

# ADVISING NEWS

Psychology and Community Studies Program | University of Maine at Machias

## When Can I Register?

### Seniors (84+ credits)

Wed. April 1

### Juniors (54+ credits)

#### 2nd year in AA -

Fri. April 3

### Sophomores (24+ credits)

#### 1st year in AA

Mon. April 6

### Students with < 24 credits

Tue. April 7

### Non-degree Students

Wed. April 8



Don't forget to join our private Facebook group for students and alumni ([Psychology & Community Studies University of Maine at Machias](#)). It is a great way to stay in touch, share opportunities, and ask questions. Just ask to be added. And please share your news!

## Rhiannon Hampson

PCS Alum, Class of 2017



In each issue of PCS Advising News, we like to highlight the accomplishments of our alumni. This time we're catching up with Rhiannon Hampson, who graduated in 2017.

### *What are you doing now?*

I am Congresswoman Pingree's (ME-01) District Representative for Agriculture, The Environment, Health Care, and The Arts. Due to her committee assignments and my personal background, I focus on Agriculture and Environment/Fishery issues primarily.

### *What is interesting and challenging about your career?*

It is incredibly interesting in that the ubiquitous "things" of Maine become such rich areas for me to explore. These opportunities for

learning about the ‘on the ground’ work being done provide me with a great deal of hope. The research and development being done in the University of Maine System (UMS) alone with regard to renewable energy and materials, sustainable forestry and agriculture is more robust and encouraging than most people know. The innovation happening in the UMS is often cited by our government entities and recognized internationally as we have true global leaders in their fields.

The challenges lie in navigating the ‘long game:’ recognizing that policy and practice can be on opposing ends of the spectrum while trying to arrive at the same point. I am honored to be working toward outcomes that will provide tangible benefits, but I can be stymied by the process at times. I love working on legislation and making sure that Maine is well represented, specifically that we are thought of as the leaders that we are on issues that relate to conservation practices.

### *How does it relate to your experience at UMM and with Policy Scholars?*

Through my work on an agriculture policy recommendation as the 2015-2016 Policy Scholar for UMM, I became acquainted with the Congresswoman’s office. I was able to develop that relationship and participate in a series of Farm Bill impact panels that she hosted while drafting her recommendations for the 2018 Farm Bill.

The Policy Scholar program not only offered me the opportunity to understand the ways in which policy works and is created (which very much informs my daily work), it gave me a ‘golden rolodex’ – a number of contacts that I was able to cultivate professionally. Even if I had not taken a job in public policy, the experience would have been invaluable. It provided me an opportunity to understand how the processes that govern our endeavors really work.

### *What advice do you have for current PCS students?*

Be proud to be University of Maine at Machias Alumnus! The caliber of professional staff and faculty, coupled with its small size, is such an asset! You can get out of an experience what you put into it, and utilizing the small class sizes to your benefit, being able to truly access the information and experiences that we have at our disposal there, those are not accessible to many of your contemporaries at other institutions. Participate in as many opportunities as you can, and network with other alums. There is a uniqueness to having spent time on the Downeast coast that is becoming more and more relevant. I walk the halls of the U.S. Capitol building knowing that most of the people walking with me have not had the personalized experience that I have—those which allowed me to develop public speaking, listening, and writing skills that set me apart.

Also, remember that the path forward may not always be apparent—my degree, in Psychology and Community Studies (with a minor in Counseling) does not necessarily inform my daily work in the same way that a Political Science degree may have. However, it DOES indeed inform my work when I am able to engage in motivational interviewing to get stakeholders to really identify what they need, and in the way that I understand aggregated data when trying to convince other members (staff) that their constituents face the same issues, or in the way that I can make connections between community based systems and outcomes. Your experience right now does not determine your future, it informs it.

# Punching Through the Pandemic

Confused by remote learning? Uncertain? Anxious? Worried? Stressed? Unclear what next week will bring? For many of us faculty, the answer to all these is yes. We are guessing that many of you are experiencing this as well. We are all in this together. Your faculty and schools have your back. Here are some ways to better navigate the weeks ahead as colleges and universities across the nation move instruction online.

## What does this mean for you?

Learning online can be challenging in general and especially if it is new to you, but there are positives and many strategies and resources to help you learn well online. Instructors will vary in how they approach “remote teaching,” our term for delivering classes over the web. For some of you, classes will not be limited to set times of the day or week. Many classes will change format so that you can access the lectures of materials more on your schedule. You may be stressed because not all your remote classes will be the same and you will have to navigate the differences. We faculty know that and like clarity and certainty too, so whether we meet at a fixed (synchronous) or flexible (asynchronous) time, your instructors will work to make sure meetings times, assignments, and expectations are clear. You will know exactly what happens when, just like in your face-to-courses. If you are unsure, contact your instructor immediately.

