

**MAINE
COAST
SEMESTER**
at **CHEWONKI**



Semester 67-68

Student and
Family Handbook

WELCOME

This handbook contains our central expectations and rules for students. This framework expresses our values and beliefs as an intentional community of learners and guides all of our community-building practices.

We believe that trust, good communication, patience, honesty, responsibility, integrity, and a willingness to give up a measure of personal freedom are some of the keys to creating a thriving, sustainable community. It is important you remember that you are choosing to live in a markedly different fashion while you are at Maine Coast Semester.

By inviting you to join the Maine Coast Semester community, we are expressing confidence in your potential to be enormously successful in our school. We hope that you will embrace the opportunities you are offered and learn from the challenges you encounter along the way.

This handbook also provides numerous logistical details that shape the semester experience. Please read this material thoroughly. The information contained herein has been carefully thought out and reflects the input of students, teachers, families, and sending schools.

CONTENTS

WELCOME	2
CONTENTS	3
INTRODUCTION	5
ABOUT US	5
CONTACT US	8
THE GREAT EXPECTATIONS	9
COMMUNITY STANDARDS	11
BEFORE YOU ARRIVE	14
PRE-ARRIVAL	14
CLOTHING & EQUIPMENT LIST	15
PRE-SEMESTER READING	22
ACADEMIC LIFE	25
STANDARDIZED TESTING	25
THE COLLEGE PROCESS	26
STUDY HOURS EXPECTATIONS	27
LATE WORK POLICY	28
COMMENTS AND GRADES	29
RESIDENTIAL LIFE	30
IN THE CASE OF AN EMERGENCY	30
HEALTH AND WELLNESS	30
CABIN RULES	31
BATHROOMS	33
FOOD, MEALS, & THE KITCHEN	33
LAUNDRY & MAIL	34

TECHNOLOGY	35
OTHER RESIDENTIAL RULES & GUIDELINES	40
WORK & OUTDOOR PROGRAMS	42
WORK PROGRAM	42
BACKCOUNTRY EXPEDITIONS	43
OUTDOOR LEADERSHIP PROGRAM	43
SOLOS	44
SUSTAINABILITY IN PRACTICE	44
FINANCIAL INFORMATION	46
TUITION, ROOM, & BOARD	46
STUDENT ACCOUNT	46
FINAL ACCOUNTING	47
APPENDIX	48
WATERFRONT GUIDELINES	48
CAMPING ON CHEWONKI NECK	51
SOME COMMENTS ABOUT ACADEMIC INTEGRITY	52

INTRODUCTION

ABOUT US

Maine Coast Semester at Chewonki is a journey taken by students and teachers together. As unique individuals, we come together on this peninsula to engage – as colleagues and collaborators – in an extended conversation about our relationship with the natural world and our relationship with our community.

By working hard both physically and intellectually, by embracing the struggles and rewards of living in this unique community of learners and workers, we become increasingly self-confident and mature; we learn to live well with others; we clarify our values and sharpen our intellect, and we become better observers of the world around us. As Joy Harjo says, “We each make our own map, and it is informed by those who came before us and those who surround us now.”

At Maine Coast Semester, we believe that communities need to be nurtured and achieve their full potential through the care, energy, and goodwill of all members. Complete honesty and direct communication are essential to the health of our community, as is a passion for fully embracing the spirit and standards of Maine Coast Semester. It is through these paths that mutual trust is achieved.

At its best, our community is joyful, warm, and receptive to new ideas, and welcoming to all persons. Individually, each of us values hard work; we understand that we are responsible for our own actions and that together, we can achieve great things. We travel to the Maine coast to live, as Thoreau said, “deliberately.” And when our journey ends, and our community disperses, we leave knowing that we have lived fully and learned deeply.

CHEWONKI MISSION

Chewonki inspires transformative growth, teaches appreciation and stewardship of the natural world, and challenges people to build thriving, sustainable communities throughout their lives.

OUR COMMITMENT TO DIVERSITY, EQUITY, AND INCLUSION

To meet the promise of our mission, we strive to be a diverse, equitable, and inclusive organization. Our legacy of thoughtful self-reflection and purposeful change guides our efforts to create a place where all participants and staff can flourish. We are committed to:

- Promoting the principles of social and environmental justice;
- Cultivating a leadership culture that fosters the best practices of this work;
- Building our financial strength to ensure the durability of this work;
- Attracting and enrolling students and campers who reflect our nation's diversity;
- Attracting and retaining staff who reflect our nation's diversity;
- Providing relevant, rigorous professional development;
- Designing a campus that is responsive to many needs;
- Evaluating our progress on an ongoing basis; and:
- Collaborating whenever possible with peer institutions to share knowledge and resources.

MAINE COAST SEMESTER VISION

We choose to approach rigorous academics, physical work, and everyday living with responsibility and joy. Whether engaging in a spirited classroom discussion, harvesting tomatoes for our table, or planning Saturday night's activities, we live each day deliberately to connect the individual to a larger community. Our students leave Chewonki with strengthened ownership for

their education, an awareness of their place in nature, and an understanding that they can make a positive difference in their world.

GOALS FOR GRADUATES

Our Goals for Graduates were crafted using the lens of diversity, equity, inclusion, and justice, giving students the opportunity to develop empathy and awareness as they grow in the following areas:

- Engaged Learning
Students learn in a holistic way and address complex issues with humility, critical thinking, and creativity.
- Community Involvement
As responsible community members, students intentionally engage with a breadth of perspectives to promote social and environmental justice within and across communities.
- Effective Communication
Students listen with openness and discernment, and communicate ideas with clarity, creativity, and an awareness of impact.
- Sense of Place
Students build an understanding of their reciprocal relationship with the natural world through focused observation and reflection.
- Sense of Self
Students explore and affirm their identities, strengths, and areas for growth, and understand how these impact the various communities of which they are a part.

CONTACT US

OFFICE PHONE NUMBERS

During our regular business hours, and for non-emergencies, please call our main line at (207) 882-7323. [Our full staff directory can be found online.](#)

Chewonki Health & Wellness Center
Phone: (207) 882-7323 ext. 5300
Direct Line: (207) 656-5869
Email: health@chewonki.org
Confidential Fax Line: (207) 882-9564

Lise Goddard, Interim Head of Semester School
Phone: (207) 882-7323 ext. 2201
Direct Line: (207) 656-5808
Email: lgoddard@chewonki.org

Julie Barnes, Dean of Students
Phone: (207) 882-7323 ext. 2203
Direct Line: (207) 656-5809
Email: jbarnes@chewonki.org

Sarah Rebick, Dean of Academics
Phone: (207) 882-7323 ext. 2211
Direct Line: (207) 656-5822
Email: srebick@chewonki.org

Admissions Office
Phone: (207) 882-7323 ext. 5501
Direct Line: (207) 656-5883
admissions@chewonki.org

AFTER-HOURS EMERGENCIES

On rare occasions, there may be a critical reason to reach a faculty member at Chewonki after business hours. We have a dedicated cell phone carried

by an on-duty faculty member for emergencies that occur from 4:00 p.m. to 8:00 a.m. Monday - Friday and on weekends:

On-Duty Emergency Cell: (207) 504-3012

THE GREAT EXPECTATIONS

A student who decides to disobey any of the rules below will be held fully accountable and can expect our response to include, but not be limited to, permanently separating them from the community.

