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

ECU Parent and Family Programs Recognized at National Conference

ECU was honored at the recent Association of Higher Education Parent/Family Program Professionals (AHEPPP) conference. Assistant Director, Emily-Lynn Adkins accepted the 2017 Best Institutional Initiative award for the Pirate Parents Live series.

Pirate Parents Live is an informative series of Facebook Live videos utilizing experts across campus, to help engage and inform Pirate families. Previous topics included information about Orientation, Campus Move-In, Hurricane Preparedness, Financial Aid, and Mental Health. To view previous editions, visit the Parent and Family Programs Facebook page at www.facebook.com/ECUParents.

AHEPPP is the premier national association for higher education practitioners who work with the parents and family members of college students. A highlight of the AHEPPP experience is learning from peer institutions and colleagues. AHEPPP recognizes outstanding programs and best practices at their annual conference.

The Best Institutional Initiative, was awarded on three levels, for small, medium and large institutions. ECU won the award for the large institution category (more than 15,000 students). This award recognizes an institution of higher education and its professionals in the field of parent and family programs who have developed and implemented an innovative and creative program, resulting in improved activities, services and communication for parents of undergraduate students. A list of previous award recipients can be viewed on the AHEPPP Awards website, http://www.ahepp.org/aheppp-awards.
Pirates Give: National Days of Service

The ECU Center for Leadership and Civic Engagement (CLCE) hosts three national days of service each school year, two took place this fall and one more is planned for January. Days of service provide an avenue for students to get involved in the Greenville community by volunteering their time with a local community partner or nonprofit. At ECU we take our motto–servire, “to serve”–seriously and the CLCE works to provide opportunities for our students to promote positive change within our community.

In an effort to honor those who lost their lives on September 11, 2001, the CLCE kicked off the fall semester with our Fall Week of Service on Saturday, September 9, 2017 with our Fall Day of Service, in recognition of the 9/11 Day of Service. Students served local organizations such as Making Pitt Fit Community Garden, A Time for Science, MacGregor Downs Health & Rehabilitation center, River Park North and more. During the week, CLCE promoted positive change by hosting the Design for Change event on Monday September 11th where students could share their vision for their community and world. The week concluded on Friday, September 15th with a Family Weekend Service Day where students and parents helped to pack fifty backpacks with supplies and STEM kits for the Boys & Girls Clubs of Farmville and Ayden.

On October 28, 2017, the CLCE hosted our second day of service: Make a Difference Day (MDD). MDD is a national day of service, sponsored by USA WEEKEND magazine and Points of Light, and is the largest single-day of volunteering in the country. CLCE partnered with Operation InAsMuch (OIAM), which is a network of ten churches in the Greenville area, working to make a difference in the community. About 120 students volunteered to serve at fifteen different community partner sites including: Building Hope, Little Willie Center, the Pitt County Animal Shelter, RHA Howell Center and others. Volunteers began the day at 9 a.m. with an opening ceremony in the Mendenhall Student Center Great Rooms before heading to their service locations. All participants returned to Mendenhall for a reflection ceremony at 1:30 p.m. to share their experiences and what they learned by serving.

Dr. Martin Luther King Jr. once said, “Life’s most persistent and urgent question is: ‘What are you doing for others?’” Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities. This year, ECU is honoring Dr. King’s legacy by serving our local community on January 15, 2018. In partnership with the Ledonia Wright Cultural Center, the Center for Leadership & Civic Engagement hopes to send out about 200 students to dozens of sites across Greenville and Pitt County. The MLK Day of Service is a way to transform Rev. Dr. Martin Luther King Jr.’s life and teachings into community action that helps solve social problems. Students can learn more and sign up to serve by visiting: https://orgsync.com/79661/events/2165483/occurrences/5153273. For more information about Pirates Give and National Days of Service feel free to contact Alex Dennis (dennisa15@ecu.edu), Assistant Director for Curricular Programs in the Center for Leadership and Civic Engagement.

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

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/clas/strc-home.cfm
Dates to Note from Dowdy Student Stores

ECU Dowdy Student Store has an action-packed month for you and your student! We're buying back books, selling for spring, and celebrating the holiday season with a variety of sales!