Classes may also change so that the format of tests and assignments varies. If your class would have had a lot of multiple-choice exams, it may have more discussion boards and short essay assignments that give you better (and less stressful) ways to interact with the material and show what you

know. Going remote may also allow you even more interaction with your classmates. That’s because a course on a learning management system (LMS), such as Blackboard or Google Classroom, has many technological bells and whistles to give you more ways to learn that an in-person lecture does.

## There may be delays

While many of you have not taken online classes, many faculty have not taught online either. This makes remote learning even tougher. Our commitment to your education is motivating us to hustle and get our courses online even if we have never taught online before. Even with very hard work, going online still takes time.

What faculty are being asked to do on short notice is unique. Teaching remotely is a safety feature to reduce exposure; it is the easiest way to continue to educate without shutting down and delaying your graduation. Teaching remotely is not the same as teaching an online class. Remote teaching is an instant response to an emergent health crisis and is being set up quickly. In contrast, online teaching involves the same planning, energy, and investment that goes into teaching in person, and both use evidence-based teaching. While we are using the many best practices for online teaching to guide your remote learning, be prepared for a lot of trial and error.

If you do not hear back from your instructor about an upcoming class or they have not responded to your email(s), be patient. Give your professors some leeway. They are trying hard to get up to speed and just need some time. They want to do the best job for you that they can, and this is not

easy right now. They'll be cutting you some slack in adjusting to this situation as well.

## How can you best prepare?

**GET TECHY.** If you have never taken a class online before, take the time to get familiar with how it works. All schools are creating resources for you. Here are two great ones: [Tips for Online Learning](#) and [Common Mistakes](#). These will give you basic technology savviness—and some great tips for learning online as well. Tech savvy, after all, isn't everything.

When courses are all online, a lot more of the responsibility is in **YOUR HANDS**. You have to make sure you find the time to log in for each of your courses. You now have readings, assignments, and discussions for multiple courses with no in-person time when the instructor will remind you of what is due when.

**PLAN WELL.** Create a schedule for the next few weeks, blocking out when you will work on

which class. Yes, this is a good thing to do in general, but now it becomes a critical need to stay sane and on top of it all.

One very important reminder: **TAKE NOTES**. While 98 percent of students take notes while in face-to-face classes, few take notes in online classes. If all your classes are online, you may think you have a lot of extra time or that you can take a break from note-taking. Bad idea. Even if your remote teaching instructor does not do synchronous lectures, take notes on the recorded lectures and your reading assignments. Notes keep you focused and help you learn.

**ATTEND** to your mental and physical health. By now you know to keep your distance, wash your hands often, and not touch your face, but social distancing is a poor choice of term. Keep physical distance but **PLAY UP** your social ties. Talk to, text, and message your friends and family. Keep in touch. Reconnect. Social support is one of the biggest psychological predictors of health. If you need information or emotional support, prioritize getting it. Make special time for friends and ensure you get physical activity. This is also the time to sleep more. Eating well, sleeping more, and talking to friends are all factors that will make your body stronger at fending off infection and speed up your recovery if you do get sick.

**REACH OUT** if you need help. Key services such as Student Success, Advising, and Counseling (or the equivalent on your campus) are working to make sure they can deliver their services remotely as well. They can be your first stop for support as you navigate this new experience. These offices will have many things available, just in different formats.

## Merrill Library Access

- **Website:** [www.machias.edu/library](http://www.machias.edu/library)
- **Email:** [ummlibrary@maine.edu](mailto:ummlibrary@maine.edu)
- **Phone:** 255-1234
- **Chat:** Found on the library's About page
- **Zoom Virtual Reference Room:**
  - Twice daily Mondays - Fridays for 30 minutes at 10 am and 2 pm continuing through May 8th
    - 10 am <https://maine.zoom.us/j/754691184>
    - 2 pm <https://maine.zoom.us/j/573220071>

\*\*Students may also make individual Zoom or phone appointments by emailing or calling.\*\*



*Continues on next page*

We absolutely adore teaching in person, and we know many of you love going to a physical class and interacting with your classmates in real life. The energy that arises from the learning process is palpable. Teaching online can have a lot of that too. Many students do as well in well-designed online classes as they do in person—sometimes better. That is good to know. Regular online teaching is not the same as remote teaching, but we both should be open to doing things in new ways. You can still learn well, but you'll have to change your expectations.

