January 2018 Edition

Spring Family Weekend

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2018 Important Dates

Classes Begin | January 8
State Holiday | January 15
Spring Break | March 4-11
Spring Family Weekend | March 23-25
Summer/Fall Registration | March 26
State Holiday | March 30
Classes End | April 24
Final Exams Begin | April 26
Commencement | May 4

Important Reminders

The FAFSA application is now available. There are important updates to the 2018-2019 application to review prior to filing. The aid application process is annual, and students must reapply for financial aid each year.

The ECU Award scholarship portal is open with many scholarship opportunities available to students.

Spring Family Weekend

Spring Family Weekend – March 23-25 2018

PRESENTED BY ECU PARENTS COUNCIL AND ECU PARENT AND FAMILY PROGRAMS

Plan for a fun weekend on campus with your student! Spring Family Weekend is an opportunity to reconnect with your student, enjoy spring in Greenville and participate in campus activities. Highlights for the weekend include the Parents Council Meeting, Spring Purple and Gold football game, Pigskin Pigout with Eastern NC BBQ, and more!

Bring the whole family and enjoy a weekend on campus! More information and event details coming soon.

ECU Family of the Year Award

Are you part of a proud Pirate Family? The Family of the Year award is intended to celebrate the supportive role parents and families play in the lives of students and the University community. Honoring outstanding parents and families helps remind the ECU community that families are an essential part of the support network for our students.

The recipients will receive complimentary tickets to all events during Fall Family Weekend, Tickets to, and recognition at the Family Weekend football game, a commemorative plaque presented during the Spring Family Weekend Parents Council Meeting, March 24, 2018.

Nominations are open until February 15, 2018 and families can self-nominate. Visit this link to view the nomination form. For more questions, please contact parents@ecu.edu.

Important Dates

The Office of Parent and Family Programs is the office that supports you, as parents and family members of ECU students. You play an important role at ECU and we believe that the more you know about the university, the more you can contribute to your student’s success here. Stay Connected!
Greek Life at ECU

For many of our students, joining a fraternity or sorority has been a significant part of their student experience here at ECU. Our Greek community with over 40 organizations and 3000+ students provides a unique opportunity for students to connect with other students, learn new skills, and contribute to our campus and local community. Our ECU Panhellic Association was recognized this summer as one of the Top 20 campus sorority communities in the nation. Several of our chapters have won awards for their efforts in service, leadership, and scholarship.

Recent incidents at colleges and universities across the nation have shined a spotlight on critical issues including alcohol abuse and hazing among Greek organizations and ECU is not immune to dealing with these problems. In April, the Sigma Phi Epsilon fraternity was closed by their national organization and just this week we announced the closures of Tau Kappa Epsilon and Delta Chi fraternities by their respective organizations. In each of these cases, University staff from the Department of Greek Life and the Office of Students Rights and Responsibilities worked in collaboration with staff and volunteers from the two international fraternities to review incidents and determine an appropriate course of action. These closures mean that these organizations are not operating in any capacity at ECU and that current members may not function as a group in any manner.

Our goal at ECU is to maintain an active, vibrant fraternity and sorority community grounded in the values of service, leadership, campus involvement and student success. We are committed to student safety and work actively to educate our students on critical issues facing Greek-letter organizations nationwide. This Spring semester, we will launch the nationally recognized Alcohol Skills Training Program (ASTP) which will bring cutting-edge prevention education to our fraternity and sorority members with the goal to reduce risky behaviors. We will also be utilizing Dyad Strategies, a national higher education consulting group with unique expertise in hazing and new member education interventions. This is in addition to our current slate of officer trainings and educational programs that support our undergraduate students.

We have high expectations for our students and our Greek chapters. Leadership, a core value of fraternal life, includes the concept of accountability and we will continue to hold organizations and students accountable for actions that do not meet expectations. We also recognize that parents and family play a major role in this effort. If your student is a fraternity or sorority member, we hope you discuss these incidents with them and ask the critical questions that can help them make good decisions. We want our students to have great experiences here at ECU. If you have any questions, please contact the Department of Greek Life at (252) 328-4235.

