

COLLEGE BOUND

Wednesday, September 7, 2016



INDEX OF COLLEGES AND UNIVERSITIES

University of Southern Maine	Page 3
UMaine Online	Page 4
University of Maine at Augusta	Page 5
University of New England	Page 6
Central Maine Community College	Page 7
Kaplan University	Page 8
Kennebec Valley Community College	Page 9
Thomas College	Page 12



The University of Southern Maine: The University of Everyone.

When you stroll across one of the University of Southern Maine's (USM) three campuses in Portland, Gorham and Lewiston, there are two things you are sure to see: people just like you and people different from you.

USM prides itself in its rich mix of students. We are a place where no matter your background, age or experience, you will fit in and feel welcome. And you'll greatly benefit from learning in such a diverse community located in one of the most dynamic locations in the country.

Welcome to the University of Everyone.

USM is the university of high achievers.

Top high school students are attracted to USM because of our outstanding faculty, our rich array of programs, our research facilities, our location, our low cost and generous merit scholarships. Many are also excited to join our Honors Program, where every student is guaranteed an overseas experience within their first two years.

USM is the university of the determined.

Whether you were an "A" student in high school or wished you were, whether you are returning to college after many years or trying it for the first time: if you are determined and committed to working hard, you can thrive at USM. And USM will help you every step of the way with its team of advisors, tutoring services, and faculty committed to your success.

USM is the university of adult learners and nine-to-fivers

Almost 40% of our students are adults, and that percentage is even higher on our Portland campus. We can assure our adult students that they won't be the only "old person" in their class. And because of our long history working with adult students, we understand their unique needs and offer a flexible, supportive and convenient path to a degree.

USM is the university of multi-taskers.

USM is known for being a student body of people juggling many responsibilities. Many of our students attend classes while leading a campus group, holding down a job or raising a family – and sometimes all three. You won't find harder working students anywhere.

USM is the university of New Mainers.

USM is the university of choice for refugees who



have recently arrived to our state, and we continue to work very hard on making sure all our students feel welcome and safe. We recently created a new Assistant Dean of Diversity and Inclusion position to oversee our Multicultural Student Affairs Office.

USM is the university of those who have served our nation.

USM is honored to be ranked by US News & World Report as one of the top 25 universities in the nation serving veterans. We offer a designated space for those who have served, and special support and services to ensure our veterans successfully transition from military to university life and that they enjoy continued success on their way to a degree.

USM is university of the talented.

USM attracts incredible talent to our athletic fields and performance stages. The home of over 500 student-athletes in over 22 NCAA Division III teams, USM has had All-Americans and has won numerous titles in several sports -- even a few national NCAA championships. Our music and theater programs, meanwhile, are considered among the very best in the state.

USM is the university of students wanting real-world experience.

Because USM is located in the economic, health care and cultural heart of northern New England,

our students gain unparalleled hands-on and practical experience in their chosen field of study and make invaluable contacts that help launch their careers after graduation.

Whether it's working with major corporations, small businesses, law firms and banks near our Portland campus, doing clinicals and research in Maine's only teaching hospital, conducting hands-on field work with social service agencies, teaching in schools with diverse populations, or working with government officials on public policy initiatives, USM offers a wide range of opportunities that are difficult to match.

Plus, you'll be living in or near one of the most exciting and livable small cities in America, with its abundance of dining, music, theater and recreational opportunities.

And USM is the university of those who succeed.

With our outstanding faculty, exceptional programs, student support, public university tuition rate, financial aid, and strong community connections in our special location, USM students are poised to succeed.

And just as you won't go to any business or organization in the region without bumping into USM graduates in leadership positions, you also won't find a better educational value and path to your future.

That is the University of Everyone.

Take a course in dorm safety

For many students, college represents the first time they will live anywhere other than the homes they grew up in. Dorm life can be an exciting adventure, but it can also be one that may open new college students up to inherently risky situations.

While students should look forward to fun and excitement at school, it's also important for them to be prepared for what lies ahead at college and in dorm life — and to take the proper safety precautions.

Fall in with a trustworthy group of dorm friends. Friends can be informed of your schedule for both classes and work, so they are aware of where you are supposed to be at certain times of the day. If something is amiss, these friends can alert authorities or

investigate your whereabouts further:

Lock your dorm room door. Always keep the dorm room door locked, and make sure your roommate is on the same page. Locking the door can deter people from entering without your permission and prevent theft.

Keep belongings out of sight. When preparing to move into a dorm, leave heirlooms or expensive jewelry at home. Once you move in, store your more valuable belongings out of sight or in a locked box or safe. Consider getting insurance for dorm belongings, which will protect you in the event of theft.