The faculty and staff at UMM know how stressful this can be for you. Do not hesitate to reach out to us. Together we will punch through this pandemic.

Sincerely,

Your PCS Professors

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Adapted from “Punching through the Pandemic”, which was posted to [www.teachingprofessor.com](http://www.teachingprofessor.com) on March 23, 2020 by Regan A. R. Gurung, PhD.

QUESTIONS? UMM Business Office 207-255-1312

## A HOLD YOU CAN REMOVE YOURSELF!

[Financial Responsibility Statement]

Here is how to do it:

**Log into your MaineStreet Student Center and view your To-Do List:**

- Select Financial Responsibilities Statement
- Read Statement
- Select *Accept* box
- Click *Save*
- Select *Next*
- Click *Finish*
- Then *Exit* – the hold is removed.

## Pass/Fail Option for Spring 2020

These are extraordinary times for our faculty, staff, and students. As we work to transition to new course delivery formats, living conditions, and health uncertainties, the faculty and staff intend to extend the greatest possible consideration for students. The purpose of extending the timeline to choose a Pass/Fail grade is to provide a choice for completing the semester that also maintains academic integrity. Some students may be improving a GPA and need a grade while others are concerned with keeping pace while circumstances or living conditions impede studying or learning. Likewise, faculty members may be concerned about completing course objectives so that students are prepared for the next set of courses in a sequence, the integrity of exams, or the impact of new delivery modalities on learning.

The University of Maine at Machias will extend the time frame for undergraduate students to select a pass/fail option in each undergraduate course for this semester. Students could then elect to take a pass/fail grade **between April 10th and May 1, 2020, for the spring semester**. The procedure to select a pass/fail option will be completion of an online form available in early April 2020

Before you make a decision, please reach out to your Professor and Faculty Academic Advisor to ensure the Pass/Fail option will not impact your academic program, financial aid, or future goals. We are all here to support you toward earning your University of Maine at Machias degree. Please ask us if you have questions.

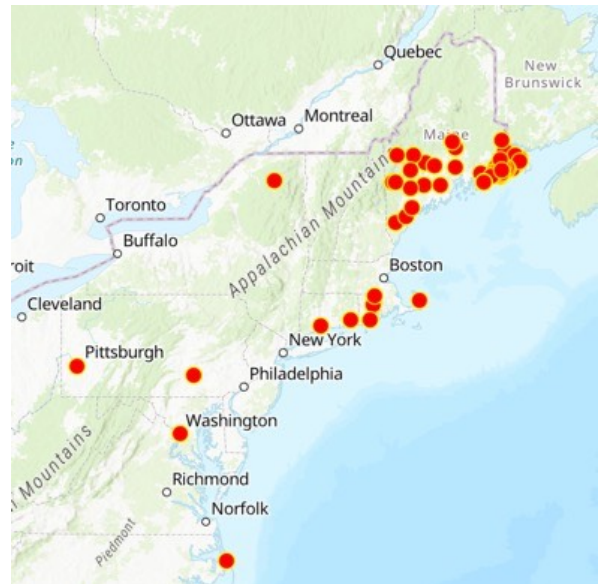
You can view the full policy on the UMM website or by [clicking here](#),

# Where Are You, UMM Family?

At UMM, we're leveraging all the tools we have to help us stay connected in this time of "social distancing" — including our Geographic Information Systems Lab. Visit the link below to explore a brand new interactive map tracking where UMM students, faculty and staff are spending the remainder of the spring semester.

If you're part of the UMM family, check your maine.edu email for instructions on how to add your photo and location to the map. Share a selfie, show us your pets, or upload a photo of a school project you're working on. We want to see what you're up to!

[Click here to see who's been added so far!](#)



*Scholarships will be awarded to one student at each of the following schools:*

- University of Maine
- University of Southern Maine
- University of Maine at Presque Isle
- University of Maine at Farmington
- University of Maine at Fort Kent
- University of Maine at Machias
- University of Maine at Augusta
- Maine Maritime Academy

**Apply online at [UCU.MAINE.EDU/Scholarship](http://UCU.MAINE.EDU/Scholarship).  
No essay needed. Deadline: May 1<sup>st</sup>**



Eligibility: Be a member of UCU with an account in good standing. Primary account ownership is required, joint ownership does not meet qualification for application. Complete all information required on the online application. Individuals are limited to one application per calendar year. UCU employees and immediate family are not eligible. For complete details and application, visit [ucu.maine.edu/scholarship](http://ucu.maine.edu/scholarship). **UCU.MAINE.EDU | 800.696.8628**

# PCS Students Attend Maine NEW Leadership

Last summer, Dawn Johnson became the latest PCS student to complete the Maine NEW Leadership program. She kindly agreed to share her experience with you. Thanks, Dawn!



