



Yes, that's me competing in USM's Mud Challenge, organized by students in our Sports Management program. I'm writing about this not because the event was a blast (which it was), or because it was a great success (sold out), but because it's a terrific example of how USM provides students with real-world experiences that give them a leg up in launching their careers.

Clear as mud? Let me explain. In this case, sports management professionals often have to organize special events. So our faculty challenge their sports management majors to come up with a sporting event and organize every aspect—from securing sponsorships to publicity, from purchasing insurance to handling registration, from laying out the course to event-day coordination.

This is what USM does in most every one of our programs: we help students take what they learn in the classroom and apply it in their chosen field. And because USM is located in the economic and cultural heart of Maine, we are uniquely positioned to offer our students incredible internships and other hands-on opportunities with businesses, agencies, cultural institutions—even cruise ships and professional sports teams.

Combine this with USM's student friendly support and our affordability, and you're not going to find a better educational experience in a better location anywhere. Besides, where else will you find a university president willing to get down into the mud?

Glenn Cummings President







Prepare for What's Next

Our wide array of comprehensive and interdisciplinary academic programs prepare you for career opportunities wherever life takes you. You'll find nationally and internationally recognized programs that are responsive to the changing needs of our economy and our communities and make you stand out to potential employers. Here's a partial list:

- Business
- Nursing
- Engineering
- Social and Behavioral Sciences
- Psychology
- Education
- Leadership and Organizational Studies
- Pre-Med
- Occupational Therapy
- Music





Learn on Campus, Abroad, in the Community, and Online

USM offers you endless chances to specialize your education to suit your distinctive goals, and try out new directions along the way.

- Over 50 majors and 60 minors and concentrations
- Earn credit through service learning projects
- 650+ online courses, taught by outstanding USM faculty
- More than 2,000 courses available throughout the year
- Multiple study areas and options



We want to make sure the transition to USM is as smooth as possible for you, and that's why we put such a high priority on supporting your success from day one. You'll find robust academic advising centers on each of our three campuses, ready to help you with academics, career planning, choosing a major, and more.



Outstanding Academic Resources

Our students have access to valuable educational resources on all three campuses, including:

- Glickman Family Library on the Portland campus, with access to comprehensive databases for research across a wide spectrum, the Learning Commons, and special collections such as the renowned Osher Map Library.
- Gorham Library and Learning Commons, a central location and academic resource on the Gorham campus, where students can work with reference librarians, tutors, faculty, and other students.
- Commons@LAC, an inviting space for students to study, research, or use computers in a wireless environment. Special archives include the Franco-American Collection.





Maine's Community-Engaged University

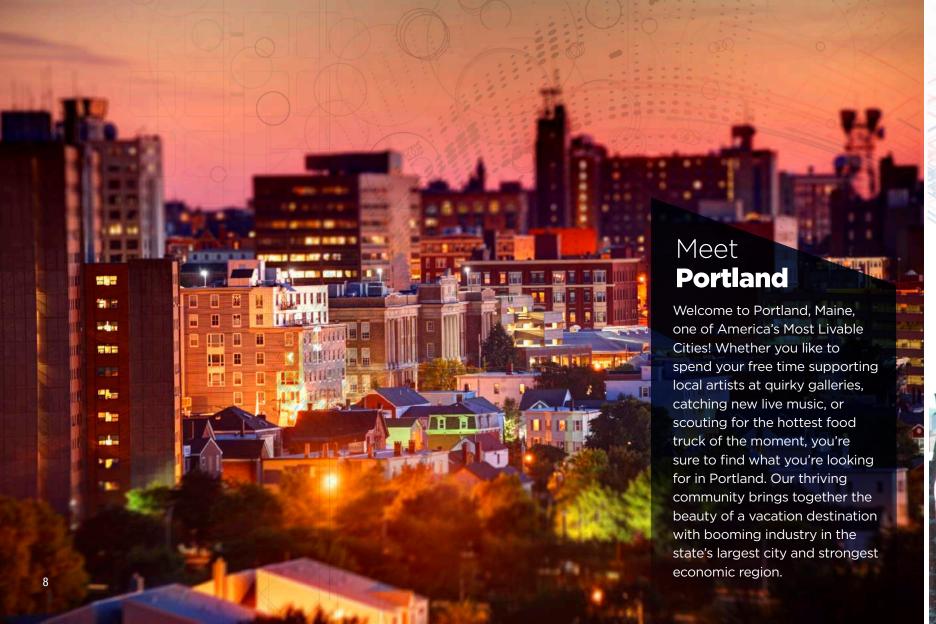
At USM, you can get involved at a level that's hard to match at larger public universities. Our active, engaged faculty provide invaluable access to global financial companies, medical research firms, cultural institutions, high-tech manufacturers, teaching hospitals, and national sports franchises. Our students work on environmental issues facing Casco Bay, healthcare for island fishing villages, food security issues, and early education for preschoolers. Through this experience, you can gain skills and contacts to further your education and career opportunities.