ECU Scholarships

ECU’s campus based scholarship process is getting ready to start. Visit ECUAwards, the online scholarship portal, to fill out your general scholarship application. Each college across campus has opportunities available to current students.

To access the application and learn more about the campus based scholarship process, visit the Office of University Scholarships website at www.ecu.edu/universityscholarships. Follow the link to the ECUAwards portal.

Direct questions about the process to scholarships@ecu.edu.

ECU Alumni Association Scholarship Applications due January 31

Since 2005, the ECU Alumni Association (ECUAA) has awarded 273 scholarships totaling $387,000! The alumni association scholarship program provides its student scholars with meaningful opportunities to engage, connect, and grow during their time at ECU. By tapping into each scholar's interests and goals, the scholarship program is able to provide hands on learning by connecting scholars with alumni in their field of study and help prepare scholars through a speaker series and network of events.

ECUAA scholarships range from $1,000-$5,000. Applications are due by Wednesday, January 31. Applicants should apply online at Pi-rateAlumni.com/scholarships.
ECU Transit: RDU Shuttle Schedules

Spring Break
Sunday, March 4, 2018 – Sunday, March 11, 2018

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<th>Arrive RDU</th>
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<tr>
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NEW Parent and Family Webpage on ECU Career Services Website

ECU Career Services now features a new section on their website specifically for Parent and Family members of ECU Pirates. This website will help prospective students, parents and their families answer frequently asked questions related to what services and programs Career Services can offer their student, how to encourage students to engage in their career development, and valuable resources available both online and in-person to help students foster career success. “We know that parents and families are an essential support system to the career success of ECU students and alum,” said Patrick Roberts, Associate Director of ECU Career Services. “There is a growing trend in higher education for prospective students and their parents to familiarize themselves with the resource available prior to arrival on campus. We believe that ECU Career Services is a vital resource that can help facilitate confidence in the transition from college to career and are excited to educate families on how we help our students.”

For more information on ECU Career Services or to visit the new Parent and Family webpage visit: www.ecu.edu/career

Campus Recreation and Wellness

Employment/Internship Opportunities
Is your Pirate interested in being a part of the Campus Recreation & Wellness team? With paid positions and internships in the Adventure Leadership, Club Sports, Facilities, Fitness, Marketing, and Wellness departments there is plenty of opportunities for students to further their professional development, gain experience, and bolster resumes. For more information visit ecu.edu/crw and click on “Join the CRW Team” under the “About Us” tab.

2018 Polar Bear Plunge
January 18th, 2018 will mark Campus Recreation & Wellness’ 22nd annual Polar Bear Plunge! Polar Bear Plunge is one of ECU’s most popular school traditions where your Pirates take a plunge in the outdoor pool at the Student Recreation Center. With free food, games, and an opportunity to win prizes it will be a great night for your student to come out to the Student Recreation Center and take the plunge!

Personal Training and Fitness Assessments
Did you know that Campus Recreation & Wellness offers personal training at a competitive price to students and members? The Student Starter Pack is offered to all ECU students and includes 2-1 hour training sessions with one of CRW’s personal trainers for $35. For more information on how CRW can help your Pirate can jumpstart their fitness goals visit ecu.edu/crwpersonaltraining

Students’ Treasure Chest
Start your legacy in Pirate Nation! By participating in the Student’s Treasure Chest Senior Class Campaign each graduate can support their fellow pirates by investing in the emergent financial needs of students here at ECU. Donate $20.17 via this link to receive a Class of 2017 t-shirt and recognition at the Senior Class celebration, or increase your donation to $30.17 for greater support of our student emergency/opportunity fund!