1. No cheating, plagiarism, or dishonesty of any kind: In this school, our intellectual spirit and our integrity are vital. We strictly adhere to an honor code; dishonesty will be cause for dismissal. Truthfulness at all times, no matter what the social pressure, is essential and expected.
2. No use or possession of illegal drugs, including alcohol, tobacco, or vaping products: This rule should be understandable for legal and health reasons. It is illegal to possess tobacco in the State of Maine if you are under eighteen. Because of our emphasis on wellness and healthy living, we have no tolerance for drug or alcohol use of any kind. Additionally, Chewonki is a non-smoking campus for all faculty and staff (this includes vaping).
3. No stealing or damaging property: Stealing and destruction are incompatible with a healthy community.
4. No harassment of individuals or groups of individuals: Respect for each member of the Semester is vital to the success of our community. Harassment of any kind (religious, racial, ethnic, sexual, or sexual orientation) has no place at Chewonki. This includes overt acts of physical assault, as well as unnecessary touching, suggestive

remarks, verbal abuse, unwelcome sexual advances, graffiti, epithets, or biased humor.

5. No intimate relationships or sexual activity: This kind of activity indicates a level of exclusiveness that conflicts with our community values. It can also have damaging or unintended consequences for the health, safety, well-being, and privacy of our students and our community.
6. No being outside of your cabin after nighttime check-in or in other cabins outside of visiting hours: Because of the trust implied by the unique living conditions at Maine Coast Semester, we simply cannot permit violations of the check-in policy. Students may visit the restrooms within the spirit of this rule: e.g., in the night for a true need. However, leaving your cabin thirty minutes after check-in because you forgot your water bottle does not represent a “true need.”
7. No violating the intellectual spirit of Maine Coast Semester: Failure to attend classes or to complete classwork, preventing others from studying, or displaying an attitude toward academic pursuits that negatively affects others indicates that you do not wish to be a part of Maine Coast Semester.
8. No violating the community spirit of Chewonki: Much of what makes Chewonki a unique and powerful learning community is the time we spend together: at meals, in the cabin, working on chores, in the dish room, or on a work program. Because our community is so small, it is essential that each student contribute meaningfully and with a spirit of generosity to the group.
9. To safeguard the health of our Semester community within the world of COVID-19, we are entering into a social contract with one another. This requires that each person holds the health and safety of every member of the community with the highest regard. To this end, every

COVID-19 protocol outlined by the Health and Wellness Center before and during the semester must be faithfully followed to ensure that all of us remain healthy, safe, and present throughout the semester.

We regard these “Great Expectations” with the utmost seriousness. If you decide to join this school community, you must be willing to be fully invested in it. When you sign the Enrollment Agreement and Community Agreement, you are making a promise to every other member of the Maine Coast Semester community that you are prepared to follow every rule and expectation outlined in this handbook.

These rules apply at all times while you are a student at Maine Coast Semester. Families and sending schools will be notified in the event of a disciplinary incident. If you have questions or concerns that you will be unable to live up to our community rules and expectations, we urge you to immediately speak with the Head of Semester School, so that we can better understand your apprehensions and identify appropriate next steps.

COMMUNITY STANDARDS

WE EXPECT ALL OF OUR STUDENTS WILL

1. Know and follow all COVID-19 rules and regulations.
2. Know and follow the [cabin rules](#) so that we can all enjoy our time together.
3. Attend all meals on time to promote our community and good health. Please eat only the food served by Chewonki at meals and at all times faithfully adhere to all COVID-19 health and safety protocols during meals. If you have specific dietary needs, our kitchen team is eager to work with you and support your nutritional health and overall sense of well-being.

4. To build school pride and ownership for your campus, we all arrive for Gather and morning chores on time.
5. [Study hours](#) are an agreed-upon time of quiet on campus so that you may work, read, and reflect knowing that you are not missing out on a social opportunity.
6. Cellular phones may not be used on campus at any time. Our no-phone policy allows you to focus on the people and time you have here.
7. Use the Chewonki wireless network appropriately (no illegal file-sharing or downloading of sexually explicit content).
8. Do not enter buildings or spaces that are not designated for semester school use.

See the section on [residential life](#) for more details about the rules listed above.

INCLUSIVE RELATIONSHIPS

A guiding principle of our semester school and the Chewonki community is that all relationships are inclusive and socially appropriate. We believe the semester offers each student a time when they can be free of the pressures associated with intimate or exclusive relationships and peer pressure and we encourage students to live into this opportunity.

As a small, intentional community that strives to be inclusive, we discourage *socially exclusive* relationships of all kinds, whether platonic or romantic. Students are expected to engage thoughtfully and intentionally with each other to ensure that the development of strong connections between individuals does not negatively impact the overall school community or the relationships between individuals and the community.

CAMPUS BOUNDARIES

We hope you come to Chewonki prepared to involve yourself fully in the life of this semester experience. In the COVID-19 environment, once you arrive on opening day, you will not be permitted to leave campus until the end of the semester for reasons other than:

- Medical appointments, arranged by our Health and Wellness staff
- Science field lab and semester organized field trips
- Backcountry expeditions
- Physical fitness:
 - Joggers or walkers who choose to leave campus to exercise must sign-out and follow all applicable COVID-19 protocols, including staying on designated jogging/walking routes.

GENERAL SAFETY GUIDELINES

1. Wear footwear at all times unless you are walking on one of our manicured lawns.
2. To protect our forest resources, do not light open fires without supervision from a faculty or staff member.
3. Do not climb trees above head height.
4. Know and follow waterfront rules to safely enjoy our coastal location. (See the Appendix for [waterfront guidelines](#).)
5. All bikes are to be stored in the communal bike rack and only ridden on roadways or trails north of the farm. Helmets are to be worn whenever riding a bike on or off campus.
6. Always wear protective equipment while biking (helmet) or running (reflective vest at dawn or dusk).

AUTOMOBILES ON CAMPUS

Students are not permitted to have cars on campus. Written parent or guardian permission will need to be given to the Dean of Students before a student can ride in a car with anyone other than a Chewonki faculty or staff member.

BEFORE YOU ARRIVE

PRE-ARRIVAL

As you prepare for your time at Maine Coast Semester [please see the latest communications from our school leadership team, admissions office, and Health and Wellness Center](#). We will share a number of logistics before opening day, including up-to-date quarantine and travel requirements for you and your family. Paying close attention to these communications will help you play your essential part in creating a safe learning environment for all.

TRANSPORTATION TO AND FROM THE CHEWONKI CAMPUS

We will arrange two shuttles to and from the airport at the start and conclusion of vacations, and at the start and end of the semester, provided that students travel within the bounds of our shuttle schedule, which will be communicated with you at least a month before your arrival. Maine does not have the shuttle services you might find in Boston, New York or other major cities. Please be aware that private shuttle and taxi services often do not run after 10:00 or 11:00 p.m. (and a taxi ride from Portland to Chewonki costs at least \$90). So, as you make travel arrangements (especially return flights after vacations), plan accordingly. Please remember that you must have a government-issued picture I.D. for air travel.

You will receive an email in the month before your arrival with further instructions and request for information about your arrival plans.

DRIVING DIRECTIONS

We are located one hour northeast of Portland. From South Portland, follow I-295N (splits off from I-95) to Exit 28 for Brunswick and Bath. This will put you on Route 1. Follow Route 1 through Brunswick to Bath. About six miles north of the Sagadahoc Bridge in Bath, turn right onto Route 144 (look for “Norm’s Used Cars”), and then right again just past the railroad tracks onto Chewonki Neck Road. Go past the airport and the Chewonki Campgrounds (not connected with us). Continue past our sign until the road turns to dirt and takes you to our visitor parking lot. Signs will direct you to registration.

PLACES TO STAY IN THE AREA

The best up-to-date resource for local accommodations is the [Southern Midcoast Maine Chamber of Commerce](#). You can find a variety of places to stay, from large hotels to small inns. Their website also includes dining options.