Travel in groups. When attending parties or other functions, always arrive and leave in a group. This offers extra protection, as

assaults and other crimes are less likely to occur when criminals are outnumbered.

Know the evacuation routes. Learn your dorm's evacuation policies. Know where all exits are and how to get out of the building if exits may be blocked. Find out if fire drills or other safety procedures are practiced, and participate in them.

Use the elevator. If there's an elevator, use it. Stairwells are secluded and dark and often provide the perfect opportunity for would-be criminals to take advantage of unsuspecting students.

Use common sense and trust your instincts with regard to dorm safety. Make college memories good ones by emphasizing caution.

FALL 2016 - COLLEGE FAIRS IN MAINE

University of Maine - Orono

Monday, September 26, 2016

6:30-8:30 p.m.

UMaine Fieldhouse

University of Maine - Orono

Tuesday, September 27, 2016

9 a.m. -12 p.m.

UMaine Fieldhouse

University of Southern Maine

Tuesday, September 27, 2016

6:30 - 8:30 p.m.

Costello Sports Complex
(Field House)

Visit www.neacac.org/fall-fair-schedule for more information.

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SOUTHERN MAINE**

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Bachelor of University Studies (B.U.S.)



Walter Jean Grenier II, a recent graduate of Bachelor of University Studies at UMaine.

Bachelor of University Studies (B.U.S.) is the University of Maine's adult degree completion program, which gives those with past college experience the opportunity to build upon their credit hours to earn a degree. UMaine, the state's premier public university, provides education from expert faculty and promotes an engaged learning environment. Whether you are on campus or online, there are dedicated support services for you.

In addition to online tracks (24 credit hours) within this degree program (Leadership Studies, Maine Studies, Peace and Reconciliation Studies and Labor Studies), there is also the opportunity to self-design your degree. Consult with a Bachelor of University Studies advisor who helps create your degree path.

The B.U.S. degree program is flexible and can be obtained either through on-campus or online courses. Students in the program come from all walks of life: business, military, social services and education, to name a few. What follows is the story of one recent graduate, Walter Jean Grenier II.

"One of the most important and enduring facets of my life has been my education. I consider that my formal college education began in 1961 when I enrolled at the University of Illinois in Champaign. It was a wondrous experience for me at the age of 17, and the exposure to biological sciences, literature, the French language, anthropology and other courses entirely captivated me. I had to work two jobs to put myself through school each of the two years I attended.

"Eventually, my dream of obtaining my bachelor's degree was placed on hold for 26 years due to the demands of full-time

employment and raising a family. In 1989, I had a job that allowed me to work during the day and go to school in the evenings. I enrolled at Texas A&M in Corpus Christi, Texas and accumulated additional credits totaling about 90 hours.

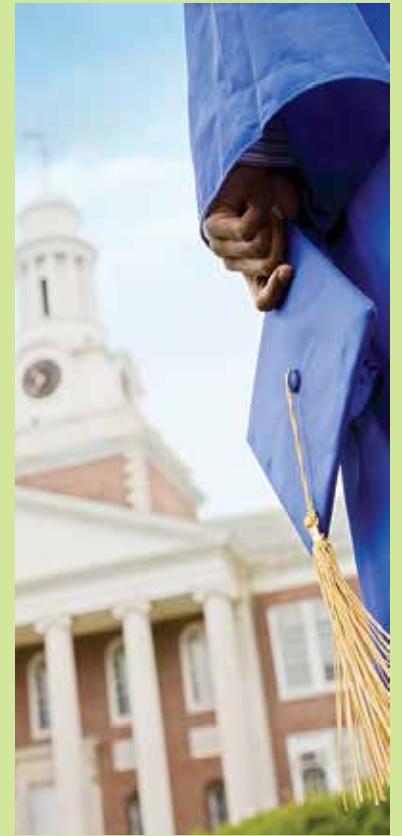
"When I retired in 2009 and still had a strong desire to complete my college education, I contacted the University of Maine to see if I could enroll and if my credits were transferable. I made an appointment, submitted my high school and university transcripts, and, later, was informed that I was accepted!

"I have been very motivated and excited about returning to college beyond any words I am capable of expressing. The Division of Lifelong Learning at UMaine is an extraordinary component of the university, enabling adults like me to return to school and work for their degree with faculty and staff providing guidance and support. I have the highest regard for every one of the professors I have worked with since I began my quest in 2014. Each generously gave of their time to answer my questions and provide direction."

