

MAINE WORD ABOUT COLLEGE

The Maine Word About College

Questions about college from young Maine students, answered by old Maine students.

Today's writers

Kim Donoghue, senior (soon-to-be graduate) at the University of New England, from Berwick, ME

Tristan Alley, senior (soon-to-be graduate) at Husson University, from Jonesport, ME

Offered by Maine College Circle and the Mitchell Institute to great young students throughout Maine.

Q. For the final newsletter of this school year, we asked college students: If you could go back in time, what advice would you like to give your younger self (about college, careers, goals, passions, anything)?

A. If I could give my younger self advice, the best thing I could tell myself is to explore more in college and in life in general. I have loved my time at The University of New England, but I rarely took advantage of all the events and clubs it had to offer. The few times I did participate in club outings or UNE events were some of the best memories I've had during my college experience. Some of my best memories also happened while studying abroad. I was never able to study abroad for an entire semester, but I did get to take two different travel courses which allowed me to travel abroad for a week for the laboratory portion of a class. However, I still wish I had traveled more while I had the time and support. I should have looked into the travel courses and even UNE's semester abroad programs earlier, so that I could have planned ahead and made more time to explore. Lastly, although I have always known that I wanted to study marine sciences, and I did well in all my classes, I wish I had pushed myself out of my comfort zone and taken electives in different disciplines to give myself a chance to expand upon



Q. Do you have any mentors who helped influence your path? What would you like to thank them for?

A. “Take the leap, because if you fall down you’re going to get back up.” This is what my mentor told me while I was struggling with making a difficult decision. I will never forget this life-changing conversation that urged me to put in my best effort and take risks outside my comfort zone. Once I lost sight of the fear associated with change, I grew so much. I would like to thank my mentor for being driven, confident, and strong, and for inspiring me to be the same.

Another person who has had a significant impact on my life pushed me in a different way. She helped me find my soul, made me more confident, and provoked spreading love and positivity. I thank her for helping me sculpt my outlook on life and humanity, giving me faith in a positive final outcome and peace with the unknown.

—Tristan

my passions and interests. I love what I do, and I will never regret the decision to become a marine scientist, but I wish I had taken the time to learn other things along the way. —Kim



A. College is a place where you get to come together with people from all over to learn more about what you want to spend their life learning more about. Everyone has cool stories about places they’ve been and things they’ve experienced. You will also have opportunities in college to go to cool places and do cool things! College opens so many doors you never would expect. I have, however, struggled at times because you have a lot of independence in college. I love being able to make my own schedule, but I sometimes get overwhelmed with how much there is to get done. There is nobody standing over your shoulder to make sure you’re getting your work done. I have learned a lot about how everyone has a unique story. My own story is just as unique, and if I push myself through the struggles I have, I will continue to grow and get better and stronger.

What I would like to tell my ten-year-old self is: Don’t let other people discourage you from being the best version of yourself. Embrace every quirk, and follow your curiosities passionately because you are awesome! What I mean is if you find something that excites you, do a little research, ask your parents or teachers questions to fuel your curiosity, and don’t be scared to learn more, read more, and do more.

—Tristan



CKB CHALLENGE #7

College Knowledge Bowl is over & it was a huge success! Congratulations to all the teams who came to compete at Bowdoin! And congratulations to all the teams who worked to build their college knowledge all year long, even if they couldn't make it out to CKB!

Even though CKB is over, we have TWO final challenges for you all:

- (1) Think of a **mentor** who has helped guide you in some way. It could be a parent, teacher, friend, or any community member. Think about how they influenced you, and take the time to thank them, just like Tristan did in this newsletter. It is important to build lasting connections that can sustain you as you grow!
- (2) Draw a picture, take a photo, write a journal entry, or express however you want something that you are **proud** of that you did this school year. It could be an academic achievement, a step toward a personal goal, a passion you discovered, a way you helped someone, anything! Take some time to reflect on what you've accomplished this school year.

Newsletters will continue starting in the fall. In the mean time...

Email us at: mainecollegecircle@gmail.com

Website (where we post photos, videos, challenge questions, crosswords, and Q&As): collegeanswers.weebly.com

YouTube: Our channel is called **Maine College Circle** (https://www.youtube.com/channel/UC7bFHq_mbWlU6Kq8UTNpE4Q)