CLOTHING & EQUIPMENT LIST

Please note that this list has been revised to reflect our COVID-19 coordination and planning process as of June 30, 2021. As our planning continues, we may send an addendum of items that students will need to bring with them to Maine Coast Semester, such as other types of personal protective equipment (PPE).

At Chewonki, you have an opportunity to simplify your life. One way to achieve this is to limit the “stuff” you use daily; remember that you will be living in a one-room cabin with five or six of your peers. Most of your attire can be informal and should enable you to live, learn, and work comfortably in both built environments and the outdoors. As you pack, keep in mind seasonal changes. Students in both semesters will experience temperatures and conditions that range from summer (70° - 90° F ±) to winter (0° - 25° F ±).

Put your name on all your clothes and equipment and bring all of the required items with you at the time of your arrival. We do not take students off campus to purchase additional clothing or equipment. Although students may receive packages at Maine Coast Semester, we strongly encourage families to plan ahead and avoid ordering additional clothing or equipment after the beginning of the semester. We discourage online shopping during the semester, both to uphold our mission of being a sustainable community and our Diversity, Equity, and Inclusion statement that establishes Chewonki's commitment to promoting equity.

Additionally, you will be expected to do your own laundry on campus. Chewonki provides detergent, and there is no fee to use the laundry facilities.

CLOTHING EXPECTATIONS

Though we do not have a formal dress code, we do ask that clothing be presentable and respectful of others while in classes and representing Maine Coast Semester. Our 400-acre campus features a farm, forest and woodlot, meadows, marsh, rocky coastline, and several miles of hiking trails. Students spend a great deal of time outdoors in all weather conditions, including rain and snow. Students should pack accordingly. Jeans or the equivalent are appropriate for most daily activities, including work programs. Work program also necessitates that you bring clothes and gloves that can get *very* dirty. A headlamp is a must-have for moving around campus in the early mornings and evenings. Please also bring one nice outfit for special events.

STORAGE

Students live in one-room cabins with five other peers. For storage, each student has two medium-sized bookcases (waist height) with four-to-six shelves apiece, as well as space under the bed. Some students bring a trunk to keep at the foot of their bed or containers to go underneath. Under-bed

containers may be on wheels and should be no taller than 11.5 inches. A labeled mesh bag for laundry is also useful.

REQUIRED OUTERWEAR

- Warm winter parka (lightweight down or synthetic-fill “super layer”)
- Waterproof rain jacket
- Waterproof rain pants
- Work pants (jean or cotton duck)
- Insulated and water-resistant snow pants (required for spring semester)
- Warm thermal or fleece pants to layer under rain pants (required for spring semester)
- Warm fleece or wool gloves that are flexible enough to wear when writing
- Warm shell mittens that fit over gloves
- Lined leather or canvas work gloves
- Hat with a brim
- Wool or synthetic ski hat
- Balaclava, buff, or warm scarf
- Sunglasses and/or ski goggles
- Bandana
- Seven (7) fitted face-masks

REQUIRED CLOTHING

- Two weeks’ worth of everyday clothing
- Two warm wool sweaters or fleece jackets that can be layered over shirts and t-shirts
- Two sets of long underwear (non-cotton), top and bottom
- Long-sleeved work shirts (flannel, wool, or denim)
- Several pairs of warm, wool socks
- Swimsuit
- One outfit for special events

- ❑ Optional – Costumes or dress-up clothes for Saturday evening activities (i.e. skits, coffeehouses, theme dances, etc.)

REQUIRED FOOTWEAR

Although there are boardwalks near the center of campus and some gravel pathways, students should expect to encounter wet, muddy, snowy, and cold ground conditions on a regular basis. Classes frequently meet on our farm, hiking trails, and coastline. During science field lab, students typically visit rocky and sandy beaches, bogs, brooks, and marshes. Students will be outside in all weather conditions, including the snow and rain.

- ❑ Sturdy hiking boots that are waterproof or water-resistant
- ❑ Tall, rubber boots such as rain boots or insulated bog boots (recommended, however, the farm has extra pairs of waterproof boots on hand for farm chores)
- ❑ Everyday footwear, such as running shoes, sandals, crocs, etc.
- ❑ Water shoes (old sneakers are acceptable, but crocs and backless sandals are not)
- ❑ Insulated winter boots (ideally, with removable felt lining)
- ❑ An old pair of sneakers that you don't mind getting exceptionally wet or dirty for polar bear dips and other water/mudflat activities (see above "water shoes" for more information)
- ❑ Slippers or slipper socks for wearing inside your cabin

REQUIRED CABIN & OUTDOOR ITEMS

- ❑ Headlamp and additional batteries (or charging cord if it's rechargeable)
- ❑ Warm bedding and linens – twin-sized sheets, blankets, pillow, towels
- ❑ Two water bottles (approximately 32 oz. each)
- ❑ Battery-powered alarm clock
- ❑ Wrist-watch (not Wi-Fi enabled)

- ❑ Books for pleasure reading or games (note: we do not support participants playing *Cards Against Humanity* or similar games. We are eager to engage in conversation with you about our Diversity, Equity, and Inclusion statement and why this popular game does not align with our ethos.)
- ❑ Toiletries to last four months (natural/biodegradable preferred) and shower caddy
- ❑ Sunscreen
- ❑ Bug-spray
- ❑ Optional – A small mat (~2'x3' or smaller) for wiping feet before getting into bed

REQUIRED SCHOOL SUPPLIES

Note: we do not have a school store on campus.

- ❑ School or government-issued photo I.D.
- ❑ Pens, pencils, and highlighters
- ❑ Spiral notebooks (3-4)
- ❑ Three 3-ring binders with subject dividers
- ❑ 100-count pack of college-ruled loose leaf paper to be used with binders
- ❑ Graphing calculator
- ❑ Durable backpack for on-campus use and science field labs

ADDITIONAL ITEMS REQUIRED FOR SPRING STUDENTS

- ❑ Notes from the fall semester classes you will be continuing at Maine Coast Semester, e.g. language, history, and math (these will be useful to look over as you learn new material and prepare for any Advanced Placement® exams you may be taking)

OPTIONAL EQUIPMENT & OTHER ITEMS

This is not a shopping list! Chewonki has these items on hand for students to use. However, if you already own this equipment, please bring it with you.

- ❑ 40-50 liter internal-frame backpack
- ❑ Cold-weather sleeping bag, rated to 15 or 20° F for fall or 0 or 5° F for spring, that stuffs into a small sack. If you are a “cold sleeper,” you may want a synthetic fleece sleeping bag liner.
- ❑ Sleeping pad
- ❑ Binoculars
- ❑ Digital camera
- ❑ Musical instruments (encouraged)
- ❑ Crafting materials, such as embroidery, knitting, crocheting, etc.
- ❑ Art supplies (art materials will also be provided by Maine Coast Semester)
- ❑ Recreational and sports equipment (e.g. tennis racket, lacrosse stick, cross-country skis, ice skates, hockey stick, etc.)

