



University of Maine
Maine Educational Opportunity Center
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Opportunity knocks

Director's Update

By David Megquier, MEOC Director

MEOC Workshops Available To You

If you plan on attending school in the fall semester please register to attend the study skills workshop in July or August. Your transition back to the classroom will be smoother. Not to mention the effect that this workshop can have on your grade point average! Call 800-281-3703 to register.

Study Skills

This workshop will introduce specific study skills, which will contribute to your success in college. Students will develop useful study habits in the area of note taking, effective listening, test taking, and time management. This workshop will be particularly relevant for those who are entering college or adult education.

Study Skills Workshop Offerings:
This list represents the current offerings as of the printing of this newsletter. To sign up for a workshop call 1-800-281-3703. If you do not see your area represented please call your counselor to schedule a meeting.

7/14 Springvale	8/11 Ellsworth
7/15 East Wilton	8/12 Dover
7/15 E. Millinocket	8/12 Saco Island
7/20 Lewiston	8/12 Calais
7/22 Rumford	8/17 Bangor
8/6 Norway	8/17 Lewiston
8/6 Thomaston	8/17 Brunswick
8/9 Machias	8/18 Rumford
8/9 S. Portland	8/19 Springvale
8/10 Springvale	8/19 E. Millinocket
8/10 Belfast	8/24 Augusta
8/11 Newport	8/25 Waterville

I am pleased to announce that the hard work of MEOC Counselors Sally Daniels, Linda Walz, Anne Hermans, Dena Winslow York, Rebecca Robinson and Jim Pike has lead to continued funding for the Maine Educational Opportunity Center. I want you, the MEOC client, to understand what your counselor does behind the scenes to assist you in reaching your educational goals.

To the counselors of the Maine Educational Opportunity Center I say, "Thank you for your hard work." The past year has been a wonderful growth year for the project and I look forward to another successful year of placing adults in college.

To begin with, MEOC counselors must continually stay abreast with the changing rules and regulations of the federal, state and institutional financial aid systems. I expect MEOC counselors to be familiar with the available aid and admissions procedures at all 34 colleges and universities in the State of Maine. Your counselor is a "walking reference book," by keeping current on the local agencies and specific services available to you outside of our program. This requires outside reading, attendance at workshops and regular training sessions. Counselors hit the road to provide you with services close to your home frequently traveling four hours a day to reach the remote areas of this great state.

Our counselors work tirelessly to assist you in reaching your educational and career goals. I ask your assistance in helping them do their job. Please contact your counselor regularly, at least once a month, to keep this busy person up to date with where you are in terms of needing assistance, or to let them share in your progress toward realizing your goals. I wish you continued success in your education and career pursuits.

To register for the MEOC Study Skills Workshop near you call 1-800-281-3703

MEOC Counselors

You can leave a message for your counselor by calling 1-800-281-3703. Individuals can be reached at their office phones by calling:

- ◆ Sally Daniels 255-1278
- ◆ Linda Walz 799-9284 x115
- ◆ Anne Hermans 799-9284 x143
- ◆ Dena Winslow York 768-9460
- ◆ Rebecca Robinson 581-3705
- ◆ Jim Pike 581-2613

The Maine Educational Opportunity Center (MEOC) is one of 74 EOC's located throughout the United States and Puerto Rico. Operating in the State of Maine since December 1991, the MEOC will serve approximately 2,500 individuals in their educational and career-planning endeavors during 1998.

Educational Opportunity Centers are funded through the U.S. Department of Education. The grant award for 1998-99 is \$517,117. The Department of Education is also the funding source for Upward Bound, Student Support Services, Talent Search and McNair Scholars Programs. These TRIO programs all target low-income, first-generation college youth and adults.

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Education Pays

By Mike Farr, President, JIST Works, Inc.

More Demand: The labor market is projected to grow by about 14% between now and 2006, but demand for people with college degrees is almost twice that for those without; 23% versus 12%.

Higher Pay: College graduates now earn an average of \$34,768, about 72% more than the average high school graduate working in a job that does not require special training, and over \$10,000 more than the average for all workers.

