

CD 101: Soft Skills in the Workplace

Have you ever wondered what employers look for when hiring employees? It isn't necessarily what you would think. Join Back Cove Yachts to hear what they look for when hiring employees.

Back Cove Yachts is located in Rockland and employs 200 people in careers such as laminators, gel repair, electrical, mechanics, and assemblers.



CD 102: Pipe Fitting

Learn how to fuse high density polyethylene pipe that is used in water distribution. Hear about the great hands-on careers offered at E.J. Prescott.



CD 103: Stronger Faster Healthier

SFH (Stronger Faster Healthier) applies science and clinical testing to the design of natural products that benefit wellness and fitness. Their products are designed to supplement clean diets and exercise programs. Strong bodies are healthy bodies. They focus on muscle development, energy generation and utilization, and factors that enhance recovery after vigorous exercise. The product is manufactured in Warren, Maine. Find out the great culture of this company and the nature of the jobs performed.



CD 104: Nuclear Engineering in the Navy

Find out more about the Nuclear Engineering program in the United States Navy.



CD 105: Exploring Politics and Public Service

Join in the conversation with Maine Senator Miramant to hear about what it is like to serve in the legislature and run for office.



CD 106: Interested in Business?

Meet with the University of Maine Business School to find out information about being career ready and prepping for MBS program.



CD 107: Music

Find out all the different kinds of career opportunities in the music field from the Midcoast Music Academy; for example, performance, education, sound engineering, instrument building/repair, marketing, booking, management, music law, graphic design, producer, songwriting, film scoring etc.



CD 108: Careers at Hannaford

Join the Rockland Store Manager of Hannaford to discuss the opportunities from starting part-time as a cashier to working full-time as an assistant or store manager.



CD 109: Starting Your Own Business

Meet with recent OHS graduate, Hunter Grindle as he covers entrepreneurship mixed with his personal experiences in marketing and running his own business. Figure out why would you would want to be an entrepreneur.



CD 110: Marketing

Meet with representatives from Bank of America Digital and Financial Center Card Sales as they discuss the marketing campaigns that the bank uses and what it is like to work in marketing.



CD 111: Careers in Teacher Education

Have you ever thought about being a teacher? This session, led by Barbara Moody from Husson University, will help you start to find your answers to questions such as: What kind of teacher do you want to be? What does it take to be a teacher? What can I do now to start getting ready to be a teacher?



CD 112: Taking the steps to starting your career (resume and interviews)

Find out what employers are looking for on resumes and in the interview process. Get expert advice from Rachel Theriault who works for Boston Financial Data Services in Rockland.



CD 113: Diesel Truck and Heavy Equipment

EMCC's Diesel Truck and Heavy Equipment program covers everything from Electrical, Shop Management, Brakes, Steering and Suspension, Drivetrain, State inspection, Machine Tool, Engines, Heating and Air conditioning, Welding and more. It is a two year associated degree program. Meet with one of the instructors and ask questions of current students. Find out about the job opportunities and where the industry is headed.



CD 114: Women in Architecture

Find out from local women in architecture what attracted them into the field of this traditionally male career. Hear about the education required and the typical tasks of this occupation. Tia Anderson, Executive Director of Habitat for Humanity, will be leading this session.



CD 115: Criminal Justice and Forensics

Join John Michaud, Director of the School of Legal Studies at Husson University to discuss what opportunities are available in the Criminal Justice and Forensic Science fields, the various requirements for many of these positions, the changing demands of professionals in the field, and the rewards of such professions.



CD 116: Medical Radiography

Find out about the field of medical radiography from Melanie Landry of Eastern Maine Community College.



CD 117: Information and IT Management

Meet with two women that work in information technology. Leah Davis works for Village Soup and Susan Wright works for Trunnion, Inc. and worked for JPMorgan for over 27 years. Hear about how they learned the skills they needed and began their careers as well as some cool tech/programming tips.



CD 118: Career and Technical Education

Meet with Bobby Deetjen from Mid-Coast School of Technology to hear about all the career directions you can go by attending MCST either as part of your high school experience or in a post-grad year. Those include: Auto and Collision Repair, Auto Technology, Design/Technology, Firefighting/EMT, Health Occupations, Culinary and Baking/Pastry, Machine Tool, Marine Technology, Pre-engineering, Residential Construction, Small Engines and Welding.



CD 119: Financial Aid for College and Budgeting

Meet with Jen Lanphear from FAME and Lisa Applegate from UMaine's Financial Aid office to learn more about reading your financial aid award letter, maximizing financial aid, and budgeting the first year in college.



CD 120: Navigating College Resources and Offices

Bursar. Career Services. Financial Aid. Health Services. Registrar. Colleges offer many services to students, but students are responsible for knowing who to ask and how. Find out how to get the help you need on a college campus from Worthington Scholars Mentor Caitlin Clark.



CD 121: Surviving Freshman Year of College

Freshman year of college can be very different than high school. Join Carlo Bufano from Southern Maine Community College as he discusses what students need to know to do well in their freshman year.



CD 122: Neonatal Intensive Care & Veterinary Science Capstones

Oceanside's Cassie Butler and Jordan Mini will present their capstone presentations for STEM Academy. Sit in and hear what they were up to and all about these exciting careers.

CD 123: Occupational Therapy, Physical Therapy, and Dentistry Capstones

Oceanside's Ainsley Meklin, Shannon Ripley, and Sydney Hall will present their capstone presentations for STEM Academy. Sit in and hear what they were up to and all about these exciting careers.

CD 124: Pharmacology and Medical Engineering Capstones

Oceanside's Ryan Lawrence and Nate Hersom will present their capstone presentations for STEM Academy. Sit in and hear what they were up to and all about these exciting careers.

CD 125: Computer Science and Engineering Capstones

Oceanside's Alexis Mazurek, Martin King and Chase Flaherty will present their capstone presentations for STEM Academy. Sit in and hear what they were up to and all about these exciting careers.

CD 126: Journalism and Psychology Capstones

Oceanside's Chanel Courant and Kyle Long will present their capstone presentations for Liberal Arts Academy. Sit in and hear what they were up to and all about these exciting careers.

CD 127: Refugee Outreach in the Community and City Hall Capstones

Oceanside's Lily McVetty and Aidan Giasson will present their capstone presentations for Liberal Arts Academy. Sit in and hear what they were up to and all about these exciting careers.

Expo: Attend the Career and College Expo again