

MAINE WORD ABOUT COLLEGE

The Maine Word About College

Questions about college from young Maine students, answered by old Maine students.

Today's writers

Sarah Sargent, a sophomore at UMPI, originally from Bridgewater, ME

Abby Morrison, a senior at Husson University, originally from Lincoln, ME

Evan Bess, a sophomore at UMaine, originally from Madison, ME

Offered by Maine College Circle and the Mitchell Institute to great young students throughout Maine.

Q. Was it hard leaving home?

A. For me, leaving home was a little difficult. I had never been away from my family for extended periods of time. However, leaving home presented a lot of opportunities for personal growth. I like to say that it was my first time “adulting.” I had to do things that adults in my life did. For example, I had to start taking care of my college bills by making sure things were paid on time. I had to shop for groceries and supplies for my dorm. These are just a few examples, but they taught me how to live on my own!
—Evan

As I’m sure many college students would agree, it was difficult to leave home for college. Think about it; most of us lived at home with our parents for 18 years, we simply didn’t know a world without them. Looking back, I think the hardest part about leaving home was the weeks leading up to move-in day. The closer I got, the more things started to feel real. I became filled with anxiety about leaving my family and entering the unknown. Once move-in day came, everything seemed to settle down; I was finally living the life I had envisioned in my head. After the first week went by I established a new normal; a life without my parents, but filled with exciting new opportunities. There were definitely times I missed being home, but once I moved in the anxiety of school seemed to fade away.
—Abby





Q. Do you have to live in the dorms?

A. Every university is different, but Husson's policy states that all first and second year students must live in the dorms unless they live within 30 miles of the campus. This rule is enforced, but many choose to live on campus because of the simplicity - the cost is built into your bill for the semester, meals are provided, and there is no extra hassle of apartment searching or fighting the morning traffic to get to class. The dorms are a great way to kick off your college career - it is one of the easiest ways to make friends, you're always near school resources, and are provided with an RA (resident assistant) as a mentor. It is tough to live with so many people in close quarters, but it is one of the best experiences you can give yourself. I learned so much about myself and how I operate through my experiences in the dorms, and if I had chosen to live at home I would have never stepped outside my comfort zone and wouldn't have many of the friends I have today. —Abby

Q. How did you make friends at college?

A. Does anyone really know how to make friends as an adult? Living on campus was an amazing way to meet new people. I met my two best friends and my boyfriend because I lived in the dorms. My advice is to say hi to as many people as you can. Everyone else is just as nervous and alone as you are and you never know who you will click with. I would also say to make your own decisions about people. Don't be their friend just because they're "popular"; most of those people aren't worth your time. Many freshman have told me that they were nervous to talk to upperclassmen because they're intimidating. That's crazy! Just talk to them, they (we) still don't know what they're (we're) doing!
—Sarah



Q. Can you visit home or leave campus?

A. The best part about college is the freedom that it gives students. This freedom allows students to leave campus and/or visit home. I went home on most weekends my first semester of college. At the same time, this does not mean that you have to go home if you do not want to. Another important thing to consider is the distance from your school to your house. If you live in Maine and go to school in California going home every weekend might not be an option. Finally, newly found freedom means newly found responsibility. Students have to make smart decisions that will positively influence their future. This includes when they choose to leave campus and where they choose to go when they leave campus.
—Evan



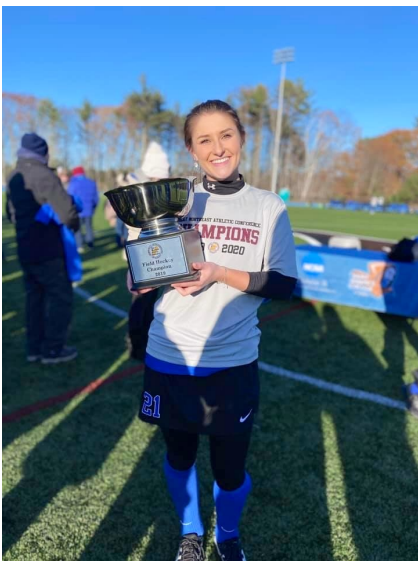
COLLEGE SPOTLIGHT: ST. JOSEPH'S COLLEGE

Every month will feature a spotlight on a different college—its benefits and challenges—from a current student's perspective!

My name is Kylee Veilleux and I am a senior Mathematics and Secondary Education major at Saint Joseph's College of Maine. One of the many reasons I decided to attend Saint Joseph's is for its beautiful campus. Saint Joe's is a small private school in Standish, Maine. It is in a secluded area, but only five minutes from downtown Windham and thirty minutes from Portland. The campus has many running paths and a beautiful lake front. Here at SJC, we have our own beach access, which is great for the warm months while in school. I, as well as many of my friends, enjoy going down to the lake to study and just relax after long days of classes.

Another reason I chose SJC is because of its size. Since I came from a relatively small high school in Sabattus, I wanted to go to a college where I would know the majority of people on campus. I can go into any building and see at least one familiar face, an awesome way to build connections with many different people. Another benefit to the size is having small classes. There are no more than around 25 people in a class here. This is beneficial because the professors get to know you and you can build relationships with them. Most, if not all, of the professors here try their best to get to know every one of their students and will personally reach out to you when it comes to your grades. I know that all of my professors care about me and my success!