Making Maine Yours

As a USM student and graduate, you'll be part of this community, wherever your career takes you—in fact, 71% of USM graduates fall in love with Maine and decide to stay! We want you to experience the very best that Maine has to offer, living and learning in lively small cities and classic New England towns with easy access to Maine's great outdoors and its largest metropolitan areas. Read on to learn more about what makes our campuses in Portland, Gorham, and Lewiston-Auburn so special.



What Portland Has to Offer

Serving both graduate and undergraduate students and the wider Southern Maine community, our lively, urban Portland campus is the central location for USM's exceptional Honors Program as well as a number of prestigious research centers and institutes. Portland is home to outstanding programs in business, nursing, social work, public service, and other disciplines, as well as a host of other benefits:

- Academic resources like the comprehensive Glickman Family Library, Cutler Institute for Health and Social Policy, Maine Center for Toxicology and Environmental Health, Southworth Planetarium, and more.
- Opportunities for active, collaborative learning through the Learning Commons, a dedicated space where you can work with reference librarians, tutors, faculty and other students in a dynamic environment.
- The Woodbury Campus Center at the heart of it all, with resources like the food court and bookstore, as well as Multicultural Student Affairs, the Student Government Association, Center for Sexualities & Gender Diversity, Veterans Resource Center, and more.
- Accessibility to our Gorham campus for classes and campus activities on our free,
 Wi-Fi-equipped USM shuttle bus—it only takes 20 minutes!