## *Dawn Johnson - NEW Leadership 2019*

Maine NEW Leadership, also known as the National Education for Women in Leadership, is as you guessed it a program to help uplift women in positions in leadership. If you take what the title of the program is at face value like I originally did, you would be amazingly surprised once you arrived. Traditionally, the event used to be held in Orono, but this year, June of 2019, Maine NEW leadership was held at the Schoodic Institute. A beautiful setting to meet even more beautiful people.

Once I got through the application process and I arrived, I was overwhelmed. I felt under-qualified in this room of young, old and diverse women. Most of the applicants were far more politically involved than I. I came from a background of community service, while most of my peers came from walking alongside Maine activists and politicians, but I soon realized something. What I thought I was lacking

was actually my strength because I simply came from a different background, a different lens and an entirely different perspective. That being said any woman from any academic field can apply and participate fully.

The six day exposure was filled with many laughs, friendships, allies, and so much more. The days were filled with panels of meeting and interacting with activists, politics and anyone else who holds a position of leadership that is a woman or minority. Don't fear at the word 'politics' the program is non-party based and the topics are often topics we all care about no matter what party background anyone comes from.

For more information do not hesitate to reach out. It's an experience of a lifetime and you will not regret it.

## *Teresa Gallanti - NEW Leadership 2020*



Congratulations to PCS major Teresa Gallanti! She was selected to attend the Maine NEW Leadership program this year!

If you'd like more information, please talk to Teresa, Dawn Johnson, or KwiNam Park about the program. They've all completed it! It is competitive and you can apply during any year of school, including during your senior year.

You can also visit the NEW Leadership website at <https://mcspolicycenter.umaine.edu/for-students/maine-new-leadership/>

## BONUS Alum Update: Sunday Authority

I am Sunday Authority (Ivory Sneed). I first give honor to God, who is the head of my life. I attend the University of Nevada, Las Vegas. I am a full-time student of the Doctor of Public Policy program. I am also a pursuing police recruit for Las Vegas Metropolitan Police Department - LVMPD Police Academy. I am honored to represent my coveted hometown and the University of Maine at Machias as a class of 2016 Alumnus.

Machias, and their career services advice, has been instrumental in my chosen career paths. Top-tier qualities such as being detail-oriented and having leadership and teamwork skills, have been stepping blocks to making me a well-rounded candidate for a doctoral degree holder and an aspiring Law Enforcement Officer.

Being detail-oriented is critical, In law enforcement forgetting the small details is all too common. We have all heard the cliché “Don’t sweat the small stuff,” but in this line of work, not sweating the small stuff can put us in a great bind. In my oath, I have to remember that missing or not giving consideration to the small details could lead to unintended and tragic consequences.

As a proud Champion of the 2016 Men’s Basketball Team, my learned leadership and teamwork skills continue to play an efficient role in my line of work as a Police Officer. In Law Enforcement, few leaders impede these two qualities whether it’s the controlling personalities who prefer to dictate every detail or individuals who are ego-driven who impose their rule with an iron fist. That is not leadership; it is micro-management or insecurity. Champion Leaders—like myself—empower their teammates to innovate and get the job done. Great leaders also have the ability to observe and realize that their troops are well-trained and can be trusted to provide solutions. Leaders owe it to their



Sunday Authority  
Class of 2016

teammates to make every operation a learning opportunity.

In my day-to-day, I learned that it is critical to debrief as soon as possible after a call when all the details are fresh in everyone’s mind. I call it “going around the horn.” In their own words, team members must explain their specific roles, what they did right, what they did wrong, and how they will fix mistakes or improve in the future.

That’s the contract. It can be a major mistake or a minor mistake, but the important thing is to be brutally honest.

The perfect warrant has never been executed and the perfect police officer doesn’t exist. But if you are an aspiring Law Enforcement Officer, then you should strive toward those ideals, and great leaders (like what you want to be) will empower their troops to achieve things they never dreamed possible.

I recommend to the UMM class of 2020 to take great advantage of your future by committing yourself to what the Psychology & Community Studies program and career services have to offer. I guarantee, you will be glad you did even a decade later. Final thought, the number one weapon I depend on in my line of work for my safety and protection is my prayer life. I encourage you to use it also. Trust me, it works. I am living proof.



## Course Spotlights

Did you know that the Psychology and Community Studies program offers courses that allow you to connect and collaborate with students from around the world? Whether you'd prefer to connect electronically via live video conferencing or pack your bags and head to the Netherlands, we've got you covered this fall!

