

Black Bear From Anywhere News

Spring 2025
UMaineOnline Newsletter

What's on the Horizon at UMaineOnline?

Spring 2025 is officially underway! Your UMaineOnline advisors are excited to offer this NEW digital publication to you – sharing exciting new information and support for our Black Bears from Anywhere!

UMaineOnline is growing and evolving! During the fall 2024 semester, we launched two new programs - Eng.D. in Engineering Technology and Advanced Library and Media Specialist. With more programs on the horizon for 2025!

Summer University courses are listed, and enrollment has begun! We are offering nearly 300 online courses! Whether you want to fit that extra course into your schedule, graduate early, boost your GPA, or maximize your summer, take advantage of Summer University.

In this newsletter, learn about one of our world-renowned professors, get tips for succeeding as an online student, remember important dates, and connect with your advisor!

We are here to support you on your Black Bear journey!

By: Amanda Cupps, UMaineOnline Senior Advisor



Important Dates to Remember

March 17 - March 23
Spring Break

Monday, March 31
Enroll for Fall 2025

Monday, May 12
Summer University begins

Who are our UMaineOnline students?



720 Undergraduate Students
1,680 Graduate Students
1,373 Maine Students
992 Out-of-State Students
27 International Students

Meet Your Coordinator

Like Oz working his magic behind the curtain in the Emerald City, our university program coordinators serve a vital role in organizing, planning, and overseeing the smooth execution of an academic program. This spring, we spotlight our Graduate Certificate in Climate Science and Adaptation program coordinator: Dr. Daniel (Dan) Sandweiss.

Dr. Sandweiss has been a Professor of anthropology and quaternary and climate studies at the University of Maine, Orono, and has been an active member of the Climate Change Institute since 1993. Dr. Sandweiss was elected as a member of the United States Academy of Sciences in 2024, adding yet another notch to his extraordinary resume.

In addition to an impressive (and expansive) career in both research and higher academia, Dr. Sandweiss is a passionate advocate for both online and lifelong learning. His certificate in Climate Science and Adaptation draws enthusiastic learners from around the globe. Always happy to hop on a Zoom call, Dr. Sandweiss helps ensure that all online learners in his program are supported—from the application process through graduation.

If you, like Dr. Sandweiss, have a passion for climate sciences and love online learning, we encourage you to connect with our UMaineOnline Advisor, Julie Roach, at julie.a.roach@maine.edu! Julie serves as Dr. Sandweiss' right hand and is always happy to connect you to Dr. Sandweiss for a spirited conversation regarding your learning and career goals.

By: Julie Roach, UMaineOnline Advisor



Tabling Events - Fall 2024



Fall Open House



PBIS Conference



MassCUE Fall Conference

“ We have a robust infrastructure to support online students and in-person students seeking a variety of hybrid and remote options. Our fully remote students take the same classes, learn from the same prestigious research-intensive faculty, and earn the same degrees as our on-campus students. ”

Richard Roberts

*Executive Director of Academic Program
Support and Online Learning*



Combatting Screen Fatigue for Online Success

If you're anything like me, you're constantly surrounded by screens—whether it's your computer, mobile device, or television. While technology makes online learning possible, it can also lead to screen fatigue. This form of mental and physical exhaustion is caused by extended screen time and can impact your focus, productivity, and overall health.

Screen fatigue is prevalent for online students, as so much of your coursework happens on a screen. Symptoms might include headaches, eye strain, difficulty concentrating, and feeling mentally drained. The good news? There are simple strategies to reduce its effects.

Here are some ways to combat screen fatigue:

- **Follow the 20-20-20 Rule:** Every 20 minutes, look at something 20 feet away for 20 seconds. This helps reduce eye strain, even if you can't step away from your desk.
- **Take Movement Breaks:** Stand up, stretch, or take a quick walk. Movement can ease tension and refresh your focus.
- **Optimize Your Workspace:** Use a well-lit space to minimize eye strain. Natural light is ideal, but adjustable desk lighting can work wonders, too.
- **Go Offline When You Can:** Switch to pen and paper for note-taking or read physical books to give your eyes a break from screens.

Remember, maintaining balance is key. Build in time to disconnect from screens entirely, prioritize your sleep, and set boundaries for your work and personal time. Small changes can go a long way in helping you stay motivated, healthy, and ready to succeed!

By: Tessa Smith, UMaineOnline Advisor

Finish Strong Adult Degree Program

- 100% Online Format
- Affordable Tuition Rate
- Flexible Start-Time
- Enroll Year-Round

Degree completion
students graduate with a
Bachelor of University
Studies (BUS)

***Get your first two courses
for the price of one!***

Contact 207.581.3143 or
um.adultlearnerresources@maine.edu.



“It's never too late to return to school. I've worked with students of all ages and backgrounds who have always felt that earning their degree is one of the few things in life that they haven't achieved. The person they are now is not the same person they were in high school or college years ago. If they're motivated and eager, we'll be here to support them in their journey. They're just as capable and should never doubt themselves.”

Tiffany Peterson

Adult Learner Recruitment and Enrollment Specialist

Our New Eng.D. in Engineering Technology Launched in Fall 2024! 🎉

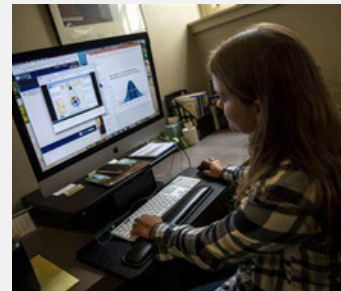
We are thrilled to introduce our new Doctor of Engineering (Eng D.) in Engineering Technology, which had its inaugural semester in fall 2024. This exciting addition marks the first new doctorate program at the University of Maine in a decade! Our Eng.D. program offers a concentration in Surveying Engineering Technology (SVT), building on the robust foundation of our bachelor's and master's programs.

We are proud to have 18 students in our inaugural cohort, many of whom graduated from our master's programs. These students have already completed 30 - credits of coursework and are now focusing on the remaining 12 - credits of thesis courses. This unique program allows students to engage in research and develop expertise through applied and experiential learning. Instead of a traditional dissertation, candidates will produce at least three peer-reviewed journal articles to be compiled into a thesis.

Like most UMaineOnline programs, the Eng.D. in Engineering Technology is offered 100% online with students from all across the country! We are excited about the future of this program and look forward to offering more concentrations in the future. Stay tuned!

Are you a current or graduated student with a master's in surveying? Join us in advancing knowledge and innovation with our new Eng.D. program! For more information, please contact UMaineOnline Advisor Kimberly Lai (kimberly.lai@maine.edu) or Program Coordinator Dr. Raymond Hintz (ray.hintz@maine.edu).

By: Kimberly Lai, UMaineOnline Advisor



UMaineOnline Advisors

We understand the needs of online students, the importance of finding the right program, and staying on track.



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