"If you have a lifelong love of learning and want to fulfill your dream of graduating with a bachelor's degree from the University of Maine, contact Bachelor of University Studies director, Barbara Howard, and she will guide you on your educational path to success. All that is required is your time and dedicated commitment to begin the most fulfilling educational odyssey of your life. I know this to be a fact, since it has now been 55 years since I first enrolled in college, and I will be 73 at the end of 2016, the year of my graduation!"

Did you know?

In the 2015 version of its annual survey of colleges and universities to determine which majors earn students the best starting salaries, PayScale.com collected data from 1,000 universities, including 86 percent of American schools with undergraduate enrollments exceeding 5,000 students. Among the 207 majors included in the 2015 survey, students who earned bachelor's degrees in early childhood education had the lowest starting salary, at just under \$30,000. The average mid-career salary for early childhood education majors was \$38,000, the second lowest mid-career salary of any major included in the study. Child and family studies majors had the second lowest starting salaries, earning an average of \$31,200. Rounding out the five lowest starting salaries were culinary arts (\$31,900), child development (\$32,200) and early childhood and elementary education (\$32,300). Child development majors had the lowest mid-career salaries, earning an average of \$36,400.



Bachelor of University Studies

The University of Maine's degree completion program for busy adults

Self-designed or tracks in:

- Labor Studies
- Leadership Studies
- Maine Studies
- Peace and Reconciliation Studies



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The University of Maine is an equal opportunity/affirmative action institution

UMA Aviation Program thrives

From his corner desk overlooking a large classroom equipped with computers and a Redbird FMX flight trainer (flight simulator), Greg Jolda reviewed the first four-years of the aviation program at the University of Maine at Augusta (UMA).

A 20-year veteran pilot in the United States Air Force with over 3,000 military flight hours including over 1000 hours as instructor pilot in high performance and supersonic jet aircraft; Jolda also taught at the United States Military Academy at West Point before moving to Maine.

Since its inception at UMA, the third largest public university in Maine with a history of serving traditional aged students, non-traditional students and veterans, Jolda has been intimately involved with every aspect of UMA's aviation program.

During the first year students earn their private pilot's license. They next earn their instrument rating during the second year. The third year brings a focus on earning a commercial rating for single and multi-engine planes, giving students the credentials to fly for hire.

Fourth year studies lead to the designation of instructor pilot. Instructor pilots are able to train students in all phases of flight including instrument use. Graduates receive a Bachelor of Science (BS) degree in Aviation.

Now poised to expand in range or program offerings and the size of the student body, Jolda says that an Unmanned Aerial Vehicle



(UAV) certification track as a second track for the curriculum's fourth-year is being considered. Fourth year students would have the choice of pursuing the current path leading to the designation of instructor pilot, or pursuing a UAV pilot certification. That addition to the curriculum may be a year or two away, Jolda says.

In May, Ben Rogers became the first to graduate from the program. He plans to attend Officer Candidate School in the U.S. Marines and fly C-130's or fighter jets. Those are exactly the kinds of career opportunities first envisioned for the program, Jolda says.

The program is rigorous by any measure. Successful students find a good balance between their classes and flight training. Students needing housing have been successful in finding accommodations in or near the school, and the school maintains a list of quality rentals adjacent to campus.

Just miles from the Augusta State Airport in the central corridor of largely rural state with a high density of airstrips, UMA is ideally located to support the long-term needs of its aviation program. Named a military friendly school by G.I. Jobs Magazine for the past five years, the program features a level of flexibility that allows students to pursue some non-flight related courses online. Veterans and civilians who have FAA Certifications often receive credit for their certifications, allowing them to reach their goals more quickly.

The program began in the fall of 2013 when former UMA president Allyson Handley engaged in a private-public partnership with Maine Instrument Flight, a highly regarded flight school located at the Augusta State Airport. The partnership provides students with the opportunity to attain their Bachelor's degree and become an FAA-certified commercial pilot under one program.

Dr. James Conneely, UMA's new President, is a private pilot who understands the intricacies of the industry and recently spoke as a guest at Maine Instrument Flight's 70th birthday celebration.

"Maine Instrument Flight provides flight training and ground training with their instructors in our facilities," Jolda explained. UMA provides student support and academic courses leading to a bachelor's degree.

The addition of the Redbird RMX was a leap forward for the program. The state-of-the-art flight simulator and trainer allows

students to practice flying from any airport in the world, while affordably gaining core skills.

"This provides realism for the flight training," said Jolda. One of only two in the state of Maine (the other being at the Sanford Seacoast Regional Airport), the full-motion simulator is used to supplement students' ground and flight training. Instructors can control weather conditions and add challenges such as disabling an engine, Jolda says.