### CMY 220 Culture and Identity in a Global Age



This course is an excellent option for the Cultural Diversity & International Perspectives requirement for new students. We all know that today's world is interconnected economically; it's interconnected culturally, too. In some respects, that's a good thing, as we are becoming more familiar with peoples and ethnicities that we might not even have heard of in the past. But it has also fueled pushback in all parts of the globe, from groups who fear unwelcome change. In-class work in CMY 220 surveys various case studies to examine some of these opportunities and tensions.

Even better! Through a partnership with Soliya, a New York-based NGO, UMM students connect virtually with students in other parts of the globe, mainly in the Middle East and North Africa (MENA). Soliya's "Connect Program" engages students in thoughtful, facilitated conversations about issues that affect contemporary global affairs. See what the nightly news looks like through the eyes of someone from a different part of the world and a different cultural perspective!

If you want more information about the course, contact Jamie Moreira, and you can visit the Connect Program website at <https://www.soliya.net/programs/connect-program>

### CMY/HON 313 Crossing Borders

Travel, study and fun are all things participating in CMY/HON 313 Crossing Borders has to offer. In this class you'll work with students from the UK, the Netherlands, Germany, Norway, Belgium to complete a cross-cultural comparison on topics such as PTSD, discrimination, homelessness, and at-risk youth.

For much of the semester, you'll collaborate via weekly video conferences, but the semester culminates in the Intensive Week. During this week, you'll travel to the Netherlands so that you can work with your group in-person and (of course) do a bit of sightseeing! The cost of the trip is designated as a lab fee, so you may be able to use financial aid to cover it.

If you have any questions, please talk to Dr. Lori. Spots are limited, so if you are interested in adding the class to your fall line-up, please sign up quickly!



Dr. Lori, Dr. Anderson, and the UMM students in the Fall 2019 Crossing Borders class exploring Bruges, Belgium



**Congratulations to last year's Psychology and Community Studies graduates!**

## Honors Convocation & Commencement

The global COVID-19 pandemic has made it impossible to hold the PCS Senior-Potluck, Honor's Convocation, Commencement, and many other traditional end-of-the-year celebrations in-person. We recognize the risk to public health such large gatherings would pose, but we also know this is a disappointing end to the school year and, for our graduates, their undergraduate careers.

The PCS faculty are currently exploring ways to recognize your achievements while maintaining appropriate social distancing measures, so if you have any ideas of how we could do that, please share!

We are also committed to celebrating with you in-person when it is safe to do so. We can't wait to put on our robes and funny hats for you!

### Last Year's Honor Recipients

Jack Armstrong Behavioral Science Award	Teresa Gallanti
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Outstanding Senior Applied Psychology Award	Brett Devlin
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Outstanding Senior Community Studies Award	Amber Davis
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Outstanding First-Year PCS Award	Emma Jones
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Disabilities in Youth Award	Mindy Henderson
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Maine New Leadership Award	Dawn Johnson
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Ethel "Billie" Wilson Gammon Scholarship	Keenan Look
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Gladys Wilbur Scholarship	Victoria Boone
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Nathan C. & Dorothy W. Burbank Scholarship	Ambrosia Ross
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Sunrise Senior College Scholarship	Sharon Davenport
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Alumni Assoc Endowed Scholarships	Amber Davis
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Irene Hibbs Scholarship	Kellie Sawyer
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Omicron Delta Pi Scholarship	Ambrosia Ross
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# New Core Curriculum for Fall 2020

UMM has adopted a new core curriculum that goes into effect for the Fall 2020 semester. For current students, your requirements won't change unless you request to be moved to the new core curriculum or change your major. You may notice, however, that the names/numbers of some courses have changed and there may be fewer offerings available to meet certain requirements. If you have any questions, please talk to your academic advisor.