Visit the organization’s website for more information: http://www.ecu.edu/cs-studentaffairs/dos/stc-home.cfm
College of Business—Study Abroad Opportunities

Need a gift idea for your student this holiday season? Consider providing a College of Business Study Abroad experience during the first summer session. Students spend the first three weeks in online classes (up to 6 business/non-business credits included), then travel with our program during the last two weeks of Summer I. Learn more at: http://www.ecu.edu/cs/bus/studyabroad/.

Planned Itinerary in Europe:

**June 2 – 6, Munich, Germany:**
- Technical University of Munich’s market oriented innovation program/ interaction with local students;
- BMW production plant and BMW museum;
- (optional) Dachau;
- Castle Neuschwanstein

**June 6 – 8, Innsbruck, Austria:**
- Bergisel Ski Jump, Olympic park;
- Swarovski Crystal Worlds;

**June 8, Liechtenstein:**
- Independent Financial Market Authority (FMA) for EU;

**June 8 – 12, Lucerne, Switzerland:**
- Schaukaserei Kloster Engelberg (cheese factory);
- Mount Titlis (optional gondola & hiking);
- Siemens headquarters in Zug;

**June 12 - 14, Zurich, Switzerland:**
- Credit Suisse

**June 14 - 16, Freiburg, Germany:**
- Schauenland Black Forest cultural experience, optional hiking

Apply on or before January 31, 2018. Contact info: Dr. Tope Bello–bellot@ecu.edu, 252-328-4856; Dr. Joy Karriker–karrikerj@ecu.edu, 252-328-5693; Dr. Elaine Seeman, seemane@ecu.edu, 252-328-6893.

Campus Living

Students considering living on campus again next year should check their ECU email account for information about applying for 2018-19 housing. Sign-up begins in February, so don’t delay. Approximately one-third of freshmen return to campus housing.

Details will also be posted on the Campus Living website at: ecu.edu/campusliving, as well as our social media channels on Facebook, Twitter, and Instagram (@campuslivingecu).
Office of Student Transitions

The Start of the Spring Semester

Motivate

Happy New Year! In the fall semester, we encouraged your students to CONNECT with ECU and INVEST both academically and socially. Now that students have returned from the holiday break, we want them to re-energize and MOTIVATE for the spring semester. There are several key reasons to get MOTIVATED this time of year – the most obvious being academic success. Beyond this, students need to MOTIVATE themselves to begin making plans for summer jobs, travel, and/or summer school.

Starting the spring semester can be as hard as it is often cold and some of the excitement of college has worn off. This semester may be especially difficult because of the winter storm which delayed the return of some students to campus. While a new slate of classes can be exciting, it also means adjusting to different faculty expectations. Students should stay engaged academically by attending class, visiting faculty during office hours, and taking advantage of campus resources. The Office of Student Transitions encourages students to take advantage of the resources on campus such as the Writing Center, the Math Lab, the Pirate Academic Success Center, and various tutors across campus. Career Services is another campus resource that should be utilized to prepare students for summer employment or internships.

Students should also remain engaged and explore events happening on campus. Students receive the “Pirate 4-1-1” each week alerting them to events happening on campus, as well as regular messages from groups like the Student Government Association. Students should use these as a starting point to find academic activities like study skills workshops, social activities such as weekly movies, and career activities such as the career fairs. If students were involved in organizations in the fall, they should continue attending meetings and events. If they were not involved, it is never too late to join an organization.

Transitions: Spring Semester

The start of a new semester brings new challenges, especially for students that may have had difficulties in the fall. Students have been home for a long break and must now transition once again to the campus environment. This month we continue our focus on adjustment issues for firstyear students.

January Adjustments

Academic Pressure: If a student did well during his or her first semester, there may now be a lot of pressure to maintain that same performance again. If academic performance was weak during the first semester, the student may be feeling pressure to improve. The Pirate Academic Success Center can help students with their study skills and academic performance.