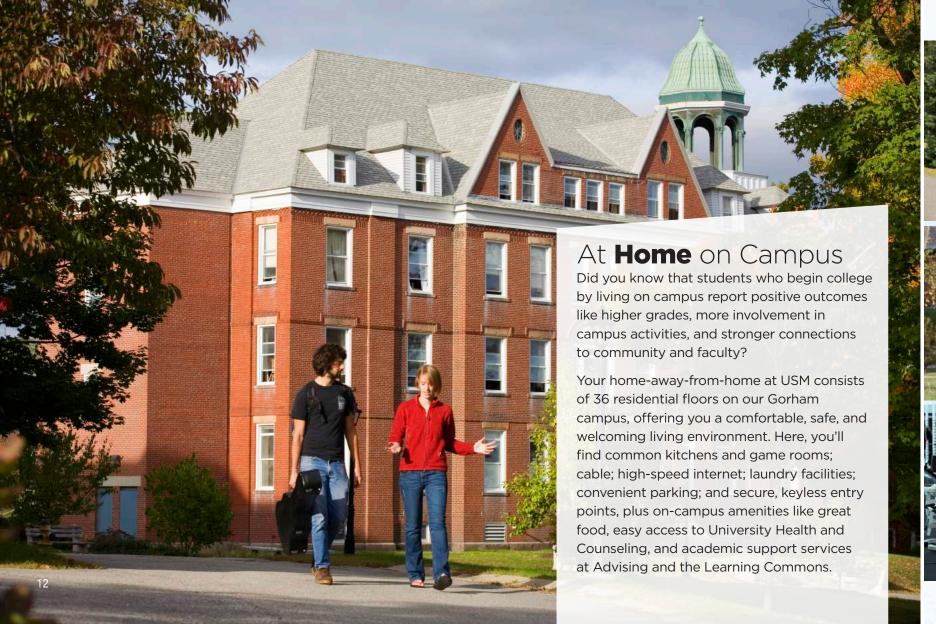
Meet Gorham

Shifting gears from the bustle of Portland is historic Gorham, a classic New England college town with a picturesque village center and a quaint, traditional style. Gorham is home to USM's residential population and diverse programs in education, the fine arts, and the STEM disciplines (science, technology, engineering, and math). Gorham is also the heart of undergraduate residential life at USM, with a packed schedule of student activities; athletics, music and performing arts events; and classes and labs.











Living Learning **Communities**

As a student, you can choose a Living Learning Community that reflects your personal interests, each built around a theme supported through experiential projects and courses.

Current communities include:



Creativity: Live with other artists, musicians, photographers, and performers.

Citizenship: Engage in leadership development and service learning.

Health: Focused on maintaining a healthy mind, body, and spirit.

Honors: Ideal for engaged students seeking academic challenges.



Entrepreneurship: Brings together aspiring entrepreneurs and innovators.

Rainbow Floor: Join students interested in contributing to a diverse LGBTQA community.

Russell Scholars: Find success in a small community with a variety of majors with diverse interests.









Volunteer, Get Involved, Make an Impact!

With more than 100 student organizations, clubs, and service groups on our three campuses, USM is filled with active, engaged students involved in everything from community service and leadership, to outdoor recreation and the arts, to academics and career enrichment. Join an existing group or start your own—it's a great way to make friends and get involved in the community. The Campus Life Staff on all three of our campuses will help you get connected. Just ask!





There are so many ways to stay active and embrace a little healthy competition at USM. Intramurals here are fun, spirited, and organized around the interests of our students. Gather up your friends and hallmates, form a team, and go for it with flag football, dodgeball, floor hockey, kickball, basketball, soccer, volleyball, and more!







The University of Everyone

Nationally Recognized

Athletically and Academically

Go Huskies! We're proud that USM's nationally recognized teams and student-athletes are regular contenders in post-season play at the conference, regional, and national levels:

Baseball: Won two National Championship titles and has competed in the NCAA Division III World Series eight times, and the NCAA National Championship tournament 20 times.

Women's basketball: One of the top programs in the country, winning 21 Little East Conference titles and qualifying for the NCAA National Championship tournament 24 times, the Huskies have competed in the NCAA Division III Final Four five times.

Women's track and field: The indoor and outdoor track and field teams have swept the Little East Conference and New England Alliance titles for nearly two decades. With several individuals earning All-American honors, Peyton Dostie became USM's first female athlete to win an NCAA National Championship.

Men's track and field: With four individual national championships and many All-Americans, the Huskies have won numerous Little East Conference and New England Alliance titles in the last decade and finished sixth nationally in 2015.

Husky student-athletes regularly earn All-American and Academic All-American honors. Most recently, USM wrestler Daniel Del Gallo earned the prestigious NCAA Elite 90 Award.





MEN

Baseball

Basketball

Cross Country

Ice Hockey

Indoor Track and Field

Lacrosse

Outdoor Track and Field

Soccer

Tennis

Wrestling

COED

Golf

WOMEN

Basketball

Cross Country

Field Hockey

Ice Hockey

Indoor Track and Field

Lacrosse

Outdoor Track and Field

Soccer

Softball

Tennis

Volleyball

Realize Your **FULL** Potential

To help our student-athletes prepare for the challenges and opportunities that lie ahead after they graduate, we initiated our Full Potential program, emphasizing five interrelated areas:

- Personal Development: Leadership, sportsmanship, and ethical conduct
- Academic Achievement: Communication, presentation, and time management
- Athletic Performance: Strength, conditioning, nutrition, and mental toughness
- Career Development: Resume writing, interview skills, and career exploration
- Service to Community: Giving back, volunteering, making a difference