## PSYCHOLOGY & COMMUNITY STUDIES Fall TERM 2020 OFFERINGS & TENTATIVE SUMMER SCHEDULE

### A. GENERAL EDUCATION CORE REQUIREMENTS

\* As of Fall 2020 the General Core Curriculum are revised

Environmental Liberal Arts Core -		
	Fall Term 2020	Summer Term 2020
FYS 101 First-Year Seminar* (*Fulfilled by PSY 102 Personal Growth)	41109 PSY 102 0001 Personal Growth MW 2:00-3:20 PM 41110 PSY 102 0002 Personal Growth WEB	
PHE 107 Personal Wellness (formerly ELA 101 Recreation & Wellness)	50135 PHE107 0001 Tu 1:00PM - 1:50PM Th 1:00PM - 2:50PM 50136 PHE107 0002 We 9:00-11:50AM 50137 PHE107 0003 (WEB)	20923 ELA 101 Recreation & Wellness Seminar (WEB)
ELA 112 Community & Place	TBD* Look for substitutions: PSY 110 Intro to Psychology MW 9:30-10:50 & WEB SOC 114 Intro to Sociology WEB	20942 Petroglyphs & Middens MTWThFSa 9:00 AM-4:50 PM 6/8/20-6/13/20
ELA 324 Humans & Nature	TBD* Look for substitutions: ECO 223 Environmental Economics Th 8-9:20 & WEB ENG 120 Apocalyptic Literature WEB ENV 112 Environmental Issues MW 3:30-4:50 GEO 101 Introduction to Geography WEB ANT 212 Environmental Anthropology T/Th 5:30-6:50	20924 ELA 342 Humans & Nature (WEB)
Writing Competency (Formerly Communication Skills)		
ENG 101 Composition	49935 0001 MF 9:30-10:50 AM 40941 0002 MW 2:00 - 3:20 PM 41086 0003 MW 2:30 - 3:50 PM 41087 0004 MW 3:30 - 4:50 PM 41089 0005 WEB 41088 0006 WEB	21685 ENG 101 Composition (WEB)
SPE 104 Public Speaking & SPE 105 Online Professional Communication	Look for 50242 ENG 111 Composition & Presentation II (WEB)	

<b>Artistic &amp; Creative Expression (Formerly Aesthetic Perspectives)</b>		
<p><u>Three Credit Options:</u>                      ART 106 Art Fundamentals                      ART 213 Graphic Design                      ENG 210 Intro to Creative Writing                      MUS 115 Intro to Music Listening                      THE 101 Introduction to Theater</p> <p><u>One Credit Options:</u>                      DAN Dance Classes                      MUS 103 Individual Music Lessons                      MUS 107 Performance groups</p> <p>4 credits total. Must be:                      A) From two different disciplines: Art, Music, Theater, Dance, Creative Writing                      B) One course must be studio or performance (where you create)</p>	<p>42606 ART213 Graphic Design I (WEB)                      42608 MUS115 Intro to Music Listening (WEB)                      41121 THE101 Intro to Theatre TTh 12:30 -1:50 PM</p> <p>49936 DAN119 Hip Hop F 1:00-2:50 PM                      Many MUS 103 lessons                      41108 MUS 107 Rock Band M 6:00-8:00 PM</p>	<p>20926 ENG 210 Intro to Creative Writing (WEB)                      20933 MUS 103 Piano</p>
<b>Western Cultural Tradition (Formerly Historical and Literary Perspectives)</b>		
<p>Select 1 of the Following:</p> <p>ANT 216 Introduction to Folklore                      ART 201 Art History I                      ENG 2XX Shakespeare                      ENG 226 Literary Classics                      HTY 115 World History from 1500                      HTY 116 World of History 1500 to Present                      MUS 1XX Music History                      REM 110 Intro to Recreation &amp; Tourism Management</p>	<p>47033 ART 111 0001 Art History I MW 5:00-6:50 PM                      47034 ART 111 0002 Art History I (WEB)                      41096 HTY115 World History to 1500 MW 3:30-4:50 PM                      41037 REM110 Intro Recreation &amp; Tourism Mgt MWF 10:00-10:50 AM</p>	<p>20929 HTY116 World History 1500 to Present (WEB)                      20930 HTY219 Golden Age of Piracy (WEB)</p>
<b>Population &amp; the Environment (Formerly Social Sciences &amp; the Environment)</b>		
<p>ANT 212 Environmental Anthropology                      ECO 223 Environmental Economics                      ENG 120 Apocalyptic Literature                      ENV 112 Environmental Issues                      GEO 101 Introduction to Geography                      PSY 2XX Environmental Psychology                      REM 219 Introduction to Tourism</p>	<p>46977 ANT212 Environmental Anthropology TTh 5:30-6:50 PM                      49928 ECO223 Environmental Economics (WEB)                      41047 ENV 112 Environmental Issues MW 3:30-4:50 PM                      49929 GEO 101 Intro to Geography (WEB)                      41037 REM110 Intro Recreation &amp; Tourism Mgt MWF 10:00 -10:50 AM</p>	
<b>Scientific Inquiry</b>		
<p>BIO 117 This is Life!</p>	<p>41515 BIO117 0010 This is Life! MWF 8:00-8:50 AM, Lab T 1:00-2:50pm                      41517 BIO117 0020 This is Life! MWF 9:00-9:50 AM, Lab T 9:00-10:50                      41519 BIO117 0030 This is Life! (WEB)</p>	