**Book Buyback** begins December 4th in our Wright Building store. Our trailer locations at College Hill Drive and the West End will open December 7th. Selling back books is a great way to save on overall textbook costs! It basically reduces the cost of the book, and at the same time, gives your student money to spend on books for the next term. Plus, it allows us to keep more used books on campus for other students! It's a win-win! Students who sell books in our Wright Building store will have a chance to win a TV with PS4 gaming system, a $200 adidas prize package, a free t-shirt, or a discount coupon. (Scratch off prize cards limited to first 1000 students.)

**December 7th is our annual Holiday Sale**, featuring discounts throughout the store, free gift wrapping, and photos with PeeDee and Santa! During the sale, we're collecting non-perishable food for ECU Campus Kitchens, a student volunteer organization that serves meals at places such as the local Ronald McDonald House and Soup Kitchen. The sale runs 7:30am-7pm on Dec. 7th, with the photo stations available 5pm-7pm. The Holiday Sale is in our Wright Building location. Parking permit requirements are relaxed near the store from 7am-7pm for shoppers on December 7th.

We're also holding **Flash Sales** between now and the holiday break! Watch for weekly specials on our [website](http://www.studentstores.ecu.edu) as these items can be ordered online too!

**Rental Textbooks** from Dowdy are due back no later than Saturday, December 16th. Please remind your student to return rental books on time, and not to sell them at book buyback locations.

**Online ordering for Spring 2018 books** and course materials will open on our web site [www.studentstores.ecu.edu](http://www.studentstores.ecu.edu) in mid-December. Watch for this date announcement on email and social media as shopping early typically offers more used books for sale, and with Dowdy, we offer free shipping during our early-ordering promotion.

**Graduation** is approaching! If your student is graduating in December, be sure the cap & gown have been picked up. They may wish to hang it up if it's been in the bag since October! If he or she hasn't picked up a cap & gown, they are available at Dowdy's Wright Building store during regular business hours. Watch for our preGraduation sale, including discounts on diploma frames! Store hours for commencement are Fri., Dec. 15 from 7:30 am - 5 pm and Sat., Dec. 16 from 9 am - 3 pm.

Dowdy Student Stores will be closed for the holiday break, Sat., Dec. 23, reopening Tues., Jan. 2nd. When you’re thinking about spring semester books and supplies, **back-to-class hours at Dowdy** are as follows: Tues., Jan. 2 - Fri., Jan. 5 (7:30am-5pm), Sat., Jan. 6 (9am-5pm), Sun., Jan. 7 (12-5pm), and Mon., Jan. 8 - Thurs. Jan. 11 (7:30am-7pm).

Be sure to follow ECU Dowdy Student Stores on social media for more information and to keep up with sales and important dates!

Joyner Library Offers Quiet Study Space for Students & Spaces to Collaborate

Parents: Has your student griped about not having a quiet place to study or asked you for help with a research paper? If so, here are the answers you need:

During the semesters, Joyner Library is open 24/5 from Sunday at 10:00 a.m. until 9:00 p.m. on Friday. Saturday hours are 10 a.m. until 9 p.m. Third floor is a designated quiet area. Joyner Library is a great quiet, safe space to study. Your student can [reserve a study room](https://library.ecu.edu/rooms) to study alone, work with classmates on projects, or have a group study session.

Studies show that students call home for guidance when tasked with their first major research paper. When you get that call, remember that Joyner Library can help. At the library, your student can:

- Schedule a meeting with a librarian for individual assistance on research projects and papers: [Book a Librarian](https://library.ecu.edu/bookalibrarian)
- Walk in, telephone, email, send a text, or instant message for immediate help: [Ask A Librarian](https://library.ecu.edu/ask)
- Search scholarly databases, books and journals: [Research Services](https://library.ecu.edu/research)
- Check out a laptop, e-reader, and other technology equipment: [Borrow Equipment](https://library.ecu.edu/borrow)
- View online tutorials to learn about the research process: [Tutorials](https://library.ecu.edu/tutorials)

Studies have shown that students who use library services have higher GPAs and higher retention rates. Encourage your student to visit the library early and often in his or her academic career.
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:
- Schauinsland 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 Reminders

Returning Student Housing
Students should check their ECU official email account in December and January for information about applying for 2018-19 housing, which will begin in February. Details will also be posted on the Campus Living website at: ecu.edu/campusliving.