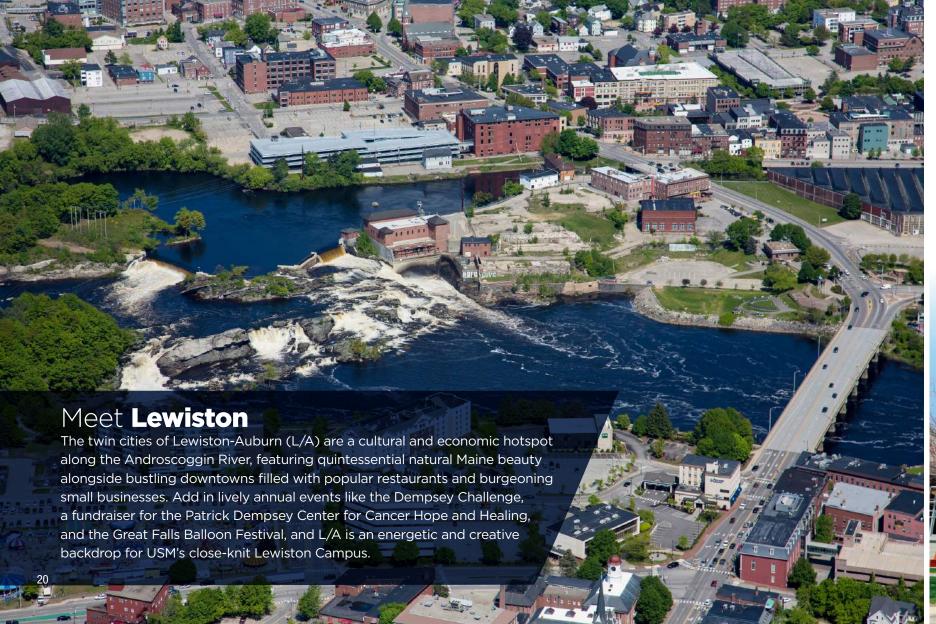












What Lewiston Has to Offer

The Lewiston campus offers you an individualized, interdisciplinary undergraduate experience in social and behavioral science, leadership and organizational studies, natural and applied sciences, teacher preparation, and nursing. There is also a nationally recognized Master of Occupational Therapy program and a Master's of Leadership Studies program that can be completed on campus or fully online. The Lewiston campus features:

- A vibrant, full-service Writing Center (including science and math tutoring) available for all students face-to-face and online
- A small community experience with the resources of a large university
- USM's Multicultural Center, supporting a diverse environment across our campuses
- The Druker Office of Community Engagement, integrating service-learning and community engagement into our curriculum
- The Veteran's Resource Center serves to support USM students who are veterans or service members, and their families

A convenient location for students who live and work in the Central Maine area







Community **Engagement** and Career **Development**

At USM, we know that especially in a small state, motivated people can make a big difference. We are committed to community engagement both for the benefit of our students and communities. Our locations in two of the state's largest areas means that we can have a huge impact on the present and future of Maine as a whole.





Enriching Your Community

The Portland/Gorham Office of Community Engagement and Career Development (CECD) and The Druker Office of Community Engagement (DOCE) on the Lewiston campus collaborate to support their shared interest in USM's commitment to making a positive difference in our community.

The CECD is there to help you engage with other colleges in the Portland-Gorham region, offering you opportunities to gain real-world experience in the field, explore career directions, develop global citizenship skills, and give back to the community.

Through the DOCE, you can take a hands-on approach to affecting your community through enrichment programming, engagement learning projects, events, and strong community relationships.

The CECD and DOCE are close partners on projects and programs like the fun and impactful Husky Day of Service, as well as maintaining robust relationships with valuable community partners so you have the best choices of internships, service-learning opportunities, and more.

Preparing for a Life of Purpose and Success

USM also strives to make your transition into the workforce exciting and collaborative by providing our students and more than 55,000 alumni with career education and professional development.