<b>Quantitative Literacy (Formerly Mathematical Literacy)</b>		
MAT 103M* Algebraic Models in Our World 3 or 4cr MAT 124 Statistics for Social Scientists	41098 MAT124 Statistics for Social Sciences (WEB)  41526 MAT103M 0001 Algebraic Models in our World TTh 09:30 AM 10:50 AM 41527 MAT103M 0002 Algebraic Models in our World TTh 09:30 AM 10:50 AM 41528 MAT103M 0003 Algebraic Models in our World MW 05:30 PM 06:50 PM 41529MAT103M 0004 Algebraic Models in our World 4 MW 05:30 PM 06:50 PM 41530 MAT 103M 0020 Algebraic Models in our World W 08:00 AM 08:50 AM 41531 MAT 103M 0040 Algebraic Models in our World Th 03:00 PM 03:50 PM	20931 MAT118 History of Mathematics (WEB)

**B. PSYCHOLOGY & COMMUNITY STUDIES MAJOR REQUIREMENTS**

<b>Theory &amp; Perspective</b>		
	<b>Fall Term 2020</b>	<b>Summer Term 2020</b>
ANT 101 Cultural Anthropology	41072 ANT101 0001 MW 5:30-6:50 PM 41073 ANT101 0002 (WEB)	
CMY 101 Intro Community Studies	41080 CMY101 TTh 12:30-1:50 PM	
PSY 110 Intro Psychology	41112 PSY110 0001 MW 9:3010:50 AM 41113 PSY110 0002 (WEB)	20934 PSY110 (WEB)
PHI 102 - Applied Ethics (formerly PSY 222 Psych Professions & Ethics)	50246 PHI102 (WEB)	
SOC 114 Intro Sociology	41119 SOC114 (WEB)	
Economics OR 2 <sup>nd</sup> Language OR <b>NOTE: The new Fall 2020 PCS doesn't require ECO or 2<sup>nd</sup> Lang</b>	40927 ECO 201 Macroeconomics 0001 Tu 8:00 - 9:20AM 40928 ECO 201 0002 (WEB) 49928 ECO 223 Environmental Economics 0001 Th 8:00 - 9:20AM 49928 ECO 223 0002 (WEB)	

<b>Applications</b>		
BEH 450 Senior Project	Offered Spring Semester only	
COE 313 Community Experience: Internship & Seminar	41083 COE313 0001 W 4:00-5:20 PM 41084 COE313 0002 W 4:00-5:20 PM Hybrid Distance	
PSY 102 Personal Growth	41109 PSY102 0001 MW 2:00-3:20 PM 41110 PSY102 0002 (WEB)	
PSY 211 Behavioral & Community Mental Health Systems	42609 PSY211 0001 TTh 9:30-10:50 AM 42610 PSY211 0002 TTh 9:30-10:50 AM - Pleasant Point Site 42612 PSY211 0003 (WEB)	
Diversity Requirement (Choose 1): CMY 220, CMY 313, PSY 214, or PSY 313	41081 CMY313 Crossing Borders T 7:00-9:50 AM 41116 PSY214 Psychology of Prejudice (WEB) 41137 PSY 313 Counseling Diverse Populations (WEB)	
Social Sci & Environment (Choose 1): ANT 212, PSY 317, or PSY 224	46977 ANT212 Environmental Anthropology TTh 5:30-6:50 PM	
SSC 420 Research Methods & Design	41120 SSC420 Research Methods & Design (WEB)	

### C. Concentration Requirement

<b>Applied Psychology</b>		
	<b>Fall Term 2020</b>	<b>Summer Term 2020</b>
PSY 201 Developmental Psychology	41115 PSY201 (WEB)	
PSY 420 Learning and Memory	41118 PSY420 Learning & Memory TTh 2:00-3:20 PM	
PSY 442 Physiological Psychology	Offered Spring Semester only	
2 Psychology Course Electives	Various Counseling Courses	20935 PSY219 Forensic Psychology (WEB)
PSY 311 Social Psychology	41117 PSY311 (WEB)	
2 Social Sciences Course Electives	46977 ANT212 Environmental Anthropology TTh 5:30-6:50 PM	20930 HTY219 Golden Age of Piracy (WEB)