Winter Break
Students are expected to vacate their room 24 hours after their last exam unless they are participating in the fall graduation ceremony. Students must vacate the premises and note that entry fobs/keys will not unlock the doors. In addition, students should be sure to take all needed possessions, such as medications and valuables, close and latch windows, and make sure their room door is secure. A $50 fee will be charged for anyone that needs emergency access to their room.
Todd and West End Dining Halls be serving on Thursday, Dec. 14 from 10 a.m. to 2 p.m., before re-opening on Thursday, January 4 from 10 a.m. to 8 p.m. For more information, visit ECU Dining at: ecu.campusdish.com.
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 9th 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 be participate in a study group should contact Elizabeth Coghill at coghile@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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Service</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, January 3</td>
<td>Study Skills appointments</td>
</tr>
<tr>
<td>Friday, January 5</td>
<td>Mindset for Success program deadline</td>
</tr>
<tr>
<td>January 9-18</td>
<td>Jump Start for Success workshops</td>
</tr>
<tr>
<td>Friday, January 12</td>
<td>Semester course offerings posted on PASC website</td>
</tr>
<tr>
<td>Tuesday, January 16</td>
<td>Tutoring by appointment</td>
</tr>
<tr>
<td>Monday, January 22</td>
<td>Night walk in tutoring and study groups begin</td>
</tr>
</tbody>
</table>

College of Education—Scholarly Success

On August 21, 2017, the College of Education welcomed 38 preservice Teacher Education students to campus, along with 7 upper class mentors, and moved them into Gateway Residence Hall for their freshman year at ECU.

These first semester freshmen are also participants in the College of Education’s Living-Learning Community, a unique residential learning experience and support system that connects College of Education faculty, staff, and classroom learning with residence life. The Living Learning experience eases transition into the ECU Community, which contributes to the students’ success within the College of Education and beyond. While getting used to Pirate Life, these students also participate in service projects and community service, such as street clean up, fundraisers for schools affected by recent flooding and hurricanes, and school supply drives. The College of Education Community of Scholars and the Living and Learning Community hosted the school supply drive where they collected nearly 100 new book bags filled with school supplies. The book bags were donated to the ECU Lab School as well as other schools in the community. The College of Education is fortunate to have these outstanding pre-service teachers in our program, as well as private donors who support the students’ efforts through pre-service teacher education scholarships, and make it possible for them to pursue their dreams of becoming a classroom teacher.

Our Junior Education Community of Scholars recently returned from Atlanta, GA, where they participated in Educator’s Training at the Ron Clark Academy, toured CNN, visited the Coca Cola Museum, and observed the Beluga whales at the Georgia Aquarium. This enrichment opportunity was a fantastic experience for the preservice teachers, who left this experience highly motivated, energized, and excited to implement new classroom ideas and strategies into their own future classrooms. Shortly after the Atlanta trip, 40 Education Community of Scholars and Living-Learning Community students traveled to New York, where they participated in various cultural learning opportunities. Students toured the Statue of Liberty, 911 Memorial and Museum, and attended a live Broadway show. This was definitely a new experience for many of the pre-service students, and was enjoyed by all.
ECU Transit: RDU Shuttle Schedules

These tables indicate all departure/arrival times for ECU campus locations and the Raleigh-Durham International Airport (RDU). The cost for each trip is $30; tickets are non-refundable but are transferable to another trip. Students, staff, and faculty may purchase tickets for themselves or family members traveling as guests online via the ECU Transit Purchasing Center. More complete details are available on the ECU Transit website.