Please Do NOT Bring or Acquire While Enrolled in Maine Coast Semester

- Cell phone (if needed for travel, we will safely store on campus)
- Personal Wi-Fi enabled devices (like laptops, iPad, wearable technology, etc.)
- Television sets, iPod Touch, DVD players, DVDs, or other electronic or digital media
- Hot pots, appliances, or electric blankets
- Large stereos (personal, non-internet capable music-listening devices are allowed)
- Tapestries or other cloth wall hangings are not allowed as they are a fire hazard. Posters and photos are ok.
- Firearms
- Pets
- Candles or incense
- Alcohol, tobacco products, vaping products, cannabis, or any illegal drugs
- No area rugs larger than 2’x3’ (small mats to wipe feet before getting into bed are OK)

SOURCING ITEMS

Clothing, equipment, and footwear that students bring to campus will be well-used, so we recommend bringing durable items that can stand up to Maine's rugged landscape and variable weather. There's a saying in Scandinavia that there is no such thing as bad weather, only unsuitable clothing. As our program is focused outdoors – sometimes in inclement weather – it is essential that clothing and gear keep people warm and dry. At the same time, we recognize that the expense and brand recognition of high-quality outdoor clothing can feel like a social dress code, which may feel exclusive. Our recommendations for gear attempt to balance time-tested quality and function, company values and environmental philosophy, and cost. It's an on-going dialogue that we invite our participants to join. Several quality brands now offer gently used and repaired items on their websites. *Buying used is both an environmentally friendly and pragmatic approach to outfitting yourself for the semester.*

Used gear can be found at local thrift shops and online at:

- [Patagonia Worn Wear](#)
- [REI Co-op Used Gear](#)
- [The North Face Renewed](#)
- [Outdoors Geek](#)

PACKING QUESTIONS?

Packing for a four-month semester in an unfamiliar climate can be challenging, so if you feel unsure of what to pack please don't hesitate to call the admissions office at (207) 882-7323 ext. 5501. Maine Coast Semester also maintains a robust [Flickr](#) account with photos of daily life, work program, farm chores, science field lab, and other activities. Some families find these images helpful when deciding what to pack.

PRE-SEMESTER READING

REQUIRED READING

We are excited to welcome you to Maine Coast Semester and to introduce you to your pre-semester reading assignment: Octavia E. Butler's *Parable of the Sower*.

The purpose of this pre-semester reading is to begin our time together with a story that provides a preview of the themes that will be introduced in your courses and fieldwork. We hope this will set you up for a successful semester.

Themes within the text include:

- The personal relationship we each create with a place.
- The connections that exist between human and natural communities.
- The stories of place that have been passed down from generation to generation.
- The interdependent relationship between economic/political systems and ecosystems.
- The elements that contribute to human resilience, individual and communal.

When you arrive on campus for the opening day of your semester, you should have completed reading *Parable of the Sower*. Use these questions to guide your reading and come prepared to do some writing related to them once you arrive:

1. How do you see meaning-making, ethical, and religious structures emerging in *Parable of the Sower*? Which of these structures do you think have lost their purchase, and why? Which structures have gained purchase and why? When in your life have you experienced a

meaning-making structure to lose relevance because of changing conditions, and how have new structures taken their place?

2. You met a variety of characters in this text. Identify a person that captured your attention because of their distinct relationship with place. Write one paragraph describing these individuals and their unique relationship to place.
3. What are the conditions - physical and cultural - that have led to the crisis in the book? Do you see any of these in our current reality and if so, how are they playing out in our communities and the broader world?

We will be discussing and writing about this book during our opening days. You are welcome to purchase a copy of the book, or borrow one from your local library. If you do purchase the book, we recommend that you bring it with you to support our discussion and writing.

As you begin to read this book, please know that parts of its content could be difficult to read or emotionally challenging to process. If you notice yourself struggling with the contents of this novel, please reach out to a trusted adult, your advisor, or our mental health coordinator, Becca Fowlie (rfowlie@chewonki.org) for support.

If you are interested in learning more about Octavia Butler or *Parable of the Sower*, NPR's Throughline podcast has an excellent [episode from February 2021](#) about the writer and her work.

OPTIONAL READING

In addition to the required reading, the following list includes books that are particularly pertinent to the work we will be doing throughout the course of the semester. Topics include the history of Maine, identity, and current environmental issues. While this is not intended to be an exhaustive list of titles, we hope this brief bibliography will serve as a resource for you both before and after your semester.

Farm & Food Systems

- Kingsolver, Barbara. *Animal, Vegetable, Miracle*.
- Penniman, Leah. *Farming While Black*.
- Pollan, Michael. *The Omnivore's Dilemma*.

Indigenous Peoples

- Brooks, Lisa Tanya. *Our Beloved Kin*.
- Harjo, Joy. *An American Sunrise*.
- Kimmerer, Robin Wall. *Braiding Sweetgrass*.

Maine Stories

- Iftin, Abdi Nor. *Call Me American*.
- Nutt, Amy Ellis. *Becoming Nicole*.
- Philbrick, Kate and Rosenthal, Rob. *Malaga Island: A Story Best Left Untold*.

Sustainability & The Natural World

- Carson, Rachel. *Silent Spring* or *The Sea Around Us*.
- Eisenstein, Charles. *Climate: A New Story*
- Finney, Carolyn. *Black Faces, White Spaces: Reimagining the Relationship of African Americans to the Great Outdoors*.
- Jones, Van. *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

ACADEMIC LIFE

STANDARDIZED TESTING

For guidance in standardized testing (PSAT®, SAT®, ACT®, AP®), you should follow the advice of college counselors at your sending school.

FOR FALL STUDENTS:

The PSAT® will be administered on campus. We will need your school code so that test scores can be sent to your sending school. Test scores will not be reported to Maine Coast Semester. There is no need to pre-register for this exam.

FOR SPRING STUDENTS: SAT® and ACT® TESTS

The following is a recommended testing schedule to best complement your Maine Coast Semester experience:

- Take the SAT® at home in December OR after the Semester in June (2022 date is June 4).
- Take the ACT® at home in June or July (2022 dates are June 11 and July 16).

You and your sending school counselor may decide it would be best for you to take the ACT® or SAT® during the semester. We will provide transportation to the ACT® in April and the SAT® in May. We do not, however, recommend taking the SAT® in May, since it is an extremely busy time during the semester, with the end of academic classes and AP® exams overlapping.

FOR SPRING STUDENTS: AP® TESTS

Maine Coast Semester supports students taking Advanced Placement® tests with the College Board. We will be in touch with you early in the fall to provide more information about the registration process for Semester 68 students. For more information, please contact our Registrar, Kathryn Zumstein, at kzumstein@chewonki.org.

THE COLLEGE PROCESS

Although Maine Coast Semester can offer some advice and insights into the college process, we do not have formal college counseling services and encourage you to continue working with your school counseling office. In the spring, we will hold a college process strategy session to provide orientation and tools to students so that they can begin to imagine and navigate their post-high school plans.

Over the years we have learned from our alumni and from college admissions officers that attending Maine Coast Semester can be an advantage in the college admissions process. We are proud that our alumni are academically and socially successful in the college environment. Our students stand out as independent learners who are willing to step out of their comfort zone to pursue deeply meaningful scholarship. Of course, attending Maine Coast Semester is not a guarantee for college admission, and we recommend you think strategically about how your experience at Maine Coast Semester has uniquely prepared you for success in the college environment. Our faculty write college recommendations, and we suggest students make those requests early. Our development office can also help by connecting you to the network of Chewonki alumni across the country.

STUDY HOURS EXPECTATIONS

Study hours are an intentional time when our entire community can dedicate ourselves to improving our intellectual abilities. Given the rigorous nature of our academic program, you will need more than the five weekly nights of study hours (2 hours) to complete your assignments, so we encourage you to make productive use of this time.

Study hours (7:30 p.m. - 9:30 p.m.) is a time of quiet on campus so that you may work, read, and reflect while knowing that you are not missing out on a social opportunity.