- Exploring and connecting majors to careers
- Administering and interpreting career assessments
- Crafting a dynamic cover letter and resume
- Cultivating professional skills
- Creating a positive social media image
- Developing job search skills
- Connecting with employers for job shadowing opportunities

Opening Doors through Community Partnerships

- · L.L.Bean
- IDEXX
- TD Bank
- Texas Instruments
- Portland Sea Dogs
- Maine Red Claws
- State Theatre
- Port City Music Hall

- Merrill Auditorium
- Allagash Brewing Company
- Unum Insurance
- Local and state governments
- Top-rated teaching hospitals
- Statewide social service agencies
- Local and regional nonprofit organizations

Changing the **World**Starting at **Home**

At USM, our commitment to active, collective learning brings our students and faculty together as partners on innovative projects that positively affect the world around us. Whether you're helping African refugees learn English, identifying parasitic fungi out in the wild, or producing a fundraising video that you can add to your design portfolio, you'll be applying the skills you learn in class today out in the real world tomorrow.



Helping Others Get from A to Z

English majors delve deeper into the diversity of the human experience with literacy through a range of partnerships from afterschool child reading development with Parkside Neighborhood Center, to ESL-related support for Portland Adult Education.

"Over the years, Literacy Studies has proven to be remarkably effective, and our students can't imagine the major without it. Our understanding of reading and writing is informed by what we personally bring to the table, and this kind of affective relationship makes it a valuable way for students to rethink their perspective."

—Professor Lorrayne Carroll, Associate Professor of English



Getting Your Hands Dirty

The memorable, camp-style field immersion weekend for Environmental Science and Environmental Planning and Policy majors brings faculty and students together to develop crucial in-the-field skills. Partnered in teams, students tackle everything from the fundamentals (such as orienteering and boating skills) to the fun (like campfire sing-alongs and a scavenger hunt).

"Field immersion encourages
everybody to work together
collaboratively, reflecting the
philosophy of the department in
practice. It fosters an incredibly
strong sense of community within
the department; you really interact
with your professors differently
after you've made s'mores together."
—Professor Rob Sanford,
Professor of Environmental Science
and Policy, Department Chair





Brewing a Better Beer

Thanks to a partnership with the Maine Brewers' Guild, Analytic Chemistry students are helping the region's growing craft beer industry deliver a consistent, high-quality (and delicious) product through work in USM's Quality Assurance/Quality Control and Research Laboratory.



Study Abroad

Choose Your Adventure

Here's your chance to learn a new language, immerse yourself in a different culture, and become a global citizen. At USM, you can study for a year, a semester, or a summer in locations around the world. You'll earn credit toward your USM academic program and you can even use your financial aid award to help finance your approved study abroad program. Whatever your major or interests, we'll help you find a program that's perfect for you.





Where in the World?

You'll find short- and long-term programs in countries all over the world. There are several options that help make study abroad more affordable for our students, including USM Exchange Programs and USM Partner Institutions, which keep costs close to USM in-state tuition—even if you're an out-of-state student.

USM students are studying in countries throughout Africa, Asia, Europe, Latin America, and Oceania.



Keeping College Affordable

USM is one of the best values in the Northeast. With over \$21 million in grants and scholarships available for our students, one of the lowest tuitions in New England, and a knowledgeable Financial Aid staff ready to help you build a plan that's right for your family, we're committed to providing you with a quality college education that's affordable and accessible.

We want you to graduate owing less so you can focus on your education and gain the knowledge, skills, and experience you need to build a bright and successful future.

Estimated costs for 2016-2017

One Year of Full-time Undergraduate Enrollment			
	MAINE	OUT-OF-STATE	RSP AND CANADIAN****
Tuition*	\$7,590	\$19,950	\$11,760
Mandatory Fees**	\$1,330	\$1,330	\$1,330
Room and Board***	\$9,200	\$9,200	\$9,200
Books and Supplies	\$1,200	\$1,200	\$1,200
Estimated Cost of Attendance	\$19,320	\$31,680	\$23,490

^{*}Tuition costs are based on enrollment in 30 credit hours per year.

New e-tuition rates for online degree programs

USM offers a low e-tuition rate to non-residents of Maine that is equal to 125% of Maine in-state tuition (\$7,590*).