### Winter Break
**Wednesday, December 13, 2017 – Sunday, January 7, 2018**

<table>
<thead>
<tr>
<th>Scheduled Departure Trips</th>
<th>Leave ECU</th>
<th>Arrive RDU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip</td>
<td>Date</td>
<td>Mendenhall</td>
</tr>
<tr>
<td>WIN1-D</td>
<td>Monday, December 11, 2017</td>
<td>10:45 am</td>
</tr>
<tr>
<td>WIN2-D</td>
<td>Tuesday, December 12, 2017</td>
<td>10:45 am</td>
</tr>
<tr>
<td>WIN3-D</td>
<td>Tuesday, December 12, 2017</td>
<td>3:45 pm</td>
</tr>
<tr>
<td>WIN4-D</td>
<td>Wednesday, December 13, 2017</td>
<td>5:45 am</td>
</tr>
<tr>
<td>WIN5-D</td>
<td>Wednesday, December 13, 2017</td>
<td>8:15 am</td>
</tr>
<tr>
<td>WIN6-D</td>
<td>Thursday, December 14, 2017</td>
<td>8:15 am</td>
</tr>
</tbody>
</table>

### Scheduled Return Trips

<table>
<thead>
<tr>
<th>Scheduled Return Trips</th>
<th>Leave RDU</th>
<th>Arrive ECU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip</td>
<td>Date</td>
<td>Mendenhall</td>
</tr>
<tr>
<td>WIN1-R</td>
<td>Saturday, January 6, 2018</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>WIN2-R</td>
<td>Sunday, January 7, 2018</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>WIN3-R</td>
<td>Sunday, January 7, 2018</td>
<td>5:00 pm</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Scheduled Departure Trips</th>
<th>Leave ECU</th>
<th>Arrive RDU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip</td>
<td>Date</td>
<td>Mendenhall</td>
</tr>
<tr>
<td>SPR1-D</td>
<td>Thursday, March 1, 2018</td>
<td>10:45 am</td>
</tr>
<tr>
<td>SPR2-D</td>
<td>Friday, March 2, 2018</td>
<td>6:45 am</td>
</tr>
<tr>
<td>SPR3-D</td>
<td>Friday, March 2, 2018</td>
<td>10:45 am</td>
</tr>
<tr>
<td>SPR4-D</td>
<td>Friday, March 2, 2018</td>
<td>3:45 am</td>
</tr>
</tbody>
</table>

### Scheduled Return Trips

<table>
<thead>
<tr>
<th>Scheduled Return Trips</th>
<th>Leave RDU</th>
<th>Arrive ECU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip</td>
<td>Date</td>
<td>Mendenhall</td>
</tr>
<tr>
<td>SPR5-R</td>
<td>Saturday, March 10, 2018</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>SPR6-R</td>
<td>Sunday, March 11, 2018</td>
<td>5:00 pm</td>
</tr>
<tr>
<td>SPR7-R</td>
<td>Sunday, March 11, 2018</td>
<td>9:00 pm</td>
</tr>
</tbody>
</table>

ECU Family Therapy Clinic

The ECU Family Therapy Clinic is accepting new clients and can generally see individuals, couples or families within a week of initial contact. ECU students have a reduced special fee of $10 per session. They should first contact Student Counseling, as they have 8 free sessions, however, if they are beyond their free sessions or are unable to be seen right now they can contact the ECU Family Therapy Clinic at 737-1415. Our Masters students are trained for a year prior to beginning their clinical practice and can offer therapeutic support to individuals, couples, and families. Our Medical Family Therapy PhD students are trained specifically in how to work with those dealing with a difficult diagnosis, chronic or life-altering condition and those who are supporting loved ones through their caretaking. In a recent satisfaction survey, clients rated their experiences with their therapist at a 9.6 average out of 10 and rated their concern about their presenting clinical issue as going down on average 20% from the start of their sessions to present.

For parents, we are starting Triple P parenting groups and consultations at the clinic for any problem behaviors such as tantrums, bedtime difficulties, trouble at the store, etc. We are also offering an 8-week grief support group called “Living on After Loss” through Vidant starting in January. February 3rd & 8th we will have free, one-hour couples check-ins for couples to experience a free couples therapy session. On Friday, March 16th from 12-2pm we will have the MFT Clinic & Redditt Research Lab Open House that is open to all to check out what we do at the Family Therapy Clinic. There will be guided tours and demonstrations of current research along with refreshments. We have a new facebook page where you can check out our latest announcements: https://www.facebook.com/ECUFAMILYTHERAPYCLINIC/

If anyone is interested in any part of the above information please direct them to the Family Therapy Clinic phone number 252-737-1415.