Among the other selling points of the program is overall affordability. Because of UMA's low public tuition rates, the Aviation program is significantly less expensive than comparable programs. Veterans with military education benefits may pay up to 100% of tuition and fees. For more information on program costs, visit uma.edu/aviationcosts.

Students receive flight instruction and hours, insurance, and tuition. This is enhanced by the availability of financial aid and scholarships. The door-to-door student experience is further supported by comprehensive job placement services and an industry in need of pilots, with demand expected to continue.

On this latter point, Jolda says that UAV applications across a host of industries will be a safe bet for widespread expansion. Uses for UAV's will include search-and-rescue, engineering, and possibly even product delivery services.

Visit UMA.edu for more information about the aviation program.

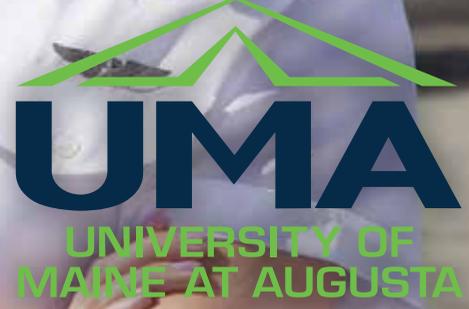
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VISIT UMA.EDU/AVIATION TO LEARN MORE

How to Choose a University

BY SCOTT STEINBERG

Dean of University Admissions
University of New England

Choosing a college or university is one of the most important choices you will make. At times, the decision can feel almost overwhelming. Here are some key factors to guide you in your decision-making process.

Large or Small School?

Colleges and universities range from small (less than 2,000), to medium (2,000 to 15,000) to large. Class sizes will also vary. Ask yourself if you learn better in an intimate setting or a large classroom. Some schools have a small student-to-teacher ratio while others have auditoriums filled with students listening to a lecture. As you begin your research, be sure to look for information on class sizes and student population. For example, the University of New England (UNE) is a small-to-medium sized university with approximately 2,300 undergraduate students, but has a small average class size of 23 students.

Academic Programs

The reputation of a university or college is very important. It can open or close doors in your career. Most colleges are renowned for a handful of majors. Does the school specialize in your area of interest? Attending a respected university or college will give you opportunities and resources. Does the school provide research or internship opportunities? The possibility of employment after graduation dramatically improves when your school has good name recognition, quality academic programs and pre-professional experiences.

For example, the University of New England offers majors in the health sciences and the liberal arts, and a variety of research and internship opportunities. In a recent survey, 90 percent of UNE's 2014 graduates reported that they were employed or had been accepted into graduate or professional programs within six months of graduation.

Location and Setting

Think about where you may be spending the next four years. Do you want to be in a city, a suburb, or a more rural area? Do most students live on campus, or do they commute? Is on-campus housing guaranteed for first-year students? For all students? Are there special housing options available?

Study Abroad

Some colleges offer opportunities for students to study abroad. These experiences can help foster global citizenship. The University of New England campus in Tangier, Morocco, for example, allows students to continue their regular curric-



Scott Steinberg

ulum while discovering the culture of Morocco and the city of Tangier at no additional cost. UNE also offers study abroad programs in Belize, Brazil, Dominica, France, the Galapagos, Iceland, Ireland, Kenya, Panama, Spain, and more.

Sports and Activities

Extracurricular activities and social events are another element to consider when choosing a college. Connections you make outside of the classroom are very important. Some universities are famous for their sororities and fraternities. Other colleges have excellent sports programs. Any school activities can help you network and make new friends. Students even develop lifelong friendships this way. The culture of your prospective university should be a strong factor in your decision. For example, the University of New England is home to 15 sports teams, including basketball, volleyball, ice hockey, field hockey, lacrosse, soccer, softball, swimming, golf, and cross-country running. New sports to be added include women's rugby (2016) and football (2017). Beyond intercollegiate athletics, UNE has more than 70 clubs and organizations, including theater, outdoor activities, student government, community service, club sports, and more!

Financial Aid

One of the most important considerations when deciding upon a college or university is cost. Financing your college education is often the most demanding part of the college search process. Some colleges provide a number of grants and scholarships – money that does not need to be paid back – for the duration of your four-year degree, in addition to loans and work study. For example, at the University of New England, 98 percent of undergraduate students receive financial assistance of some form, and the average total award package exceeds \$26,000 per year.

Choosing an institution for higher education can seem like a difficult, daunting decision. But once you understand your academic and lifestyle needs, you can find a school that is perfect for you.

Tips for choosing a major

Choosing a major is an important decision for college students. The right major can set students on a path to a rewarding and successful career, which can lead to a more fulfilling life.