Lower Rates of Unemployment: High school graduates have an unemployment rate almost three times the 2.5% rate for all college graduates.



Photocopies & Documents

Kristen Dobler, Editorial Assistant

Completing your financial aid paperwork can be a burden, but don't be too quick to mail it. There is still one thing left to do – make photo-copies!

We all know how confusing tons of financial aid paperwork can be, but just imagine what it is like in your college or university's financial aid office! Although it may never happen to you, there are times when paperwork is misplaced and you need to do it over again. An easy way to solve this problem is to look back at your photocopies.

Recently, some of my documents were lost and the financial aid office asked me to send the information in again. If I had not photo-copied the documents it would have been a difficult process.

Be persistent. Although I had photo-copies of my paperwork, I called the office to make sure my originals could not be found. Even if your financial aid office tells you it misplaced or never received your documents, ask them to check again. It may mean a lot less work for you. That was the case for me!

The Admissions Process

Karen Keim, MEOC Coordinator

If you really want to go to college, there is no doubt that the right college is out there waiting for you. There are more than 3,000 colleges and universities in the United States to choose from; the challenge for most students is figuring out how to choose from among all of them.

First of all, consider your reasons for wanting to go to college. It will help you keep your college search focused. Discuss your reasons with your spouse, counselor, friends, and anyone else who can help you think about your goals. Next, think about your abilities, interests, attitudes, and personality. What you know about yourself will help you figure out what you are looking for in a college.

The next step is to make a list of college characteristics that you desire in an institution. Use it as a guide and try to match the characteristics with particular colleges. For example, if moving is not an option for you, your college search becomes limited to your geographic area, to a commutable distance, or to distance

education over the UNet system (University of Maine System Network for Education & Technology Services) found at 66 locations across the state.

Finally, check with your MEOC counselor to see what resources are available to you that will help you match your individual needs with colleges. Once you have your list of colleges, write to the admissions offices and ask for a catalog, view book, admissions application, and information on financial aid.

Another aspect to consider is, "How much is it going to cost?" College costs are important, but you should *not* rule out any college just because of the cost. Wait to see what financial aid is available to help pay your tuition, housing, and other expenses. Get as much information as possible on the kinds of financial aid available and how to apply for aid.

Best Jobs Require a Four-Year Bachelor's Degree:

Job Title	Earnings	Growth %	Job Title	Earnings	Growth %
Computer engineers	\$54,912	109	Loan officers	\$37,419	28
Systems analysts	\$48,360	103	Occupational therapists	\$46,779	66
Physical therapists	\$52,811	71	Writers and editors	\$38,355	21
Computer scientists	\$48,360	118	Social workers	\$31,221	32
Electrical engineers	\$53,227	29	Civil engineers	\$49,920	18
Computer programmers	\$48,360	23	Physical scientists	\$47,632	28
Special education teachers	\$37,104	59	Physician assistants	\$40,414	47
Secondary school teachers	\$36,784	22	Construction Managers	\$46,301	18
Management support	\$35,339	26	Designers	\$30,867	26
Management specialists	\$38,251	20	Pharmacists	\$55,328	13

APPLICATION CHECKLIST

Adapted from Trident Technical College Educational Opportunity Center

This checklist can help you when applying to schools for admission.

- Determine your career/school objective
- Decide the college(s) to which you wish to apply
- Write for catalogs, program information, and financial aid information and application forms. Make note of all applications deadlines.
- Plan a visit to the college(s) if possible. Check to see if an interview is required for the program you wish to enter.
- Fill out the college application form(s) and send with application fee(s) or fee waiver from MEOC.
- Send application(s) for admission to the selected school(s). Be sure to include an official high school, GED and college transcript (if applicable to your background).
- Request housing information including a housing application if you plan on living on campus.
- Give recommendation form(s) to faculty members, advisors, or professional reference who know you well. It is usually considered polite to include a stamped envelope addressed to the college.
- Check back to make certain all transcripts, examination scores, letters of recommendation and application forms have been sent and received by the college admissions office. This is your responsibility. An incomplete application file may mean you will not be accepted.