1. Study time is to be used for study, homework, and intellectual endeavors. When you arrive to study hours you must sign-in with the faculty on duty.
2. Once you have your laptop and internet access, it is important to understand that study hours are not a time for using social media, online entertainment, etc.
3. Respectful silence on campus is the expectation between 7:30 p.m. and 9:30 p.m. Sunday through Thursday. This includes all common areas as well as cabins. Because most studying takes place in common areas, the quiet study time must be honored by the entire community.
4. Please be conscious of the fact that everyone has their own approach to completing school assignments, as well as different study needs. During study hours, you should not disturb others or do things that could make your peers feel socially excluded. If you are in the habit of listening to music while studying, you should use headphones/earbuds to ensure that no one can hear it.

5. If you need to work with another student, you should do so following our COVID-19 protocols and only in spaces designated as collaborative workspaces.
6. If you need to continue studying after 9:30 p.m., you will need to bring your materials with you to your cabin at check-in; if you forget something, you may not go and get it. Laptops are not permitted in cabins.

If you want to leave a public study space before the end of study hours, you must seek permission from and check-out with the faculty on duty.

Before leaving study hours for the night, please be sure to do the following:

- Check out with one of the faculty members on duty.
- Place computers in the computer cart
- Store backpacks in your assigned Allen Center cubby.
- Use the bathroom and fill up water bottles before 9:55 p.m.
- Be in cabins by cabin check, which is at 10 p.m.

If interested, our specific study hour guidelines are available [here](#).

LATE WORK POLICY

Maine Coast Semester is based largely on a dynamic intellectual spirit that we hope pervades your entire experience. Teachers assume that work will be done on time and to your best ability. However, we recognize that illness and extenuating circumstances can interfere with timely completion of work. Each teacher establishes expectations around late work for their classrooms, and it is your responsibility to understand the policies in each of your classes and to work proactively with your teachers to solve challenges.

COMMENTS AND GRADES

GRADING SCALE

Chewonki uses letter grades with the following equivalences:

A (94, 95, 96), A- (90, 91, 92, 93), B+ (87, 88, 89), etc. F = 59 and below (Failing)

At the midterm, you will receive brief comments and estimated grades from each of your teachers. This midterm check-in is intended to provide you a chance to get a snapshot of how you are doing so that you can work with your teachers to achieve the goals you have set for yourself while at Maine Coast Semester. At the end of the semester, you, your families, and your school will receive comments from your teacher and advisor offering observations and reflections on your experience at Maine Coast Semester. In addition to comments, this communication includes a grade for each course and an official transcript. If you need additional copies of your transcript, please contact our Registrar, Kathryn Zumstein, at kzumstein@chewonki.org.

RESIDENTIAL LIFE

IN THE CASE OF AN EMERGENCY

In the event of a fire alarm or other emergency, please gather immediately on Orchard Field, located between the adirondack chairs and Gordy cabin, with your cabin so that we can count heads. Emergencies are marked by the bell ringing continually, along with a hand-cranked foghorn.

HEALTH AND WELLNESS

Our Health and Wellness Center is staffed by a Director of Health Services, a full-time team of registered nurses, and a full-time mental health coordinator. By placing a great deal of emphasis on health and safety, we hope to prevent illness or accidents from occurring. In the event of illness, and when needed, we work closely with local physicians. Mid Coast Hospital is approximately 15 miles away from campus.

FORMS AND MEDICATION

It is essential that we have your complete and up-to-date health information, including your COVID-19 vaccination status. Please submit completed health forms, signed by a physician and a parent/guardian, by the specified date through the online platform [SchoolDoc](#). Note that this health record includes immunization records (e.g. tetanus, which is good for 10 years), allergies, physical limitations, and mental health issues or concerns past and present. In addition, health insurance information must be on file with our Health and Wellness Center. All information will be kept confidential.

Note: Without the above information on file, as well as a signed health authorization, you will not be permitted to begin your studies at Maine Coast Semester.

MEDICAL INSURANCE

Maine Coast Semester does not provide medical insurance for students. Parents or guardians are responsible for medical expenses. Physicians' bills and prescriptions are charged directly to your insurance company or your family. Hospital charges are billed to insurance companies.

MEDICATIONS

For legal reasons, students cannot use any first aid kits or access medical supplies in the Health and Wellness Center without supervision.

The Health and Wellness team will work with each student to administer medications responsibly.

IN THE CASE OF ILLNESS:

If you feel ill or need medical support

- When you wake up, go to the health and wellness center to receive support. If you are unable to attend Morning Gather and morning chores you must report to the health center by 7:15.
- At any point during the day, you may go to the Health and Wellness Center (make sure to ask to be excused if it is during class, work program or another scheduled commitment).
- After Check-in, bring a cabin mate and go to the residence of one of the faculty on duty for that particular night.

CABIN RULES

1. In addition to the rules and regulations listed below, each cabin will create a list of Cabin Agreements that each member will commit to

following. Cabin groups can decide to revisit and revise their Agreements at any time during the semester.

2. After two weeks, students will be allowed to visit other cabins during the hours between lunch and dinner (1:00 p.m. - 6:10 p.m.) Monday through Saturday and between brunch and dinner (11:00 a.m. - 5:25 p.m.) on Sunday.
3. Cabin residents are strongly encouraged to get at least 8 hours of sleep each night. Adequate sleep will not only enhance your learning and strengthen your immune system (in fact, it is essential) but also your enjoyment of the semester. Holding students to clear expectations about check-in each night lays the foundation for healthy sleeping habits.
4. Check-in is at 10:00 p.m. sharp Sunday through Friday and 11:00 p.m. on Saturday. After this time, you may not leave your cabin. You must bring any study materials, snacks, water bottles with you to the cabin before check-in, as well as take care of all bathroom needs. Leaving after check-in is a violation of our Great Expectations.
5. There are never to be open flames in any cabin at any time except to light the woodstove. No candles, incense, lighters, etc. Tapestries are a fire hazard and are not permitted. For safety's sake, the cabins must be kept clean and uncluttered at all times.
6. Cabin clean-up and disinfection occurs daily and deep cleaning/disinfection regimens are scheduled twice a week on Sunday and Wednesday after dinner.
7. To remain in compliance with health standards and to support students' capacity to maintain personal space, single beds must remain 6' apart at all times.

BATHROOMS

Each cabin is assigned a bathroom, which they are expected to use throughout the semester. We feel strongly that each community member should have access to a bathroom that affirms their gender identity and is a space where they feel safe. We have both single-gender and all-gender bathrooms available for use.

While anyone is welcome to use the all-gender bathroom, it exists for individuals who feel physically and emotionally safe in an all-gender space and also exists for gender non-binary individuals.

FOOD, MEALS, & THE KITCHEN

Eating healthy, organic, homegrown, and locally grown foods is very much a part of the Chewonki experience. We hope that you will enjoy the food prepared for you and that you will be willing to try new foods in the spirit of experimentation. Eating meals together is an important part of our community; you are expected to attend all meals.

Our commitment to maintaining the ongoing health and safety of all members of the Chewonki community is reflected in our protocols for meal preparation, dining, and chores in the dishroom.

Please Do

- Let us know if you have any dietary restrictions or needs.
- Feel welcome to enjoy your own nut-free snacks in your cabin. Each student will have their own bin to store personal snack items and at no time may they be shared with members of their cabin family.

Please Do Not

- Enter the kitchen without explicit permission or without proper PPE.
- Bring outside food or beverages into the dining hall (there will always be community snacks available for your consumption).

NUT POLICY

Peanuts and tree nuts are not permitted in the kitchen or dining hall, on trips or in cabins. This includes peanuts, almonds, Brazil nuts, cashews, chestnuts, hazelnut, lychee nut, macadamia nut, pecan, pine nut, pistachio, and walnut, as well as their extracts, nut butters (including nut butter products such as Nutella), candies containing tree nuts, nut oils and nut milks (e.g. almond milk), and other products containing tree nuts. Coconut and nutmeg are allowed as they do not pose the same allergy risk. We ask that families not send care packages with snacks that include nuts.