The gravity of such a decision is one reason many college students delay choosing their majors until after they enter college. Students often find entering college as an undecided affords them the opportunity to explore various courses of study without committing themselves to any particular subject. Though that approach can work while students are still undergrads, many advisors recommend students choose a major before their third year of college. The following tips can help students ensure they make the right decision about which path to take for the remainder of their college careers.

Visit your school's career center. College career centers are a great resource for college students as they narrow down their options concerning a major. Many career centers have programs in place designed to match students' interests and personalities with courses of study. Utilize these programs if you are having trouble matching an interest with a major.

Take action. Classrooms can be great places to discover a passion for a particular field of study, but lectures or entry-level courses are not always enough to spark interest. If there are particular fields of study that interest you, find extracurricular clubs that are associated with those majors. Such clubs may host speakers or seminars that can give you greater insight into the field than you might glean from the classroom. Attend such events when possible, and bring any questions you might have about the course of study they are associated with.

Speak to upperclassmen. Underclassmen may make up the majority of students in entry-level courses, but you may encounter some upperclassmen who have already chosen their majors in such classes from time to time. Such students can be valuable resources for other students looking to gain greater insight into courses of study. Ask about particular classes and professors who upperclassmen found particularly engaging and encouraging.

Pursue an internship. The hands-on experience provided by an internship is a great way for students to learn if a particular line of work is for them. Internships can provide an insider's look into particular professions and industries.

Choosing a major is one of the most important decisions young students will make. Taking a careful and thoughtful approach to such a decision can help students select majors that leads to rewarding careers.

YOU'RE INVITED

OPEN HOUSE AT UNE

SATURDAY, SEPTEMBER 24



Tour our coastal Biddeford campus, get the inside scoop from current students, and meet our world-class faculty. See for yourself how one of UNE's 40-plus undergraduate degrees can prepare you to have a great career *and* make a difference.

Attend our undergraduate open house on September 24

SIGN UP AT UNE.EDU

UNE UNIVERSITY OF
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Central Maine Community College

Located on the shores of beautiful Lake Auburn, Central Maine Community College (CMCC) boasts a vibrant campus community that is committed to preparing students for challenging careers or transfer to four-year colleges. We offer 41 associate degree, certificate, and advanced certificate programs leading to technical, business, government, and health careers. With hands-on programs utilizing cutting edge technology, strong academic resources, on-campus housing, athletics, and student organizations, CMCC offers a complete college experience.

In addition to associate degrees and certificates in popular career and technical fields such as computer technology, criminal justice, medical assisting, automotive, electromechanical, and precision machining technology, the College offers associate in arts degrees in general studies or liberal studies, programs designed for transfer to a four-year college or university. We even have a transfer advisor to show you the way.

The CMCC Mustangs participate nationally in the USCAA (United States Collegiate Athletic Association) and locally in the Yankee Small College Confer-

ence. The College offers baseball, softball, men's and women's basketball, soccer, and cross country. And starting this fall, we will have a men's ice hockey team!

At CMCC we believe learning takes place both inside and outside the classroom. The College offers many ways for students to become more involved in our campus community. Join one of our many student organizations, socialize in one of our student lounges, or work out in the fitness center – the choices are many!

The College offers three living options for full-time students: Rancourt Hall, a four-floor residence hall overlooking Lake Auburn; Fortin Hall, which includes a large game room and lounge; and a two-building apartment complex. In addition to the benefits of being close to classes and campus activities, students feel at home on our safe, well-lit campus.

At CMCC, you'll receive a quality education at affordable prices, one that prepares you for interesting and rewarding work . . . right here in Maine! Want to learn more? Please join us for our fall open house Saturday, October 15, from 9:00 a.m. to noon. Visit our website at cmcc.edu or contact us at 755-5273 or enroll@cmcc.edu.



OPEN HOUSE

SATURDAY, OCTOBER 15TH
9AM - 12PM

Explore what CMCC has to offer!

- Over 40 degrees, certificates and advanced certificates
- A high-quality education at the lowest tuition rate in all of New England
- On-campus housing
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- Competitive athletic teams
- Central to cities, skiing, and other great activities

CONTACT US TODAY!

RSVP

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Find CMCC on social media at CMCCMaine!



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Simple ways to cut college costs

The cost of college tuition continues to increase, and college graduates are feeling the burn of that trend when the time comes to begin repaying their student loans.