I chose Saint Joseph's because there are many different student activities that are offered. For instance, every Wednesday night there is bingo, every Thursday there is trivia, and every Friday there is either a paint night or some sort of craft you can learn to make. I enjoy going to each of these nights every week with my friends for a good study break. They also offer many



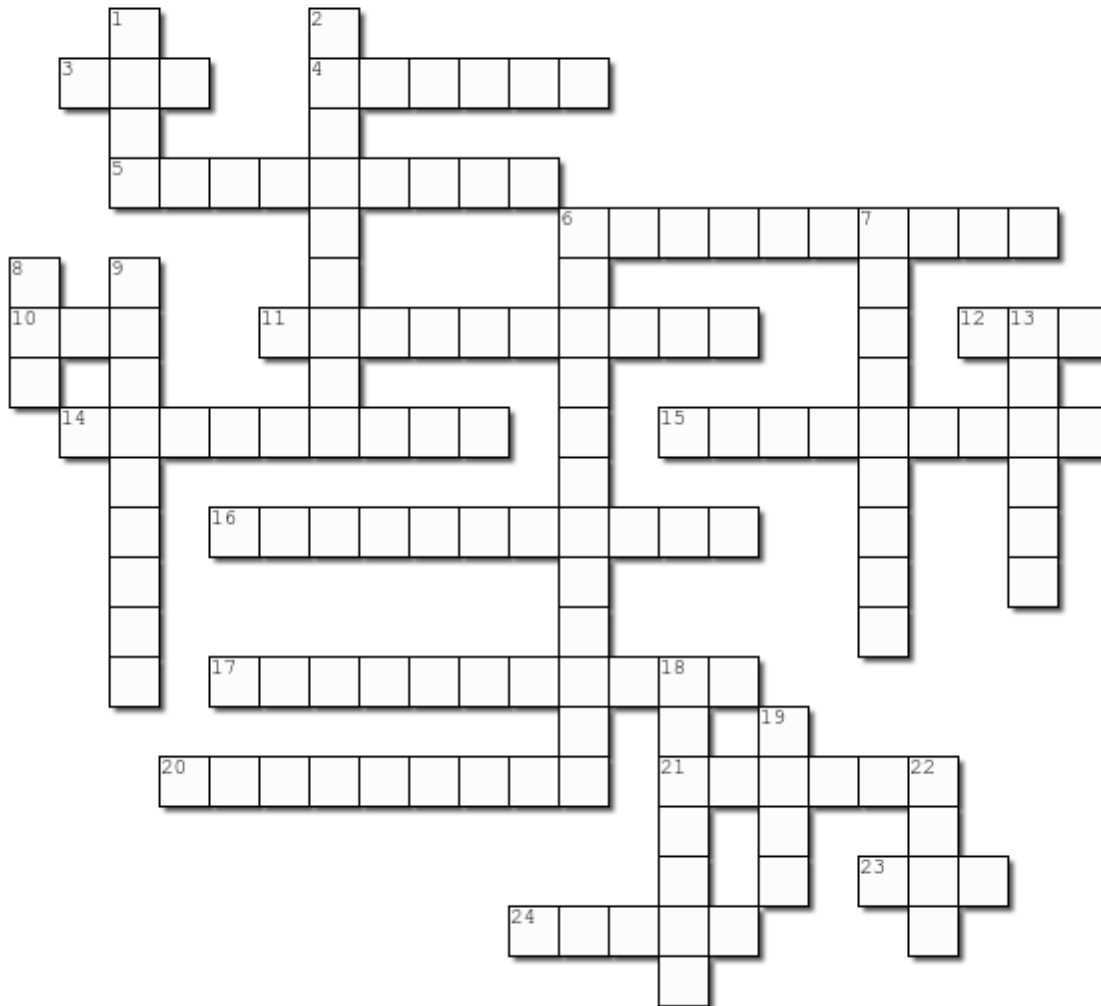
different trips you can go on for cheap. I have gone on a couple of them, like the Canada trip and the Red Sox trip. For the Canada trip, it was only \$150 to ride a Coach bus to Quebec, stay in a beautiful hotel, and roam around the city for a whole weekend! The Red Sox trip, for \$25 you rode a coach bus down to Boston, MA and got really close seats for a game. Both of these trips I probably wouldn't have been able to do with my friends if it wasn't for SJC and their low cost.

I love attending SJC and would recommend this beautiful, small, and active college to anyone. If you are looking for a college with a scenic view and endless student activities, where you can be close with your professors, then Saint Joseph's would be the place to look into! There really are so many great opportunities here, as well as great people!

— **Kylee Veilleux, senior at Saint Joseph's College, originally from Sabattus, ME**

March 2020 Crossword

Complete the crossword puzzle below!



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. series of tests that is equivalent to a high school diploma
4. graduates of a college
5. mascot of the University of Texas
6. the study of the mind
10. plant of the League with Yale, Cornell, and Brown
11. a good major to learn about writing newspaper articles
12. degree that future social workers will receive
14. a student musical group made up of strings, brass, wind, and percussion instruments
15. what many high school seniors receive from colleges in March
16. programs designed to make the transition to college easier
17. college of John Cena
20. college of the US Army
21. a large essay that a student may write before graduating
23. major college admissions test other than the SAT
24. bill for food at college

Down

1. small college in Bangor with about 350 students
2. four year college degree
6. someone trained to examine someone's blood
7. home state of Tulane University
8. top college for fashion in NYC
9. the study of water
13. student in final year of undergraduate education
18. way to choose housing on campus after first year of college
19. abbreviation for Maine College of Art
22. community college in South Portland, ME