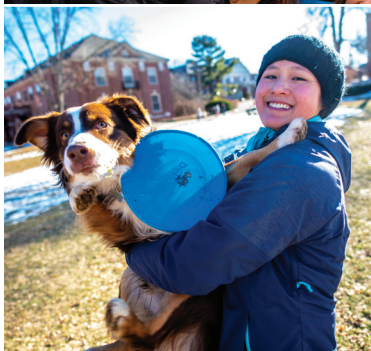
### ***University Bookstore***

University Bookstore in the Memorial Union is the official source for textbooks, class materials and UMaine merchandise. The store carries a variety of items, UMaine-branded clothing, class materials, residence hall essentials, spirit gear gifts and more. The Tech Center at University Bookstore sells Apple and PC computers and technology, accessories, audio technology and components for building electronics. Students receive an education discount on computer purchases. **207.581.1700; [umaine.edu/bookstore](http://umaine.edu/bookstore)**

### ***UMaine Package & Postal Center***

The UMaine Package & Postal Center in Memorial Union, Room 151 is where residential students pick up larger packages, FedEx and UPS shipments, and other deliveries that require a signature. Students are notified via email from [um.yougotapackage@maine.edu](mailto:um.yougotapackage@maine.edu) to their maine.edu accounts when they have packages. Operated by UMaine Printing and Mailing Services, the center serves as the campus United States Postal Service substation for both U.S. and interoffice mailing needs for students, faculty, staff and guests. **207.581.3727; [umaine.edu/packagepostal](http://umaine.edu/packagepostal)**





# Student SERVICES

## **Bear Necessities Fan Shop**

207.581.1112  
goblackbears.com/shop

## **Bodwell Center for Service and Volunteerism**

207.581.3091 [umaine.edu/volunteer](http://umaine.edu/volunteer)

## **Bursar's Office**

207.581.1521  
[umaine.edu/bursar](http://umaine.edu/bursar)

## **Center for Student Involvement**

207.581.8325  
[umaine.edu/studentinvolvement](http://umaine.edu/studentinvolvement)

## **Campus Recreation**

207.581.1082 [umaine.edu/campusrecreation](http://umaine.edu/campusrecreation)

## **Career Center**

207.581.1359  
[umaine.edu/career](http://umaine.edu/career)

## **Community Standards, Rights, and Responsibilities**

207.581.1406  
[umaine.edu/communitystandards](http://umaine.edu/communitystandards)

## **Commuter and Nontraditional Student Programs**

207.581.1734  
[umaine.edu/cntsp](http://umaine.edu/cntsp)

## **Counseling Center**

207.581.1392  
[umaine.edu/counseling](http://umaine.edu/counseling)

## **Financial Aid**

207.581.1324  
[umaine.edu/stuaid](http://umaine.edu/stuaid)

## **Housing Services**

207.581.4580  
[umaine.edu/housing](http://umaine.edu/housing)

## **International Programs**

207.581.3437  
[umaine.edu/international](http://umaine.edu/international)

## **IT Help Center**

207.581.2506  
[umaine.edu/it/helpcenter](http://umaine.edu/it/helpcenter)

## **LGBTQ Services**

207.581.9517  
[umaine.edu/lgbtq](http://umaine.edu/lgbtq)

## **MaineCard Service Center**

207.581.CARD (2273)  
[umaine.edu/mainecard](http://umaine.edu/mainecard)

## **Multicultural Student Life**

207.581.1437  
[umaine.edu/multicultural](http://umaine.edu/multicultural)

## **Northern Light Cutler Health Center**

207.581.4000  
[umaine.edu/cutler](http://umaine.edu/cutler)

## **Residence Life**

207.581.4801  
[umaine.edu/reslife](http://umaine.edu/reslife)

## **Student Accessibility Services**

207.581.2319  
[umaine.edu/studentaccessibility](http://umaine.edu/studentaccessibility)

## **Student Employment**

207.581.1349  
[umaine.edu/studemp](http://umaine.edu/studemp)

## **Student Life**

207.581.1406  
[umaine.edu/studentlife](http://umaine.edu/studentlife)

## **Student Records**

207.581.1290  
[studentrecords.umaine.edu](http://studentrecords.umaine.edu)

## **Student Wellness Resource Center**

207.581.1423  
[umaine.edu/wellness](http://umaine.edu/wellness)

## **Title IX Student Services**

207.581.1406  
[umaine.edu/titleix](http://umaine.edu/titleix)

## **University Bookstore**

207.581.1700  
[umaine.edu/bookstore](http://umaine.edu/bookstore)

## **UMaine Dining**

207.581.DINE (3463)  
[umaine.edu/dining](http://umaine.edu/dining)

## **University Police**

207.581.4040 or 911  
[umaine.edu/police](http://umaine.edu/police)

## **UMaine Package & Postal Center**

207.581.3727  
[umaine.edu/packagepostal](http://umaine.edu/packagepostal)

## **Veterans Education and Transition Services**

207.581.1316  
[umaine.edu/veterans](http://umaine.edu/veterans)





[umaine.edu/studentlife](https://umaine.edu/studentlife)  
[umaine.edu/parentsfamily](https://umaine.edu/parentsfamily)

207.581.1406 • Fax: 207.581.4215  
[parent.inquiries@umaine.edu](mailto:parent.inquiries@umaine.edu)