Excitement: After being away from campus for a month, students may be excited to be back at ECU and may have high expectations for a new beginning. Encourage your student to get involved or continue involvement in an organization or campus activity that will allow him or her to socialize with other students.

Post-Holiday Depression: Being home is very comforting to students and often provides them with a certain sense of security. Leaving this comfort can be difficult for many of them. Also, some students may experience the loss of loved ones during the holiday time, or may remember those lost in the past. If you think your student may be experiencing this, remind them that the Center for Counseling and Student Development provides free, confidential services for students.

New Locations: Some students may be living in different residence halls this semester than they were during the fall, and may feel apprehensive about being in a new environment where there may be established friendships and a sense of community. These students should meet their RAs and try to meet as many other residents of their hall, suite, or floor as possible.

Friend Groups: Your student may have had some friends that did not return for the spring semester. He or she may have realized that his or her friends were not a positive influence on academic success. Spring semester is a time where friendships are often redefined. This can be stressful for your student and can be much like the beginning of school.

Body Image: Your student may have gained unwanted weight during the break from holiday meals or home cooking. At ECU, Campus Recreation and Wellness provides access to the Student Recreation Center, exercise classes, wellness programs, and adventure trips. Students can also speak with a nutritionist through Student Health Services and make a plan to get back on track.

Money Problems: Many students spend more money than they anticipate during the break on gifts and spending time with friends from home. They may have been looking for a job and were unable to find one, or may have taken trips over the break. Many groups on campus offer money management workshops and the ECU Student Employment Office can help them find work on campus or in the community.

Job Selection Process: For jobs on campus such as Resident Advisors and summer camp workers, the application process is done well in advance and may include several steps. Students interested in these jobs should pay attention to deadlines and meeting dates, and make sure they get their application done ahead of time. If references are needed, students should give people enough time to write a good recommendation letter or complete any necessary forms. Tell your student to be himself or herself, and remember that even if they do not get the job, the application process and interviews are very valuable experiences.
Conversation Corner: Questions to ask your new student

- How is (name some friends students talked about first semester)? This can help you determine if your student is readjusting their friend group and if they still feel like they have a support network on campus.
- Are you going to class? One of the highest predictors of success is class attendance.
- How are these classes compared to last semester? Types of classes can vary by semester and therefore so can students’ academic performance.
- Are you participating in the Polar Bear Plunge? Polar Bear Plunge is a tradition at ECU that occurs each January. Students can take the plunge into the outdoor pool at the Student Recreation Center. A T-shirt is provided to jumpers and there is hot chocolate and food for everyone! Encourage your student to participate or to go observe.
- Have you applied for any on-campus jobs? On-campus positions not only give students the opportunity to make some money, but can also provide a support network and a way for a student to be engaged on campus in a different way.

Transitions – Upperclassmen

Sophomore Year – How did your second year student do this fall 2017 semester? We hope any remnants of “sophomore slump” disappeared! In an article for parents of second year college students, Sally Kearsley wrote that generally, during the second year of college, a student begins to explore majors and career options more seriously. Many colleges and universities require that new students take a broad range of subjects to promote this exploration. From the broader Student Success Continuum perspective, the sophomore year is the year to INVEST. For our students, this means INVESTING in academic major, career goals, and out of the classroom experiences that add value to their development. What’s your role at this time? Here are steps for you to consider:

- Don’t insist upon a decision about a major or possible career choice immediately. If you sense that your student’s indecision is a barrier to positive progress, suggest that he or she look for assistance from Career Services, an academic advisor, or a faculty member.
- Don’t assume that a major in English, history, philosophy, or some other “impractical” major means he/she will never get a job. Liberal arts studies sharpen skills which are critical to the “package” employers are seeking: strong written and oral communication skills, problem-solving skills, the ability to synthesize information, and excellent research skills.
- Direct your child to family, friends, or colleagues who are in fields in which your student has an interest. “Informational interviewing” with people can be extremely helpful at this stage! ECU Career Services offers virtual job shadowing also. If your student is interested in an internship, he/she should contact the major departmental office or Career Services.
- Talk with your student about career related skills that are being developed in activities through clubs, organizations, and volunteer activities.

