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.

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

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

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

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

FITNESS & TEAM BUILDING
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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/

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/