DISH CREW

Each student will be on a five- or six-student dish crew for the semester. Two to three times per week, on a rotating basis, each crew will be responsible for cleaning all of the dishes of a meal and tidying the dish room. During their “on” meal, the crew will eat within 15 minutes and start work before others finish their meal. Faculty members train dish crews and are available to answer questions. In addition, the Manager of Food Services communicates and holds standards required by State of Maine health codes.

LAUNDRY & MAIL

LAUNDRY FACILITIES

Laundry machines are available for use by all students, designated staff, and residential faculty/staff. Semester students are expected to do their own laundry on campus, and they will have scheduled access to the laundry room on a rotating basis to ensure that every student has multiple opportunities to

do their personal laundry. Chewonki provides laundry detergent, and there is no fee to use the laundry facilities.

MAIL

You will be able to send and receive mail (including packages) as usual while at Maine Coast Semester. Please bring stamps and envelopes with you. You will also be able to charge postal fees to your student account over the course of the semester. We can also help you ship items via UPS or FedEx. Your address while here will be:

(Your Name)
Maine Coast Semester 67 (or 68)
485 Chewonki Neck Rd.
Wiscasset, ME 04578

TECHNOLOGY

PHONES

Students are not permitted to keep cell phones with them at Chewonki. This is one of the opportunities students have to try something different while here. If a student brings a cell phone with them to campus, we will make sure it is stored with us upon arrival. Landlines will be available for students through the Health and Wellness Center, where students will be able to make calls between 7:30 a.m. and 9:45 p.m. each day. Once students have access to wifi on their Chromebooks, they may make calls using web-based platforms.

CHROMEBOOKS

Students will be issued school Chromebook laptops and will be able to use web-based platforms to make calls and written communications to people outside the Chewonki campus.

EMAIL

A Chewonki email account will be created for each student to use for academic and community use. Our network administrator will give instructions on how to access this account after arrival on campus. We ask students to continue to use their home email account for personal use.

TECHNOLOGY & DIGITAL RESOURCE USE

Chewonki-provided technology, including Chewonki computers, Chromebooks, printers, Google's G-Suite for Education software, school-provided web-based software, and software used in conjunction with a student's @chewonki.org account, is to be used first and foremost for academic purposes.

Each Maine Coast Semester student is expected to be responsible and accountable at all times when using digital tools and resources, including, but not limited to Chewonki-provided Chromebook computers, printers, Google's G-Suite for Education software, school-provided web-based software, as well as software used in conjunction with a student's student@chewonki.org account. The use of digital tools and resources should be ethical; reflect our Goals for Graduates; demonstrate respect for intellectual property; and guarantee each individual's right to privacy and freedom from intimidation, harassment, or annoyance.

Maine Coast Semester students are expected to abide by generally accepted standards of digital citizenship, including and not limited to:

- Share personal information with discretion and with the knowledge that behaviors and information shared online are tracked and viewable by third-parties
- Learn how to identify and avoid online scams, false representations on social media, and malicious persons
- Develop strong habits to protect private information and personal security, including protecting usernames and passwords

- Resist cyberbullying by not participating in or reinforcing harmful behavior, supporting targets of bullying, and following Chewonki's community expectations at all times
- Seek adult assistance and advice when new or difficult situations involving digital technology arise

Our standards regarding student behavior, as well as all relevant state and federal laws, apply to the use of Chewonki-provided resources. Specifically, no student should:

- Use another's identity, user ID, or password or otherwise gain unauthorized access to digital resources
- Damage Chewonki computers, Chromebooks, printers, computer systems, or networks
- Use obscene language or harass, insult or attack others
- Violate copyright laws

In addition, Maine Coast Semester students are responsible for:

- Protecting their account log-in and passwords
- Communicating and connecting with only people they know when using digital tools
- Appropriately divulging any personally identifiable information, including name, current location, etc.
- Managing the appropriateness of content they share via digital tools, including text, photos, and videos

Students should remain aware that everything they do online using digital tools can be found, revealed, and shared, possibly creating a negative impact on their reputations, college admissions, and even their future careers.

VIDEO & MUSIC

Music and video are important parts of life for many students and we encourage students to consume both thoughtfully while at Maine Coast Semester. This is especially true in public spaces where we place a premium on direct interaction.

Broadcasting music over speakers is not permitted at any time during study hours in any of the buildings, although the use of headphones is permitted and encouraged. We look forward to thoughtful discussions about the role of technology and media in our lives.

SOCIAL MEDIA & ONLINE SHOPPING

Although engaging in online entertainment, e.g. movies, television, games, etc., along with listening to music and shopping are important parts of life for many students, while attending Maine Coast Semester at Chewonki, you are expected to moderate your consumption of online entertainment and shopping. During your semester you will have restricted internet access, with priority given to sites that support your academic pursuits.

Your teachers look forward to having thoughtful conversations with you about the role of technology and media in our daily lives.

Maine Coast Semester students are expected to understand that as a member of the Chewonki community they represent the Maine Coast Semester School and the Chewonki Foundation at all times. Anything a student posts or publishes online is a representation of Maine Coast Semester at Chewonki and the Chewonki Foundation. Posting and/or publishing must be done responsibly and adhere to the Maine Coast Semester Great Expectations and Community Standards. Our students are expected to be accountable for their actions at all times.

PRIVACY

We will make every effort to respect students' privacy on a day-to-day basis when using Chewonki-provided resources. However, our network administrator may review files, communications, and log files to ensure that students are using resources in keeping with our Great Expectations and Community Standards. Students should not expect that content stored on our network, within Google Apps for Education domain, or on other Chewonki-provided digital resources to be private.

VIOLATIONS

Digital violations of our Great Expectations and Community Standards may result in loss of privileges and/or temporary or permanent separation from the Maine Coast Semester community.

COMPUTER-FREE ZONES & TIMES

For a few days at the beginning and end of each semester, students will live without their computers. This enables us to focus on spending time with one another during these important moments for our community. Once computers are distributed, we will discuss where and when computers can be used on campus. Additionally, throughout the semester, we reserve the entirety of each Saturday and explicit places on campus (such as cabins) as "Walden Zones," aka "technology-free zones," to underscore the importance we place on face-to-face interactions.

NETWORK USE & PRINTING

Chewonki is wired with a wi-fi network in all of our main-campus buildings. Through this network students may print black and white papers (on Chewonki printers) and work or research online.

OTHER RESIDENTIAL RULES & GUIDELINES

MORNING GATHER & CHORES

We begin each morning at 6:55 a.m. with Morning Gather, a moment for reflection before morning chores. Chores rotate biweekly during the semester, and are essential to the running of this community. Upon arrival at Maine Coast Semester, students will receive more information about chores. Chore assignments are always posted on the bulletin board in the Ellis Room, which is referred to as “the brain.”

RELIGIOUS SERVICES

An opportunity will exist on Friday evening and Sunday morning, as well as on major holidays, to observe and participate in religious services, supported by our Dean of Students.

PIERCINGS AND TATTOOS

Because it is not safe, and because unlicensed tattooing is illegal in the state of Maine, students are not allowed to give themselves piercings or tattoos of any kind, including but not limited to stick-and-poke tattoos while attending Maine Coast Semester. Should a student choose to engage in either of these activities, parents will be contacted by a Dean, in addition to other community-centered responses that may include restorative practices.

FOOTWEAR POLICY

Because of the busy nature of our campus, for your own safety and well-being you must always wear shoes when outside, unless you are walking on one of our few manicured lawns. Additionally, state health codes require that you must always wear closed-toe shoes when in the kitchen and dishroom.