Junior Year – As the spring semester beings, our junior students can begin to feel “the beginning of the end.” They will soon be seniors and should be preparing for life after commencement. Is it Graduate School? Is it work in a service related field such as the Peace Corps? Is it full time employment at home or abroad? From the broader perspective of the Student Success Continuum, junior students should MOTIVATE to have a strong finish to the third year. ECU Career Services 4 Year Plan: Your Map for Career Success suggests the following for juniors:

- Develop a LinkedIn profile and resume to communicate career related skills
- Obtain an internship or CO-OP for academic credit
- Research graduate schools and required entrance exams
- Attend all spring career fairs and on campus interviews with employers of interest

Senior Year – Congratulations! Your student has one semester until May Commencement. You should be very proud. A great deal of effort, time and emotion has gone into this moment from family members and student. From the broader Student Success Continuum perspective, now is the time to FINISH STRONG. At Orientation, so many years ago, you heard us speak about the transition process - understanding the situation, self, support and strategies which is necessary for a successful transition from college. Begin having these conversations with your student when the opportunity avails itself.

Some questions to ask your student over the next few months:

- How are you feeling about your pending graduation from ECU?
- What are you most excited about?
- What do you feel was your greatest accomplishment as a student?
- What were your greatest challenges as a student?
- What anxieties might you be experiencing as your begin this transition out of college?
Pirate Academic Success Center offers new services in Spring 2018

Jump Start for Success Workshops
The PASC is holding a workshop series “Jump Start for Success” designed to help enrolled students in Accounting, Biology, Chemistry, and Economics courses start the semester strong. Jump Start workshops will cover essential study skills for the course and tips from PASC tutors. The Jump Start workshop schedule will be available on January 20th on the PASC website: www.ecu.edu/pass.

Spring Study Groups
Anthropology, Accounting, Biology, Chemistry, Economics, Foreign Languages and Philosophy courses will have semester-long study groups facilitated by PASC tutors. Students wishing to participate in a study group should contact Elizabeth Coghill at coghill@ecu.edu.

Mindset for Academic Success
For students who may have experienced academic difficulty in the fall semester, the Pirate Academic Success Center (PASC) is offering participation in the Mindset for Academic Success program designed for freshmen who have received below a 2.0 GPA in their first semester. Mindset for Academic Success participants will:

- Identify their academic standing and understand the potential consequences of their probation status.
- Build academic skills and awareness of procrastination, consequences of missing classes, stress and time management, motivation, study skills, exam preparation, etc.
- Apply goal-setting techniques to help them improve their academic standing.
- Learn about campus resources offered at ECU.
- Meet individually with professional staff member.
- Receive peer mentoring services, priority access to tutoring services, and supervised Study Hall.

Students interested in participating in Mindset for Success should email Brittany Hoyt, PASC Assistant Director, hoytb17@ECU.edu.

Tutoring and Study Skills Coaching,*All PASC services are free to ECU students

Spring 2018 tutoring services start up dates:
Wednesday, January 3
Study Skills appointments
Friday, January 5
Mindset for Success program deadline
January 9-18
Jump Start for Success workshops
Friday, January 12
Semester course offerings posted on PASC website
Tuesday, January 16
Tutoring by appointment
Monday, January 22
Night walk in tutoring and study groups begin

Alternative Break Experiences

East Carolina University Alternative Break Experiences (ABE) create active citizens, leaders, and advocates for lasting social change. It’s never too early to start planning spring break at ECU.

Learn more - Check out the ABE Video!

Connect. Take Action. Create Change.