Erin Ness Roberts, PhD, LMFT
ECU Marriage and Family Therapy Clinic Director
Department of Human Development and Family Science, College of Health and Human Performance, East Carolina University
Office Phone Number: 252-328-4206

Clinic’s Mailing Address: 108 Rivers Building; Mailstop 505; Greenville, NC 27858
Website: http://www.ecu.edu/cs-hhp/hdfs/ftc.cfm

FAST FACTS

- 25+ years the clinic has been in operation
- Award-winning doctoral program, having received the 2015 American Association for Marriage and Family’s Training Award and the 2018 American Association of Marriage and Family Healthcare Association’s Family Oriented Care Award
- 2,600+ therapy encounters each year
- 439 clients served last year
- 20+ active graduate-level therapists
- 1800+ hours of therapy at the clinic each year
- 2,100+ hours of supervision given to students each year
- 6 approved supervisors guiding graduate and graduate-level clinicians through supervisor

State-of-the-art equipment that is used for recording sessions for supervision
Office of Student Transitions

Connect, Invest, Motivate, Finish Strong
In December, we want students to remain INVESTed inside the classroom to finish out the semester. We hope they will study hard for finals, work diligently on final projects and papers, and continue to seek out resources that can help aid in their success. Hopefully this semester students have gained self-confidence both inside and outside the classroom and have made a smooth transition.

Wrapping Up the First Semester
The fall semester is a busy time with final exams, end-of-semester celebrations, and preparing to travel home for the winter break. Just as your students made adjustments for their first semester in college, they will now make the trip back home for their first semester break.

Academic Standing
As a parent, you are probably anxious to see your student’s grades for the first semester. Students can access grades using their Pirate Port account. In general, most final grades will be posted by noon on December 18. Academic status is determined following grade submission. For students to be considered in Good Academic Standing with ECU, a cumulative GPA of 2.0 is required. Students who fail to meet Good Academic Standing will be placed on academic warning, probation, or suspension.

The Chancellor’s List is full-time undergraduates who make four grade (quality) points per credit hour (4.0) on all work taken with no incomplete grades.

The Dean’s List is full-time undergraduates who make at least three and one-half grade (quality) points per credit hour (3.5) on all work taken with no grade below C and no incomplete grades.

The Honor Roll is full-time undergraduates who make at least three grade (quality) points per credit hour (3.0) on all work taken with no grade below C and no incomplete grades.

Academic Warning indicates that the student’s cumulative grade point average is below a 2.0.

Academic Probation indicates that at the end of the semester on Academic Warning, the student’s grade point average remains below 2.0. If, at the end of the semester on probation, the student’s cumulative grade point average remains below 2.0, the student is suspended from the university for one semester. Students will be allowed to take summer courses during warning, probation, and suspension periods. If, during the semester of probation, the student does not improve his or her cumulative GPA to a 2.0 or better but does earn a GPA of 2.5 or higher during that semester, he or she will continue on probation.

Please note that if a student receives a GPA of 0.0, including incompletes, during his or her first semester, it will result in an academic suspension.

Academic Difficulty
The first semester of college can be a good measuring stick to assess your student’s initial adjustment to college. Poor academic grades may be a symptom of something much larger than a lack of academic ability. Years of experience at ECU has taught us that sometimes students don’t perform well in the classroom because of other factors outside of the classroom such as difficulty making new friends, trouble coping with romantic relationship issues, poor academic preparation, not enough time spent studying, lack of career direction, or the realization that their original major/career selection is not going to work out. Although the reasons for your student’s academic difficulties may vary, academic recovery can be just a few steps away.

Students on warning may be placed in a freshman seminar course for the spring semester. This course has been specifically designed for students in academic difficulty. Although this course is not mandatory, students are strongly encouraged to take it because of its historically high success rate for GPA and retention.