CAMPING ON CHEWONKI NECK

Overnight camping on Chewonki Neck must be approved, in advance, by the Dean of Students and the student's advisor. You will find the camping guidelines in the Appendix.

BOATING

Boating is not permitted alone or after dark. Students must have full faculty supervision when using boats. Students must be approved by an appropriate faculty or staff member to use canoes or kayaks. Once permission is given, students must sign out before leaving and sign in when they have returned. Fully-secured life jackets must be worn at all times. Before boating, a waterfront orientation by a designated Chewonki staff person will be held. Please wear closed-toed shoes while boating. See Appendix for full [waterfront guidelines](#) and boating guidelines.

WORK & OUTDOOR PROGRAMS

WORK PROGRAM

Work Program is a central and required part of the Maine Coast Semester curriculum. For about four hours per week, each student works on projects essential to our community. Work is typically on the farm or in the woodlot, with our facilities team, or with another Chewonki program. Each team of students is paired with a faculty or staff member to teach skills and oversee the safe operation of tools and machinery. Tasks and projects might include: harvesting produce, splitting wood, changing oil in the Chewonki vans, or trail maintenance. Students with specific skills or interests may become work program leaders as well.

SAFETY POLICIES FOR WORK PROGRAM

1. Eye and ear protection should be worn when using machinery, power tools, mowers, and at other appropriate times.
2. Work gloves, long pants, long-sleeved shirts, and work or hiking boots should be worn for work programs. Long hair should be tied back and in some cases all jewelry removed.
3. COVID-19 protocols specific to work program sites will be communicated by site managers and must be followed at all times.

BACKCOUNTRY EXPEDITIONS

All Semester students go on a four or five-day backcountry trip during the semester. You will be in a group of approximately 10 or fewer students with several leaders, including faculty and Chewonki Outdoor Program staff. In the fall, the trips offered usually include canoeing, sea kayaking, and backpacking. In the spring semester, the trips offered can include canoeing, backpacking and sea kayaking. Disciplines offered are always shaped by what weather and current conditions dictate.

Our Outdoor Program staff are a fabulous resource for our students. They are highly trained in backcountry skills and leadership, in many cases having attended NOLS, Outward Bound, or similar programs. At Chewonki, they go through our own extensive outdoor skills and leadership-training course. Additionally, they are trained as lifeguards, Wilderness First Responders, and Maine State trip leaders. Many are Maine Guides.

OUTDOOR LEADERSHIP PROGRAM

Building upon the skills and dispositions they have developed during their backcountry trip experience, all semester students participate in a four-day, on-campus outdoor leadership program. This next level of outdoor education includes a two-day Wilderness First Aid course, taught by Wilderness Medical Associates International, which certifies each student is trained in the basics of first aid best practices in a backcountry setting. An additional two days are spent in an encampment on our 400 acres, where students hone the skills needed to successfully complete a solo camping experience.

SOLOS

Every student will spend two days on a solo on Chewonki Neck, weather permitting. This is a time for reflection and rest, not an exercise in outdoor survival. You will be fully prepared and trained prior to your solo with tools, perspectives, and knowledge to support you with the physical, environmental, and reflective parts of this experience. In addition to an ample and intentional preparatory curriculum, we have a series of non-verbal check-ins and risk management protocols to ensure that all students are safe during their solo experience.

SUSTAINABILITY IN PRACTICE

Chewonki has become a recognized model for sustainable management of natural resources. We put ideas about sustainable living and renewable technologies into practice, and many students have first-time, hands-on experiences that inform a lifetime of behavior. Here are just a few of the ways sustainable practices are part of every student's daily life:

SALT MARSH FARM

Our farm is a small, diversified farm that is greatly prized by our community. Its primary mission is to educate students while producing food, wood products, and fiber for the community. The farm consists of approximately 25 acres of open land and 150 acres of woodlot. One acre is cultivated for vegetable production, and the remainder is comprised of pasture, hay fields, buildings, trees, and stone walls. The gardens are carefully planned and intensively managed by three full-time, year-round farm staff. Our gardens produce more than 15,000 pounds of vegetables annually for our dining hall. We also raise livestock for milk, meat, and fiber, and timber for firewood and some sawlogs.

SUSTAINABILITY SEMINARS

Each week students gather to listen to members of the Chewonki community speak about Energy Solutions, Farm and Food Systems, or other sustainability topics. These talks will provide students with a context for understanding the wider importance and application of the ways we choose to live here (from why we compost to how photovoltaic panels work) and are also a wonderful opportunity for students to learn from “experts” - people who work every day in these fields and have a tremendous wealth of experience and knowledge to share with the community.

FINANCIAL INFORMATION

TUITION, ROOM, & BOARD

Generally, families will be billed directly for the entire amount of the tuition (minus the deposit amount) with payment due approximately one month before the start of the semester. Some sending schools bill the family for the cost of the program, minus the deposit, which is paid ahead of time directly to Chewonki.

Should the student withdraw between the tuition due date and August 1, 2021 (fall semester) or January 1, 2022 (spring semester), we will retain 70% of the tuition. In the event that school cannot open due to COVID-19, the tuition payment (including the deposit) is refundable up to the first day of the semester. No refund of tuition is made after the start of the program for any reason. This no-refund policy includes, but is not limited to, the following: voluntary departure, departure as a result of non-compliance with the major expectations of the program as outlined in this handbook, departure due to a situation caused by non-disclosure of pre-existing medical or mental health conditions, or a force majeure event. At this time, we are not able to offer a tuition insurance option.

STUDENT ACCOUNT

The student account charge of \$400 is included in the tuition bill. We try to limit the amount of week-in, week-out expenses. Nevertheless, there will be some purchases which are unavoidable. This fee may be used for general supplies, personal expenses, laptop insurance, and PSAT®/SAT® testing.

Some miscellaneous items, such as Chewonki-branded clothing, may also be charged to the store account.

FINAL ACCOUNTING

Within eight weeks of the end of the semester you will receive a final accounting of the store account, along with a refund owed or balance due, from our business manager.

APPENDIX

WATERFRONT GUIDELINES

Our waterfront is a wonderful resource and we encourage students to take advantage of the swimming and boating opportunities that it provides. The waterfront also needs to be used with respect to ensure the safety of all participants. With that in mind, the following guidelines have been developed and must be followed by all who use the waterfront while Maine Coast Semester is in session.

SWIMMING

For the purposes of this handbook, swimming is defined as being in the water when feet are no longer in contact with the bottom. For extended coastal swimming, the water temperature must be a minimum of 60 degrees, whereas "dunk" style swimming may occur with temperatures less than 60 degrees.

POLAR BEAR DIP

Polar Bear dip is defined as going in the water from the shoreline to a standing water depth no greater than shoulder height.

SWIMMING AT THE WATERFRONT REQUIRES

- At least two lifeguards, lookouts, or waterfront trained individuals must be on duty before any swimming takes place.
- Adult to swimmer ratio of 1:8 must always be maintained.
- No member of the Maine Coast Semester community may swim, "Polar Bear Dip," or boat alone.