ABE Application are LIVE until January 17th. Apply today! Limited Spots available.
Learn more by joining the OrgSync Portal at: https://orgsync.com/69125/chapter
Application Link: https://orgsync.com/69125/forms/291822
Pirates need to ensure the following health related items are complete for the semester:

- NEW PIRATES: Submit all required immunization information. Students cannot attend classes without meeting the state law requirements.
- NEW PIRATES: Tell us about health history, medications, allergies, etc. by filling out the Report of Medical History Form.
- NEW AND RETURNING PIRATES: Enroll in, or waive out of, the Student Health Insurance Plan by January 31.
- NEW AND RETURNING PIRATES: Is your student under 18? If so, we need a special signed consent to be able to provide care for your student.
- PARENTS AND STUDENTS: Follow us on Twitter to stay updated (ECU_SHS) or “like” us on Facebook (ECU Student Health Services)!

For more information on the items above and direct links to help your student complete them, visit http://www.ecu.edu/cstudentaffairs/studenthealth/students/checklist.cfm

**Flu News**
Influenza (flu) activity is now widespread in North Carolina, and Student Health is seeing cases regularly. Your student can help themselves stay healthy by getting vaccinated, washing their hands often or using hand sanitizer, and staying away from sick persons if possible. Does your student still need a flu shot? It is not too late—we have a few doses remaining. They can call us at (252) 328-6841 to set up an appointment.

Symptoms occur suddenly with flu and can include fever, body aches, cough, runny nose, sore throat, and possibly nausea or vomiting. Flu hits fast, and usually feels much worse than a regular cold. Most people do not need medical attention, as flu is viral and will run its course within a few days to a week. Over the counter medications (Tylenol or ibuprofen, cough drops, etc) and home remedies like warm soup, rest, and salt water gargles help symptoms. If your student has underlying health conditions, such as asthma, diabetes, heart problems, pregnancy, or immune compromising issues such as cancer or HIV, they should contact their health care provider for further advice. Symptoms such as shortness of breath, inability to hold down fluids, or chest pain should be evaluated urgently by calling 911 or visiting the ER or local urgent care center.

If your student is sick, encourage staying away from others until fever free for 24 hours without taking fever reducing medicine. Students should communicate early on with professors about illness—SHS cannot give class excuses for missed days or assignments. A couple other helpful flu tidbits:

- Does your student need a friend to pick up food for them at the dining hall? Have your student fill out this form and let a buddy grab them a meal.
- Does your student need to let professors know of the illness? Students can onto Pirate Port and use the "Flu Self Reporting Form". Be advised: this is NOT an excuse—it is merely an official notification that saves the student from having to individually contact professors.
- Does your student need help or have flu related questions? Have them call us at (252) 328-6841, or email us at GotQuestions@ecu.edu. If our office is closed, they always have access to our free, 24hr nurseline for medical advice.

**A few flu FAQ.**

- Does SHS test for flu? Yes, we can. It is done by swabbing nasal secretions. However, in many cases, it is not helpful since the treatment for flu is based on symptoms, not test results, so treatment is the same whether the test is performed or not if the provider suspects flu.
- Should my student come to SHS? In most cases, if healthy and no underlying major medical issues like asthma, pregnancy, diabetes, HIV, heart conditions, cancer, etc, it is not necessary to see a health care provider since flu typically resolves on its own. However, if your student has severe symptoms or feels symptoms are not improving after several days, have them call their doctor or if an emergency, call 911.
- My student has the flu. Does Student Health give Tamiflu? The Centers for Disease Control issues annual guidance on prescribing Tamiflu; learn more here. Student Health, following those guidelines, considers prescriptions for Tamiflu for those with a severe case, or for someone at high risk for complications. However, low risk otherwise healthy people do not need prescription medication for flu.

