

# University of Maine at Farmington's Family Newsletter

March 2020



## Career Services

UMF's Career Services offers appointments with our career counselors to discuss career related topics such as résumé writing, cover letter composition, job acquisition, career exploration, graduate school (selecting, applying, getting in), fellowships, and other post-graduation plans. UMF students can make an appointment by stopping by the Career Services office on the 2nd floor of Franklin Hall, or by calling 207-778-7034, or by contacting a counselor directly. The Career Services office is open Monday - Friday from 8:00AM - 4:30PM. All appointments are free!

Family members often worry if their student will find a job after graduation. The Career Services website has information for families titled "Career Planning Course for Parents." This section includes information about ways to support their college student in their career development. The UMF Career Services office has many valuable workshops and events for students. Family members and students often ask: What can I do with a major in \_\_\_\_\_?

Check out this link for the answer:

<https://www.myplan.com/majors/what-to-do-with-a-major.php>

While it is important to understand the kinds of jobs related to a major, it is equally important to know that undergraduate academic majors are flexible and can lead to various career paths.

A Career Fair will take place on Wednesday, March 2nd, 2020 from 11:30AM - 1:30PM in the Olsen Student Center. The snow date for this event is Friday, March 4th. This fair is specifically tailored to graduating seniors looking for full-time employment and underclassmen looking for summer work.



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<http://www2.umf.maine.edu/careers/>



@UMFCareers



UMF Career Services

## Important Dates

### March 2nd

Preregistration Begins.  
Fall 2020 Classes are released

### March 14th-22nd

Spring Break

### April 8th

Last Day to Withdraw from  
Full Semester Course

## Preregistration

During the preregistration period, students create their schedules for the Fall 2020 semester. All of the classes are listed on MyCampus and Mainstreet. During this time, students should meet with their advisers to get their schedules approved.

## Need More Information?



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# UMF's Free The T Project

Free the T, a student-led initiative, aims to provide free tampons to UMF students, while promoting women's health and providing professional development opportunities. There are now tampons available in 40 different bathrooms around campus, in both female and gender neutral bathrooms.

In addition to offering free tampons in the containers in the bathroom, they also do tabling in the Student Center where they hand out free tampons to students walking by. Katie Callahan is the advisor of the Free the T Project as well as an Assistant Professor of Community Health Education. Callahan believes that Free the T is beneficial to the UMF community in many ways. The project began two years ago, when a group of students heard about Free the Tampons, a worldwide initiative to help women who have less access to necessary resources, and decided that they wanted to see the program benefit students at UMF. UMF students worked with Proctor & Gamble in Auburn who provided a donation of over 33,000 tampons. The group of dedicated students understands that not everyone uses tampons. They hope to provide pads in the future.

Callahan strongly believes that the project isn't just about free tampons. "There's a lot more to it than that. There is also the student opportunities [for those] who want to volunteer and work. There's professional development for any student who's interested in health promotion programming - or nice volunteer activities - anything in terms of advocating for women's health, or access for populations that don't have access to resources."

If your student is interested in joining Free The T, they can email Katie Callahan at [umf.free.the.t.project@maine.edu](mailto:umf.free.the.t.project@maine.edu).



# Spring Break Opportunities

Spring break is a week-long vacation in the midst of the semester. This week-long break can be a great opportunity for a student to take some time to do things that they have been putting off, or that they have not had time to do with all of the work of the semester piling up. Several ways for a student to utilize their spring break include the following:

- ✿ **Get field experience (substitute teacher, job shadows, look for a summer job, etc.)**
- ✿ **Visit a Graduate School a Student Hopes to Attend**
- ✿ **Apply for Scholarships**

Spring break is a good time to catch up on homework or it can also be a chance for students to take a break from class work.

During this time, students can get the chance to substitute in local classrooms in their local area. Contacting the local school district is a great way to get the requirements for applying to substitute! It's never too early to start looking into graduate schools. Spring break it can be a great time to look into what schools have to offer for post-bachelor degree programs. Tour and information sessions can be found on the colleges' websites!

Spring Break it is also a great time to apply for scholarships. Looking outside if university scholarships can be a great way to apply to get free money. A simple Google search can lead you to many scholarship search engines!