This rate applies to all undergraduate and graduate online degree programs. Here's an example of the savings:

- Undergraduate non-resident tuition (30 credit hours): \$19,950*
- Undergraduate non-resident e-tuition (30 credit hours): \$9,487.50*

*Tuition only, does not include books and fees.

^{**}Mandatory fees include the student activity fee, the unified fee, the health fee, and the transportation fee.

^{***}Room and board costs may vary depending upon room assignment.

^{****}The New England Regional Student Program (RSP) enables New England residents to enroll in out-of-state public colleges and universities (in Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont) at a special reduced tuition rate for certain degree programs that are not offered by their home-state public institutions. For more information about this program, visit:

Finding the Funds You Need

Financial Aid and Scholarships

More than 85% of our full-time students receive financial aid, with packages averaging nearly \$13,500/year.

USM's Financial Aid Office can help you understand the many resources available to help finance your college education:

- Merit-Based Scholarships. Incoming first-year and transfer students, both in-state and out-of-state, are automatically considered for merit-based scholarships ranging from \$1,750 up to \$12,000.
- Need-Based Aid. A number of donor-funded scholarships are awarded to students with financial need.
- **Grants.** Federal, state, and USM grant programs provide assistance you don't have to repay.
- Federal Work-Study. Between \$1,200 and \$2,800 is available, depending on need.
- **Tuition Break.** New England Regional Student Program (RSP) residents who are enrolling in certain programs not offered by their home-state public institutions may qualify.

Explore your options at usm.maine.edu/scholarships.

Transfer and Adult Students

USM welcomes transfer students, who are a vital part of our university community. We offer generous merit scholarships to transfer students applying for the fall semester; and USM has many other resources to serve the specific needs of students coming to USM with prior credits, including:

- Unofficial transcript evaluations by dedicated admissions counselors, so you will have a good idea of what credits will transfer to USM.
- Prior Learning Assessment, which gives you the opportunity to convert to credits the college-level knowledge you have achieved through your work and professional experience.
- Veterans Services, including military credit evaluations and in-state tuition for non-Maine residents. USM participates in the Yellow Ribbon Program and is a Servicemembers Opportunity College.

To learn more about transferring to USM, contact us:

Transfer Admissions: usm.maine.edu/transfer transferusm@maine.edu | 207-780-5670

Prior Learning Assessment:

usm.maine.edu/pla | priorlearningusm@maine.edu

Veterans Services: usm.maine.edu/veterans usm.veterans@maine.edu | 207-780-4826

Majors, Minors and Programs

Accounting

Applied Technical Leadership •

Art

Art Education

Art History

Studio Art

Athletic Training

Biochemistry

Biology

Biotechnology

Ecology

Human Biology

Secondary Education: Life Science **Business (General Management)**

Business Management •

Entrepreneurship and Small Business

International Business

Risk Management and Insurance

Sustainable Business

Chemistry

Secondary Education: Physical Sciences

Communication • Computer Science

Criminology

Cyber Security

Economics Education

Elementary and Middle School Education (K-8)

majors to choose from:

English

Geography-Anthropology

History

Natural and Applied Sciences

Self-Designed Major in STEM (science and math)

Secondary Education (7-12)

majors to choose from:

Biology Chemistry English

Geography-Anthropology

History Mathematics

Natural and Applied Science

Electrical Engineering

English

Environmental Planning and Policy

Environmental Science
Exercise Science

Finance

Geography-Anthropology

Applied GIS and Geospatial Analysis Community Planning (3+2 to Master's) Cultural and Natural Heritage Management Elementary and Middle School Education

Secondary Education

Sustainable Cultures and Communities

Health Sciences

Health Care Administration

Pre-Occupational Therapy (3+2 to Master's)