The Parents Association is an organization of Proud Pirate Parents that want to stay informed, get connected, and support the outreach efforts of the Office of Parents and Family Programs and East Carolina University. Members receive:

- A network of staff to support and assist their family
- Timely campus news and information to support their student
- Campus resources to ensure their student’s academic success
- Invitations to campus and regional events for families and their students

Families that want to get even more involved can be a part of the Parents Advisory Council. This board of parents foster partnerships with the university and provide philanthropic support to ECU students and families. Find more information by visiting www.ecu.edu/parents or emailing parents@ecu.edu.
Dear Pirate Parents,

Value. That may be a big consideration when choosing the right school for your student. Thinking of value in the financial sense is generally a dollar-to-dollar comparison, what you “get for the money”, or whatever fits into the budget. It’s monetary worth. It’s tangible.

But consider a different kind of value - the kind that money can’t buy. That is the value that lies within an experience. And at ECU Student Media, we offer an invaluable experience to qualified students 365 days a year.

Is it time to talk to your student about their perceived value of their college experience? Do they feel involved and engaged? If your student has an aptitude for communications, writing, creative, even selling, we may have a place for them. Student Media reflects the pulse of the campus. We publish The East Carolinian newspaper. We have a student-operated radio station. We publish 3 niche-oriented magazines and a yearbook annually. We even operate our own advertising agency!

Opportunities within Student Media include business management, journalism, reporting, graphic arts, sales, marketing, photography, and program announcing. All positions receive personal training and development from a team of professional staff and advisers. And all positions offer compensation.

Our students learn leadership and team-building skills, writing and communications skills, time and account management, and great networking opportunities. They are working in a real-world environment, with real-world city and government officials, local business owners, and community leaders. In a nutshell, they can’t get this experience from a book.

So, if you’re looking for real value and real experience within in college education, take a look at the opportunities at ECU Student Media. And if you’re not already reading The East Carolinian, please bookmark http://www.theeastcarolinian.com. And follow us on Twitter @TEC_newspaper!

For more information, please contact Romanj16@ecu.edu.
Center for Counseling and Student Development
The Center for Counseling and Student Development (CCSD) recently shared this message with students, faculty, and staff.

Spring 2018 New Process for Student Appointments

As many of you are well aware, the mental health of college students today is nearing a crisis stage. Our Counseling Center is becoming overwhelmed with routine and crisis appointments with students. So much so that by early October, the Counseling Center experienced a 4-5 week backlog to get an appointment for routine counseling sessions.

The high demand for services is not expected to decrease; therefore, the Center for Counseling and Student Development (CCSD) is forced to modify some of its operations so that we can better meet the increasing student need. We apologize for any inconvenience this may cause during the transitional period, but we ask that you please work with students, faculty and staff to ensure that they are aware of these changes. As always, the staff members within the CCSD stand ready to assist our students, faculty and staff, especially in emergencies or crisis situations.

The CCSD is changing the process for making new appointments. Effective January 1, 2018, CCSD will open new appointment slots one week at a time. Students needing emergency services will still be seen during crisis hours (Monday through Friday, 11:00 am - 4:00 pm). Students requesting referral information or case management services can also meet with the screener/case manager during crisis hours.

New Appointment Process
Students seeking to begin or resume therapy (have been seen at CCSD previously) should call the center on Friday afternoons to schedule available triage slots for the following week (Monday through Friday). The phone lines schedule a session will open at 1:00 pm each Friday. If all appointment slots for the week are filled, students can continue calling throughout the next week to check for cancelled appointment slots. If appointment slots do not become available, the student should begin the scheduling process again on Friday starting at 1:00 pm to secure a slot for the next week.

Students who need to be seen more immediately should be encouraged to utilize crisis screening available Monday through Friday, 11:00 am-4:00 pm.

East Carolina University
Center for Counseling and Student Development
137 Umstead | (252) 328-6661
http://www.ecu.edu/counselingcenter/

ECU Official Ring Ceremony
April 22, 2018

Check out the ECU Official Ring Collection now.