According to an analysis from higher education expert Mark Kantrowitz, publisher of Cappex, an online resource for students seeking college scholarships, members of the class of 2016 will graduate with an average student loan debt of just over \$37,000. That projection, which was based on federal student loan data and variables including tuition inflation, would be an all-time high. Things are not much better in Canada, where the 2015 Graduating Student Survey by the Canadian University Survey Consortium estimated the average member of the class of 2015 graduated with \$27,000 in debt.

Though many prospective college students are beginning to question if college degrees are worth taking on the kind of debt many students must take on to continue their educations after high school, statistics still indicate that college graduates have far greater lifetime earning potential than men and women who enter the professional arena with only high school diplomas.

So what can prospective college students do to avoid graduating with tens of thousands of dollars in debt? The answer might not be so difficult.

Apply to tuition-free schools. Many students and parents might be surprised to learn that there are several tuition-free schools. Admittance to these schools is competitive, but students considering equally competitive, high-tuition alternatives might make strong candidates for admission to tuition-free schools.

Apply to fixed-tuition schools. If tuition-free schools are not an option, students can save money by applying for admittance to fixed-tuition schools. Such schools guarantee that the tuition students pay in their freshman year will not increase during the ensuing three years. (Note: Tuition may increase if a student needs a fifth year of schooling.)



That can lead to considerable savings, as many schools' tuitions increase dramatically in just four years.

Begin at a two-year college. Two-year colleges typically charge considerably lower tuitions than four-year colleges and universities. Students who want to save money may benefit by enrolling in a two-year college out of high school and getting all of their prerequisite courses out of the way at a more budget-friendly cost. When con-

sidering this option, make sure credits at the two-year college fully transfer to the four-year school students hope to enroll in after earning their associate's degrees.

Remain in-state for undergraduate degrees. In-state tuition at public universities remains a considerable bargain over out-of-state tuition or tuition at private universities. Students planning to do postgraduate work might benefit by enrolling in in-state public

universities and saving their money to finance their postgraduate educations. Students who hope to attend a public university in a state that borders their home state may be eligible for a border waiver, which grants them in-state tuition even though they attended high school outside of the state.

Attending college has never been more expensive, but students and their parents can explore various options that can help reduce the cost of college tuition.



Earn your degree online at Kaplan University.

Our flexible online schedule lets you attend class and study virtually anywhere.

For comprehensive consumer and gainful employment information, visit kaplan.edu/info.

For more information, call **207.213.2500** or visit **augusta.kaplan.edu**.



KVCC ranked among the best two-year colleges in America

Kennebec Valley Community College (KVCC) offers more than 35 programs in trades and technology, healthcare, liberal studies, sustainable agriculture, business, education, culinary arts, renewable energy, and computer science. More than 95 percent of recent graduates were employed or continuing their education within 6 months of graduation and over 90% of KVCC's graduates stay in Maine, most of them in mid-Maine.

KVCC's Fairfield campus is located three miles north of Waterville, just off Interstate 95. It features five classroom and laboratory buildings, a library, gymnasium, student lounge, and café. KVCC is constructing a new student food service that will be ready by September 2016. Fifty percent of the food served will be produced by the Farm at KVCC.

The 600-acre Harold Alford Campus on Route 201 in Hinckley features a 120-acre organic farm, two classroom and laboratory buildings, recreational facilities, and historic Moody Chapel. It is the ideal environment for KVCC's innovative farm-to-table education hub focused on sustainable agriculture, food processing and technology, culinary arts, renewable energy, and entrepre-

neurship. The Nutter Field House is now being converted to house the Electrical Lineworker program and a new program in Sustainable Design-Build also known as Timber-Frame Construction. The first new building on the campus – the KVCC Center for Science and Agriculture – was completed in the fall of 2014 and includes state-of-the-art labs, classrooms, student lounge areas, and an auditorium.

The Farm at KVCC at the Alford Campus has also seen major improvements and upgrades including new concrete flooring in the equipment barn, and a new farm Welcome Center scheduled for completion in September which will feature a livestock demonstration area and a vegetable wash/pack facility and a great room that will serve as classroom, meeting room or event space.

KVCC's small class sizes, low cost, excellent support services, and flexible scheduling appeal to students seeking a better future in comfortable surroundings. With generous financial aid and scholarship resources, the cost of tuition and fees is covered for the majority of full-time students.

KVCC provides an affordable and practical path to success. Learn more at kvcc.me.edu.



Contributed photo

The new KVCC Center for Science and Agriculture at the Alford Campus in Hinckley.

KVCC | KENNEBEC VALLEY
COMMUNITY COLLEGE



Why YOU should choose KVCC!

- More than 30 programs to choose from.
- Among the top-ranked community colleges in America.
- Excellent job placement rates.
- Transfer credits to other colleges and universities.
- \$92 per credit hour.