Pre-Professional

Wellness

History

Information Technology
Liberal Studies: Humanities

Linguistics

American Sign Language/English Interpreting

Speech and Language Science

Marketing

Mathematics

Applied Mathematics/Operations Research

Pure Mathematics

Statistics

Mechanical Engineering

Media Studies

Journalism

Multimedia Journalism

Music

Composition

Music Education

Music Performance: Jazz Studies, Musical

Theatre, Piano Pedagogy

Nursing

Philosophy

Physics

Political Science

International Studies

Psychology

Recreation and Leisure Studies

Community Recreation
Therapeutic Recreation

Social Work Sociology

Sport Management

Technology Management

Construction Management Electro-Mechanical Systems

Industrial Management

Information and Communications Technology

Precision Manufacturing

Theatre

Tourism and Hospitality

Cultural and Culinary Tourism

Event Planning, Management, and Promotion

Managing in Tourism and Hospitality

Sport Tourism and Adventure Tourism

Tourism Creation and Promotion

Tourism Planning, Development, and Sustainability

Women and Gender Studies

LEWISTON AUBURN COLLEGE

Leadership and Organizational Studies

Natural and Applied Sciences

Elementary Education

Pre-Occupational Therapy (Accelerated Graduate Program)

Secondary Education: Life Sciences

Social and Behavioral Sciences

Counseling •

Early Childhood Studies

Pre-Occupational Therapy (Accelerated Graduate Program)

Public Health

PRE-PROFESSIONAL PROGRAMS

(Pursued in conjunction with a major)

Pre-Dentistry

Pre-Law

Pre-Medical

Pre-Optometry

Pre-Pharmacy

Pre-Veterinary Science

MASTER'S DEGREES

Adult and Higher Education (MS) Biology (MS)

Business Administration (MBA)

Accounting

Finance

Health Management and Policy

Sustainability

Counseling (MS)

Clinical Mental Health

Rehabilitation

School

Creative Writing (MFA)

Education Leadership (M.S.Ed.)

Educational Psychology (MS)

Applied Behavior Analysis

Leadership Studies (MA)
Literacy Education (M.S.Ed.)

Montessori Early Childhood Education (M.S.Ed.)

Music (MM)

Composition

Conducting

Jazz Studies

Music Education

Pedagogy

Performance

Nursing (MS)

Advanced Practice

Clinical Nurse Leader (CNL)

Education

Family Nurse Practitioner

Management

Psychiatric/Mental Health

Occupational Therapy (MOT)

Policy, Planning, and Management (MPPM)

Professional Educator (M.S.Ed.)

Public Health (MPH)

Social Work (MSW)

Special Education (MS)

Statistics (MS)

Teaching and Learning (ETEP) (M.S.Ed.)

Teaching English to Speakers of Other Languages (TESOL) (M.S.Ed.)

DOCTORAL DEGREES

Nursing—Doctor of Nursing Practice (DNP) School Psychology (Psy.D.)

Public Policy (Ph.D.)

Educational Leadership and Policy

ACCELERATED GRADUATE PROGRAMS

For highly motivated undergraduate students who are already looking ahead to graduate school, USM offers 20+ Accelerated Graduate Programs in areas ranging from Law to Business to Education and many more. These specially designed programs allow you to pursue graduate studies as an undergraduate, and if you meet the appropriate progress standards, apply those credits toward both your bachelor's and master's (or law) degrees. This will reduce the cost of your graduate degree and shorten the time to completion, which means you'll enter the job market sooner, and with stellar qualifications.

For more information, visit: usm.maine.edu/academics

 Also available as an online program, visit: usm.maine.edu/online

Apply Now!



- Send your Official high school and/or college/university transcript or GED
- Send your Official SAT or ACT test scores
- Submit a school counselor recommendation
- Send your \$40 application fee

For more information, visit: usm.maine.edu/admit



The University of Southern Maine is a member of The Common Application. Apply at **commonapp.org**

Office of Admissions admitusm@maine.edu (207) 780-5670 1-800-800-4USM ext. 5670 TTY (207) 780-5646



Coming this fall—the Official University of Southern Maine Class of 2021 Facebook Group. Connect with your classmates, post information, and ask questions!



Follow us on Instagram: @USouthernMaine



Follow us on Twitter: @USMAdmissions



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