Students in academic difficulty should meet with their individual assigned academic advisor to:
- Make a plan to return for spring 2018 classes,
- Adjust their spring 2018 course schedule if needed,
- Identify a GPA goal to avoid suspension and to progress towards graduation,
- Identify academic support resources including tutoring, and
- Develop useful communication tips for discussions with parents/guardians.

December Adjustments

Academic Pressure - Final exams are here, and there may be other projects and papers that the student must complete. If a student does not feel that they will do well in a class, this brings additional concerns about their academic progress and disappointing family.

Money - Many students have concerns about the cost of gift giving and travel for the holiday season. Also, they may be concerned about tuition and book costs for the spring semester.

Health Issues - With the cold and flu season in full swing, many students will feel ill, made worse by stress, poor sleeping habits, and unhealthy eating.

Extracurricular overload - Especially if a student has gotten very involved in clubs and organizations, he or she may feel overwhelmed with the number of seasonal parties, service projects, and religious activities to attend.

Relationships/Friendships - Relationship worries can take several different forms during this time of year. Students may not have made a lot of friends during their first semester. They may have made close friends in school and are now concerned about not seeing them over the holiday break. An additional concern is returning home and being expected to spend time with old friends, especially if the student feels like he or she no longer has a lot in common with the old friends.

Visiting Home - The winter break is a full four weeks. At Thanksgiving, you may have noticed some conflict between your student’s newly found independence and your expectations for him or her at home. This will become more noticeable over the long holiday break. Remember, it’s not that he or she doesn’t want to spend time with you, but adjustments to a new environment have been made and adjusting back can be difficult.
Student Health Services

Your student wakes up sweating with a 102 degree fever Tuesday night at 2am...twists their ankle on Saturday afternoon playing flag football...develops a terrible sore throat on a Sunday evening...They call you and say "The Student Health Center is closed." WHAT NOW? Even when we are not open, Student Health offers medical information to help your student with any illnesses or injuries they experience. We offer a free, 24 hour/day, 365 day/year phone line students can call to speak with a registered nurse who can listen to symptoms, give advice on what to do, and provide your student with health advice. It may save them a very lengthy, and very costly, trip to the Emergency Room for something that can be easily managed at home or seen in our clinic the next day.

Your student should call our main line, (252) 328-6841, and if Student Health is not open a prompt is given to remain on the line to be connected to the nurse call center. Students can use this service from any phone, any time, as long as they are an enrolled ECU student.

Does your student have a more urgent problem? 911 should be used for emergencies or they should go to the emergency room at Vidant Medical Center. There are also urgent care centers in Greenville that may have extended evening/weekend hours; several are listed below.

- Vidant Minor Emergency Room (be advised: this urgent care has the same payment structure/copay as an emergency room visit)
- Carolina Quick Care
- FastMed
- Greenville Express Care PA
- Greenville Health Care Center
- James D. Bernstein Community Health Center
- Physicians East Urgent Care

If your student just has a question, or wants to find out more information about our services or about a particular health topic, they can e-mail us at GotQuestions@ecu.edu to get answers.

Need dental care? Student Health does not provide dental services, but the ECU School of Dental Medicine’s Patient Care Clinic can help (252) 737-7834.

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
ECU Parent & Family Newsletter

ECU Parents and Families
SAVE THE DATE
Encourage Your Students to Attend

Summer Jobs & Internship Fair
February 8, 2018 • 1:00PM-4:00PM
Campus Recreation and Wellness Center

Spring Education Fair
8:00AM - 10:00AM • 02/28/2018
Greenville Convention Center

Spring Career Fair
February 28, 2018
1:00PM - 4:00PM
Greenville Convention Center
For more information visit: eudu/ECU/Career

We are here to help!
One-on-One Counseling
Graduate Counseling
Graduate School Preparation
Internship Preparation and Practice
Job and Internship Search
Job Offer Evaluation and Negotiation
MBTI Assessment Counseling
Walk-In Counseling
15-Minute Walk-In Meeting
Monday - Thursday
11:00am - 3:00pm

Schedule an Appointment
252.328.5270
career@ecu.edu