- No swimming, Polar Bear dipping or boating after dark.
- No swimming during a gale, storm, or hurricane warnings are in effect or during a thunderstorm.
- If no lifeguards are present, swimmers must wear PFDs and have a designated adult lookout on the deck, out of the water.
- All students must take a swim test prior to any *swimming* for the first time.
- Swim Test: In the presence of two lifeguards (one on each dock), swimmers must successfully swim from the swim dock to the boat dock (or an equivalent 20-yard distance) and back to the front of the swim dock and complete 1 minute of treading water. A swimmer passes this swim test by completing the swim and treading without using the support of the docks or any flotation.
- Health forms must be reviewed prior to the swim test and participants must be given an opportunity to express their prior experience and comfort with water in a way that maintains the dignity of the participant (to avoid non-swimmers feeling compelled to do a swim test).
- Buddy System for Swimming: Each swimmer must be paired with a swimming buddy that they will know the whereabouts of at all times while swimming.
- Polar Bear dips must follow the above protocols as well as adhering to the definition of “Dunk” style dips. There may be conditions under which polar bear dips may not take place; including when the waterfront is too iced over or at other times when local conditions do not allow for safe supervision of the dip. Additionally, the two designated Lookouts must have the following equipment:
 - Reaching pole
 - Ring Buoy
 - Chewonki Med Kit

BOATING

For boating, the combined air and water temperature must be more than 100 degrees Fahrenheit. If this minimum temperature requirement is not met, permission is required from the Vice President of Risk Management. For any boating activity to take place and all boaters must wear appropriate clothing for the conditions.

- At least two boats in every group out on the water
- All boaters must be in PFDs while paddling
- All boaters must be wearing secure closed-toed shoes
- An adult to participant ratio of 1:8 must be maintained
- A written or verbal float plan must be submitted to an on-duty faculty member or the Dean of Students in advance of the paddling excursion.
- Kayakers may not wear a spray skirt unless they have been trained in wet exits.
- Students wishing to go out in canoes or kayaks without an adult in the group may do so if the waterfront is staffed and they meet the following:
 - Students have received training in boat-over-boat rescues.
 - A powerboat and a person trained in the use of the powerboat must be available when participants are out.
 - Boaters cannot go north of Hoyt's Point or south of Club Point and stay within sight of the swim dock for their entire trip.
 - Groups of boaters must stay together – within three boat lengths of another boat.
 - Follow the waterfront, PFD, and boating rules and policy above
- Please consult the Director or Assistant Director of Outdoor Programs if any equipment is lost or is in need of repair.

CAMPING ON CHEWONKI NECK

- Camping out can occur only on Friday or Saturday evening after scheduled programming is complete.
- Our risk management policy dictates no more than two self-contained student groups can camp out at any given time.
- Three students minimum and up to 10 students maximum of any gender can camp out independent of direct faculty supervision (a maximum of 20 students are permitted to camp out at any given time).
- Camping out on Chewonki Neck is restricted to the following locations: Waterfront, Hoyts Point, and Club Point.
- In order to camp out, students must complete the "Camping Out on Chewonki Neck Planning Form" and meet with a weekend on-duty faculty person, by Friday lunch (12:30 p.m.) to review plans and receive approval from the head of semester school.
- No fires unless a Semester School faculty member is with the group for the entirety of the time that the fire is happening.
- All school rules apply (including no climbing trees, no contact with the water, must wear shoes at all times, etc.).
- All students camping out must bring flashlights and know the way back to campus.
- If a student(s) needs to return to campus before sun-up, they must be accompanied by a minimum of one other student. The remaining group must have at least three people at the site. This means that if you have less than 5 people in your group, and one person comes in, the entire group must come in.
- Students must return and be on time for their first commitment (farm chores, breakfast, brunch, etc.) the following morning.
- Students must use their own or borrowed camping gear; Students can talk to pack-out if they need additional gear.

- Leaving the campsite for any reason other than an emergency is a breach of check-in.
- If you leave the campsite during the night, you must come back to the main campus directly and check in with an on-duty faculty person.

SOME COMMENTS ABOUT ACADEMIC INTEGRITY

By Paul Arthur, former faculty member

The central point is twofold: Make sure that you do all the work that is expected of you in any given course, and make sure you give credit to everyone who influenced you in doing a particular piece of work. At the extremes things are pretty clear: It is appropriate and legitimate to hand in something that is entirely your own, and sign your name to it; it is entirely inappropriate and a clear case of plagiarism to hand in someone else's writing in an effort to defraud people into thinking it is yours. Between these extremes lies a continuum that includes accurate footnotes, parenthetical acknowledgment, careful paraphrasing, unrecognized borrowing of ideas, inadvertent omission of citations, inaccurate or incomplete citations, and excessive use of others' writing. It is often difficult to discern when we have crossed the line from what is acceptable to what is ethically questionable, and from the ethically questionable to that which is academically dishonest.

Some rules of thumb may help:

1. When in doubt, give explicit, complete credit. You can do this with footnotes or endnotes, or through citations within the text¹. Which of these you do depends on the nature of the assignment, but you

¹ 1 Arthur, Paul "Nine Letter Words Related to Academic Dishonesty" *The Nobleboro Daily Dishrag*, January 30, 2000, page 23.

should be consistent within any single piece of writing which convention you use.

2. If you use more than three of someone else's words in a row, put them in quotation marks and offer a citation.
3. If you use a specialized term in a way an author does, you should offer the author's definition and note that the author uses the term in this way. [E.g., Bill Clinton said "What I mean by 'is' is the following..."]
4. If you closely paraphrase what someone else has said, or you purposely mimic their writing style, give credit.
5. If you are heavily influenced by someone's idea or persuasive argument, give credit. You can do this formally with a footnote¹ or informally through an acknowledgment at an appropriate and stylistically acceptable place. [I am grateful to Amy Rogers for helping me to understand and articulate this point.]

There are other possible breaches of academic integrity that revolve around merely appearing to put in the appropriate effort. One obvious example of this is failing to do your share of a group project. Another example is relying too much on another student's help to finish your assignment or using another student's words, rather than your own, after working together. In a different vein, it is problematic when a student very often has an excuse, however understandable, for failing to turn something in, or for turning it in late. Excuses don't always excuse – often they merely explain.

There remain some difficult gray areas. For example, it verges on a breach of academic integrity (albeit not dishonesty, per se) to write a paper by stringing together a series of quotations of other people's work, even if you give appropriate credit. The helpful reminder here is that quotations and paraphrases of others' work should be used to illustrate and support your ideas; they should not constitute the bulk of the paper's content. Liberal quoting is sometimes called for, but be sure you do the important work of

explaining the relevance of quoted passages rather than expecting the quoted material to do the work for you.

Further, it's worth thinking a bit about how and when you use secondary sources – where others have written about something you are studying. The most obvious examples are SparkNotes, Cliff Notes, and their web equivalents. In general, we would discourage you from consulting secondary sources in your classes. You will work closely with secondary sources during college, but it is important at this point in your educational career to develop your own ability to glean meaning, identify images, notice allusions to historical events or other writing (e.g. Biblical references), and recognize particular writing techniques. If you rely on secondary sources to tip you off about what you'll find in your readings you will deny yourself the opportunity to develop your own sensitivities and analytical abilities.

If you do consult secondary sources, you must give credit to them in your writing, even if you don't directly quote them. You can do this through an informal footnote or endnote.

What about online encyclopedias such as Wikipedia or Encyclopedia Britannica? Both are useful tools for a quick introduction to a topic, and both have suffered recent criticisms for inaccuracy. For our purposes, you should use these resources sparingly, if at all, mostly because we want you to apply your thought and your analysis during your Semester. The information in resources such as these is meant already to be distillations from a variety of sources. We would rather have you consult the original resources, draw the information together, glean what is most noteworthy for your project, discern patterns, highlight interesting interpretations, and weigh all of this for yourself. This is the work we hope you will do in conducting research. And if you must consult secondary sources, of course, cite them.

Finally, each of your teachers may have specific additional expectations. For example, foreign language instructors will have things to say about

translation software and dictionaries. It is your responsibility to make sure you understand and follow all these expectations and guidelines.

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