

MAINE'S METROPOLITAN UNIVERSITY:



Maine's Metropolitan University™

Where education strengthens the community

PROVIDED BY THE UNIVERSITY OF SOUTHERN MAINE

Since 1878, the University of Southern Maine (USM) has provided an education that is responsive to the economic, health, and civic needs of our communities — the defining purpose of a Metropolitan University. Together with our committed faculty, our dedicated staff and engaged students, USM is proud to be leading the way forward to a stronger future for Maine.

ECONOMIC IMPACT THROUGH ACADEMIC EXCELLENCE

As recognized scholars, researchers, and practicing professionals, USM faculty are active contributors to their fields. They are the foundation to creating strong academic programs and initiatives, resulting in a robust offering of more than 50 majors and 20 graduate programs relevant to leading the growth of innovation and creativity, and improving the overall health of the state.

Through these programs, we are developing the next generation of civic leaders, entrepreneurs, creative professionals — who work together to energize the state's



COURTESY OF UNIVERSITY OF SOUTHERN MAINE

economic and cultural vibrancy. At USM, you will be part of a university that is committed to supporting and the needs of our students and the state by offering a solid liberal arts education — providing the skills needed for success in any pursuit — and offering programs that align with the opportunities around us.

USM student interns and volunteers are making an impact in the future of Maine. Last year, USM students contributed more than 214,000 hours in community service

— an economic impact of over \$4.3 million! These hours were provided through internships, volunteerism, and service learning, when students participate in community projects as part of a class. But, over and above the estimated monetary benefit to the region, our students have gained incalculable benefits in terms of awareness of opportunities, opening career paths, and workplace experience.

It's a simple fact — students educated in Maine are more likely to stay in Maine.

LOCAL EXPERIENCES— GLOBAL PERSPECTIVE

USM provides its students with real-world experiences that expand their view on the world and help them to see global connections to the work they do, right here in Maine. We strive to help students see that they can impact the world while living and learning — whether in Ft. Kent or Kittery, or anywhere in between. Students do not have to leave the state to experience and see the world — USM brings the world to their doorstep.

BE PART OF THE IMPACT

If you want to be a part of the growth of Maine and are committed to improving the quality of not only your life, but that of Maine and the world around you, USM is for you.

Learn more about how a degree from Maine's Metropolitan University™ can provide to value to your future by visiting one of USM's campuses. Register for a tour at usm.maine.edu/admit or call us at 207-780-5670.

HOW COLLEGE STUDENTS CAN EAT HEALTHY

FROM METROCREATIVECONNECTION.COM

If asked to reflect on their college years, many graduates likely wouldn't recall healthy eating habits. College students are often pressed for time and cash, so a nutritious diet is often sacrificed.

But a healthy diet can help college students handle the stresses of college life more effectively. The following are a handful of easy ways college students can improve their diets' nutritional value without breaking the bank.

EAT BREAKFAST.

College students tend to stay up late and sleep in, but sleeping in at the expense of a healthy breakfast can impact performance

in the classroom and make students more likely to overeat later. A bowl of cereal with fresh fruit is not an especially expensive breakfast, but can help students start their day off on an energetic and healthy note.

SNACK HEALTHY.

Many students find snacks are an integral part of hours-long study sessions. But trips to the vending machine for candy bars or potato chips won't add nutritional value to your diet. Instead, bring healthy snacks along during study sessions. Fresh fruit, raw vegetables, Greek yogurt, and whole wheat crackers are just a few snacks that pack a more nutritious punch. Healthy snacks also

tend to provide more energy, making it easier to endure late-night study sessions.

MAKE PIZZA HEALTHIER.

Pizza is a staple of many students' diets, so it's likely unrealistic for them to quit pizza cold turkey, especially since there are ways to make pizza healthier. When ordering a pizza, college students can request it be prepared with whole wheat dough, which is healthier than traditional pizza dough. In addition, ask for less cheese and more tomato sauce. Such alterations are simple and healthy without sacrificing taste.

SCALE BACK ON SUGAR.

Sugar can cause weight gain without providing much nutrition. College students can cut back on their sugar intake by

avoiding sugary beverages, including soda and drinks like sweetened iced tea or lemonade. College is also when many young men and women first start drinking coffee, which some people prefer to take with sugar. But students looking to keep weight off and reduce their sugar intake can choose to drink their coffee black or with just light cream or fat-free milk to ensure their morning cup of joe is not contributing to a bigger waistline.

DRINK MORE WATER.

The symptoms of dehydration mimic those of hunger, and college students might turn to snacks when all they really need is a glass of water. If you find yourself snacking shortly after eating a meal, then you might just need to drink more water.