<b>Disabilities in Youth (NO LONGER ACCEPTING NEW STUDENTS)</b>		
	<b>Fall Term 2020</b>	<b>Summer Term 2020</b>
SED 201 Dimensions of Exceptionality	Still Available May Term 40931 SED201 (WEB)	20937 SED201 (WEB)
SED 311 Working w/ Families of Children w/ Disabilities OR SED 340 Communication & Collaboration in Special Education		
SED 362 Typical & Atypical Expressive & Receptive Language	40934 SED 362 (WEB) <b>Intensive</b> 08/31/20 - 10/23/20	
SED 420 Special Education Law	40932 SED 420 (WEB) <b>Intensive</b> 10/24/2020 - 12/11/2020	
SED 425 Assessment in Special Education	40936 SED 425 (WEB)	
SED 435 Program Planning Special Ed.	NA	
SED 445 Behavioral Support/ Intervention	40933 SED 445 (WEB)	
Special Education Electives	Various	20938 SED380 Tch Stdnts/Autism Spectrum Dis (WEB)

**COUNSELING MINOR, SUBSTANCE ABUSE SERVICES MINOR and MHRT/C**

<b>Counseling &amp; Substance Use Rehabilitation Minor (Both Minors Combined &amp; Fulfills MHRT/c)</b>		
	<b>Fall Term 2020</b>	<b>Summer Term 2020</b>
PHI 102 Applied Ethics	50246 PHI102 (WEB)	
PSY 110 Intro to Psychology	41112 PSY110 0001 MW 9:30:10:50 AM 41113 PSY110 0002 (WEB)	20934 PSY110 (WEB)
PSY 202 Intro to Counseling Skills	Spring only	
PSY 211 Behavioral & Community Mental Health Services	42609 PSY211 0001 TTh 9:30-10:50 AM 42610 PSY211 0002 TTh 9:30-10:50 AM - Pleasant Point Site 42612 PSY211 0003 (WEB)	
PSY 216 - Vocational Aspects of Disability & Psychiatric Rehabilitation	42640 PSY216 0001 M 9:00-11:50 AM 42642 PSY216 0002 M 9:00-11:50 AM (Hybrid Distance) 42643 PSY216 0003 M 9:00-11:50 AM - Pleasant Point Site	
PSY 228 Case Management	May Term – waiting list	
PSY 230 Abnormal Psychology	Spring semester	
PSY 336 Trauma, Crisis, & Recovery	Spring semester	
PSY 313 Counseling Diverse Populations	41137 PSY 313 Counseling Diverse Populations (WEB)	
PSY 351 Substance Use & Dual Diagnosis Counseling	Alternate May Terms	

<b>Mental Health &amp; Rehabilitation Counseling Technician Certification (State of Maine)</b>		
	<b>Fall Term 2020</b>	<b>Summer Term 2020</b>
PSY 202 Intro to Counseling Skills	Spring only	
PSY 211 Behavioral & Community Mental Health Services	42609 PSY211 0001 TTh 9:30-10:50 AM 42610 PSY211 0002 TTh 9:30-10:50 AM - Pleasant Point Site 42612 PSY211 0003 (WEB)	
PSY 216 - Vocational Aspects of Disability & Psychiatric Rehabilitation	42640 PSY216 0001 M 9:00-11:50 AM 42642 PSY216 0002 M 9:00-11:50 AM (Hybrid Distance) 42643 PSY216 0003 M 9:00-11:50 AM - Pleasant Point Site	
PSY 228 Case Management	May Term – waiting list	
PSY 336 Trauma, Crisis, & Recovery	Spring semester	
PSY 313 Counseling Diverse Populations	41137 PSY 313 Counseling Diverse Populations (WEB)	
PSY 351 Substance Use & Dual Diagnosis Counseling	Alternate May Terms	

### Intensive Sessions

<b>MAY Term Classes Still Open - Online - 05/08/20 - 05/22/20 **</b>
2670 ENG 117 - Introduction to Literary & Cultural Studies (WEB)
10811 MAT 103M - Algebraic Models in our World (with and without Workshop) (WEB)
5420 MUS 115 - Intro to Music: Listening (WEB)
11111 SED 201 - Dimensions of Exceptionality in the Classroom (WEB)
2625 SPE 104 - Public Speaking (WEB)

\*\* Both May Term ELA 112 Community & Place and PSY 228 Case Management have waiting lists

<b>August Session elective - Counts as a Fall Term Course - August 10 – August 27</b>
49915 REM 227 - Backcountry Expedition Skills WEB plus Campus MoTuWeThFr 9:00AM - 4:50PM,

<b>Winter Session - Online November 30, 2020 – January 9, 2021 - Counts as a Fall Term Course</b>
42606 ART 213 - Graphic Design I (WEB)
42607 ENG 117 - Introduction to Literature and Ethics (WEB)
42690 SED 455 - Transitional Issues for Students with Disabilities (WEB)

Last updated on April 2, 2020