KVCC's small class sizes, excellent support services, and flexible scheduling appeal to students seeking a better future in comfortable surroundings.

With generous financial aid and scholarships, two campuses including new 600-acre campus in Hinckley, and unique new programs, the time has never been better to get a quality education at KVCC.



To contact Admissions with questions about KVCC programs, email Admission@kvcc.me.edu or call 453-5822.

www.kvcc.me.edu



Majors that might help you get hired

As the cost of college tuition continues to rise and the job market grows increasingly competitive, college students are giving greater consideration to their prospects of being hired before choosing a major. A 2015 study commissioned by the National Association of Colleges and Employers asked 201 employers, including companies like Aetna, Macy's and Procter & Gamble, which degrees are most in demand, even distinguishing between the most in demand bachelor's degrees, master's degrees and doctorates. The following are the results of that study, courtesy of the NACE.

Most in demand bachelor's degrees:

1. Accounting
2. Computer Science
3. Finance
4. Business Admin./Management
5. Mechanical Engineering

Most in demand master's degrees:

1. Computer Science
2. Electrical Engineering
3. Mechanical Engineering
4. Information Sciences & Systems
5. Business Administration

Most in demand doctorate degrees:

1. Electrical Engineering
2. Computer Science
3. Software Engineering
4. Computer Engineering
5. Mechanical Engineering

Tips to land a good internship

Many college students recognize the value of internships. Internships can help college students start building their resumes before they even earn their degrees, and those experiences can give them an edge in a competitive postgraduate job market.

Landing internships gives students some firsthand experience within a given profession, and that exposure can help them decide if a projected career path is right for them or if it's good to go back to the drawing board. The following are a few tips to help college students land an internship and make the most of the opportunity.

Don't hesitate. Though many internships are tailored to students with a year or two of college under their belt, that doesn't mean freshman can't begin to explore potential opportunities. Even if you don't intend to get an internship in the coming school year or during summer break, you can begin to explore potential opportunities that might interest you when the time to start seeking internships does arrive. Looking early may yield valuable information, such as courses that would improve your chances of landing an internship, that your fellow students who hesitate or procrastinate won't have.

Speak with the career placement specialists at your school. Career placement departments at colleges and universities are an increasingly valuable resource for today's college students, many of whom will graduate and face an uncertain and crowded job market. But career placement departments are not just a resource for grads. Such departments can be valuable tools for current students interested in landing internships. If you don't know where to begin your internship search or simply want to see if any opportunities have opened up, speak with representatives at the career placement department at your school. Look the part on such visits, dressing nicely and bringing a resume. Doing so might just separate you from your fellow students, and that can only help as you begin your search



for an internship.

Ask around among friends and family members. Sometimes you need a little help to land a good internship, so don't be afraid to ask your friends and family members if they're aware of any opportunities. Adult relatives might be aware of internship opportunities at their companies before the general public, and there's no shame in seeking help as you try to take the first step toward a rewarding career. In addition to friends and family members, inquire about your college or university's alumni network. Many alumni look to hire students from their universities for internships or even entry-level positions, so make the most of this potentially valuable resource.

How parents can simplify students' transition to college life

College is the first taste of true independence many young students experience. Whereas mom and dad were always around to make sure kids were out the door on time and homework was done, that safety blanket is no longer there once kids move into their dorm rooms.

The transition to college life can be exciting. But while students typically welcome that transition with open arms, parents often worry about how their children will handle their suddenly more independent life. Parents who want to help their kids make as smooth a transition to college life as possible can take steps during their children's senior year of high school to help them adjust to their new surroundings and responsibilities more easily.

Let kids fly solo on school day mornings. New college students have to make many adjustments upon moving into their dorms, and getting themselves out of bed each morning and off to class on time is one such change. Parents worried that their students will sleep in when mom and dad isn't around to remind them to wake up can start letting kids fly solo on school day mornings during their final year of high school. Let kids set their alarms, prepare their own breakfasts and get out the door on time all on their own. By the time their freshman year of college arrives, kids will know how to handle their mornings by themselves.

Teach kids how to develop budgets. Another problem many first-year college students encounter is an inability to effectively manage their money. Whether you plan to give kids an allowance while they are in school or intend for them to work part-time for their spending money, use senior year of high school as an opportunity to show kids how to budget

their money. If they don't have accounts already, open bank accounts in your youngster's name, and insist that he or she start paying for his or her expenses via these accounts. Resist the urge to give high school kids gas money or money for shopping trips if they have already spent their allowances so they can learn how to effectively manage money between pay-days. In addition, teach kids about the right and wrong ways to use credit cards, including the importance of paying balances in full and on time.

