

University of Maine at Farmington's Family Newsletter

January 2020



Tips on Battling the Snow

The winter can be very daunting in Maine! A little bit of preparation goes a long way if your student is a commuter or if they are experiencing a Maine winter for the first time. Below are some of our suggestions for students about how to battle the snow:

- ★ Dress in layers to keep warm.
- ★ Try not to travel when the weather is poor. Students should make sure they have the UMF Text Message Alert System. This system is used to communicate with people on campus during emergency and to notify students when classes are cancelled or delayed.
- ★ If students wish to travel during a storm, they should give themselves more time for travel.
- ★ Leave more space between cars on the road. Brake sooner and more gradually.
- ★ It is recommended that students keep a shovel and snow brush in their cars.
- ★ Students may also want to keep something like sand or cat litter in their cars. Laying down some sand or cat litter will provide traction to help cars grip the road in poor conditions.
- ★ Students can call Campus Police at 207-778-7400 if they need to jump start their car. It is recommended that students use their car at least once a week to avoid the battery dying.
- ★ Clear any snow/ice off and around their car after a storm. The snow might freeze if left overnight and be more of a hassle later on.
- ★ Try to have at least a quarter of a tank of gas in the car during the colder months. If students let their gas tanks get below a quarter of tank, there is the possibility that the gas may freeze.

Important Dates

January 13th

Last Day to Withdraw from a Winter Course

January 20th

Halls Open and New Student Orientation Begins

January 21st

Spring Semester Classes Begin

January 24th

Last Day to Add 1st Half Semester Courses

January 27th

Last Day to Add Full Semester Courses

Need More Information?



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Student Health Center

The Student Health Center's goal is to keep students healthy, emotionally and physically. They hope to provide students with high quality, affordable medical care to enhance their academic success. They provide a full range of primary health care services, including care for acute illness or injury, help in managing chronic health problems, and preventive health care.

The Student Health Center staff consists of a full time nurse practitioner/ medical director, two registered nurses, a psychiatric nurse practitioner, a registered dietitian, a medical assistant, and an administrative assistant. The Student Health Center can see students for any health-related concern or need. Listed below is a partial list of the services they offer.

- ★ Allergy Injections
- ★ Pap Smears
- ★ Blood Pressure Checks
- ★ Pregnancy Testing
- ★ Men's Health Evaluation
- ★ Sports Evaluation
- ★ Disease Prevention Advice
- ★ STD Testing, including HIV
- ★ Employment Physicals
- ★ TB Testing
- ★ Health Education
- ★ Throat Cultures
- ★ Immunization
- ★ Travel Evaluations
- ★ Laboratory Testing
- ★ Women's Health Evaluations
- ★ Smoking Cessation
- ★ Treatment for Anxiety and Depression
- ★ Diabetes Education and Treatment
- ★ Nutrition Education
- ★ Nutrition Counseling
- ★ Contraception Services
- ★ Emergency Contraception
- ★ Condoms
- ★ IUDs
- ★ Diaphragms
- ★ Depo-Provera
- ★ Birth Control Pills

The Student Health Center is open when school is in session during the Fall and Spring semesters.

Monday and Tuesday: 8:30AM - 4:00PM

Wednesday: 9:30AM - 4:00PM

Thursday and Friday: 8:30AM - 4:00PM



Student Health Center

Scott Hall
245 Main Street
Farmington, ME 04938
207-778-7200
umf.healthcenter@maine.edu

Spring Orientation

Monday, January 20th, 2020

10:00AM - 12:00PM

Centralized Check-In & New Student Information Station (Olsen Student Center Hallway)

Fill out paperwork, have your photo taken for your student ID, pick up your laundry card and parking decal, ask questions about transfer credits, meet UMF staff, and then move into your residence hall. Campus tours will also be offered at this time.

12:15PM - 1:15PM

Welcome Luncheon & Matriculation Ceremony (North Dining Hall, Olsen Student Center)

All are welcome to this free lunch as well as this UMF tradition, Matriculation.

1:30PM - 2:20PM

Commuter & Transfer Session (CR-123, Olsen Student Center)

Commuting and transfer students have the opportunity meet with UMF staff from various departments.

1:30PM - 2:20PM

Friends and Family Information Session (The Landing, Olsen Student Center)

Dr. Christine Wilson, UMF's Vice President for Student Affairs will answer any questions and concerns family and friends may have about life and academics at UMF.

2:25PM - 3:25PM

Title IX Training (The Landing, Olsen Student Center)

Join your fellow students for this important session that addresses the topics of Title IX, consent, mandated reporters, how to report a concern, and available resources and supports.

3:30PM - 4:30PM

"So This is Life at UMF" (The Landing)

Engage in a discussion with current UMF students to learn about academics, social life, and much more.

4:30PM - 7:00PM

Dinner (South Dining Hall)

7:30PM

Residence Hall Meetings and Socials

CAs will welcome you into the residence halls, introduce you to hall rules, and provide tips for on-campus living.