Let kids handle more standard responsibilities. Adults tend to take more mundane responsibilities like making doctor's appointments or grocery shopping for granted. But kids likely have no idea how to handle such tasks. Parents can encourage their high school seniors to make their own medical appointments. In addition, take kids along on grocery shopping trips, explaining how to find sale items and which foods to buy and which to avoid. Nutrition is not always foremost on the minds of college freshmen, but those who understand the importance of healthy diets are more likely to buy nutritious meals than junk food.

Emphasize time management. Today's high schoolers are busier than ever before, so many may already be prepared for the juggling act that is college life. But college students have more free time than their high school counterparts, so parents can emphasize the importance of managing that free time wisely as opposed to spending it lounging on the couch or napping.

The transition from high school to college can be both exciting and difficult. But parents can get a head start on that transition by encouraging their youngsters to be more independent during their final year of high school.



A Year Ahead of the Game: Kiest-Morgan Scholar Program at Thomas College

When Reilly Kons is asked what year he is in college, it is not an easy answer. Kons is a Kiest-Morgan Scholar, which is a program that allows students to obtain their Bachelor's degree in three years instead of four.

Although this is his third year at Thomas College, he is considered a senior and will graduate in May.

The Kiest-Morgan Scholar's Program, which began in Fall 2014 with the help of a grant from the Davis Educational Foundation established by Stanton and Elisabeth Davis after Mr. Davis's retirement as chairman of Shaw's Supermarkets, Inc., is a three-year degree program for qualifying students that saves students at least 25 percent of the total cost of college with one less year of tuition, room, and board.

The 20-year-old said he chose Thomas College specifically because of the program.

He was first considering a school in Massachusetts, until he received his financial package and realized how much he was going to owe after graduation.

At the same time, Kons received a letter from Thomas College about the new Kiest-Morgan Program.

"I had never heard of it before," he said. "It just made sense financially."

Kons, who is a Marketing Management

major and Finance minor, said he is happy he found a program that allows him to start his career sooner.

Students who are a part of the Kiest-Morgan program take extra courses during the semester, and enroll in specially-designed online courses over the summer that allow them to accelerate their program. In addition, they begin working with Career Services from the very beginning of their program to line up internships and prepare their resumes.

Kons said getting your Bachelor's degree in three years is not as intense as it sounds.

"You are only adding one more course a semester. If you're taking five classes already and working towards getting good grades in those classes, then adding another class – you just don't even realize it."

Kons said this past summer he was able to live at home in Thompson, ME and work, while taking his courses online for no charge.

In its third year, there are 52 students in the Kiest-Morgan program; last year there were 34. In May 2017, the first group of KM students will graduate – and Kons will be one of them.

Access and Affordability

Thomas College is committed to pro-

viding opportunities for students who may not otherwise have the chance. Almost 70 percent of students are the first in their family to attend college, and a lot are paying for school on their own.

The three-year program allows students to save a whole year's tuition, room and board – about 25 percent – towards their undergraduate degree. That's one less year of paying for school, and one more year of earning money in the workforce.

Thomas College Provost Thomas Edwards sees the program as a great opportunity for students.

"The Three-Year Bachelor's breaks down the traditional barriers of time and space for highly motivated students," he said. "It makes college more affordable without sacrificing quality. Students still get the full college experience, inside and outside the classroom, but they are just moving ahead toward their futures at a faster pace."

Because the program has proved so successful, in 2017, the College will expand its three-year Bachelor's program beyond majors in the business fields to include Arts and Sciences majors as well. Students in programs such as Psychology, Criminal Justice, Communications and Political Science will be able to join the program beginning in the Fall of 2017.

Success

Kons will graduate in May, one year earlier than most of his peers, as part of the first Kiest-Morgan Scholar Program class to graduate. But his success is not just limited to the classroom.

Kons is very involved on-campus. Last year, he was involved with the Student Senate, PBL (the collegiate division of Future Business Leaders of America) and Club Green Thomas. He was also a Resident Assistant on campus.

Kons spent the summer interning with Unum in Portland in the Long Term Cares Benefits department, and this school year, he is interning at the State of Maine Office of Information Technology as a Management Analyst.

Kons said besides saving a lot of money, this program also allows him to complete his degree sooner and obtain his goal of working an exciting job afterwards.

"I think of myself as a fairly career-driven person and I'm really excited to start my career."

Kons encourages others to try out this program. He hopes to get the word out because once people realize you can save a whole year of tuition, he said people are going to say, "Yes, let's do it. Why not?"



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