ECU Impact

Why Choose ECU?
During the 2017 Faculty Symposium, the Division of Student Affairs and Division of Academic Affairs announced a new initiative entitled ECU Impact. ECU Impact is East Carolina University’s collaborative effort between Career Services and Institutional Planning, Assessment and Research to assess and report on ECU graduates’ first destination outcomes within one year of graduating from a baccalaureate program. The goal of this survey is to provide information on post-graduation career outcomes.

The announcement was followed by the launch of a new reporting website that includes an infographic video of the 2015-2016 career outcomes of ECU undergraduates as well as a customizable dashboard for individualized reports on academic programs.

Some highlights of data include:
- 87% of ECU graduates indicated having employment or continuing their education by six months after graduation
- A 72% knowledge rate, 8% higher than the national average of similar size institutions
- 84% of employed graduates found employment prior to graduation or within 6 months of graduation
- 80% of employed graduates who used Career Services found a job within 6 months
- 8 out of 10 graduates would choose ECU again

Leslie Rogers, interim Director of ECU Career Services said, “This is the beginning of telling the ECU story of student success to prospective students, parents and their families.” Rogers continues “We believe that reporting on career outcomes is the future of higher education and focusing on employment of our graduates is a top priority at levels within ECU.”

For more information on ECU Impact and career outcomes of ECU graduates visit: www.ecu.edu/impact

Important Fall Semester Dates
Spring Registration | Nov. 3
Thanksgiving Break | November 22-26
Final Exams Begin | December 6
Commencement | December 15

On October 30th, a panel discussed Mental Health and Wellness on the latest edition of Pirate Parents Live. Panelists from the Center for Counseling, Dean of Students Office, the Wellness Center, and Residence Hall Association discussed issues facing students on campus and how parents and family members can help.

To view the current edition visit www.facebook.com/ECUParents/videos. You do not have to have a Facebook account to view Pirate Parents Live videos.

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.
The semester’s end is quickly approaching, and Thanksgiving break is right around the corner. While visiting family, encourage your student to prepare for exams in small amounts while relaxing at home or visiting family. The break is also a great time for students to complete scholarship applications.

Leadership Development for Positive Change

East Carolina University is committed to inspiring our students to be engaged citizens and being a national model for developing the leadership of faculty, staff, and students through engaged research and service. Students succeed at ECU when they become effective leaders. The cornerstone of our work is based on ECU’s definition of leadership - Leadership is a relational process of inspiring, empowering, and influencing positive change. During all four years of enrollment at ECU, students may develop and enhance their leadership skills through assessment, learning, and experiential opportunities.

First Year Students – Building Your Foundation

There are a variety of programs and initiatives that are intended to build students’ foundation of leadership knowledge, skills, and abilities. Students learn about leadership models and develop a personal philosophy of leadership. These programs, supported by different departments and offices across campus, are great ways for emerging leaders to network, share ideas, and begin their leadership development journey. Such programs include the Jarvis Leadership Living Learning Community, SGA Shipmates Leadership Training Program, LeaderShape® Catalyst™ and Institute™, Career Leadership Series, First-Year Seminar (COAD 1000), Campus Living -learning communities, hall governments and Residence Hall Association, Center for Leadership and Civic Engagement Signature Programs, Alternative Break Experiences, Honors College, and Reserve Officer Training Corps (ROTC).

Upperclass Students – ECU Leads

ECU Leads is intended as a three-year, multi-stage program integrating co-curricular learning, curricular learning, and experiential learning. The program provides an integrative learning experience through academic coursework, civic engagement, and campus involvement that enriches students’ understanding of inclusion, leadership, and service within a global community. Students enroll in the Leadership Studies minor, are recognized for campus involvement, build community with a cohort of students, and develop relationships with campus mentors. Students who complete all three stages of ECU Leads receive an ECU Leads medalion to wear at commencement, graduate with a Leadership Students Minor, and receive the ECU Leads notation on their academic transcript. For more information about ECU Leads, please visit http://www.ecu.edu/lead/. Applications for ECU Leads will open in January 2018.

ECU Scholarships

ECU’s campus based scholarship process is getting ready to start. Visit ECUA Ward, 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 ECUA Ward 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/dos/stc-home.cfm
Student Health Services

Antibiotics Are Not Always the Answer

ECU Student Health Services (SHS) will observe and promote U.S. Antibiotic Awareness Week November 13-19 by sharing education and social media messages about when antibiotics are indicated, how to take them correctly, and why overuse contributes negatively to our health. SHS and the Centers for Disease Control and Prevention (CDC) want you to know why antibiotics are not always the answer and why SHS providers are so careful about only prescribing antibiotics when indicated.

The CDC has news this cold and flu season: antibiotics do not touch viruses—never have, never will! And it is not really news—it is a long-documented medical fact. Antibiotics can only treat illnesses caused by bacteria. Colds, the flu, most sore throats, bronchitis, and many sinus and ear infections are caused by viruses, not bacteria. If your student has a viral infection, antibiotics will not help them feel better or get well sooner…they may even cause harm.

Taking antibiotics when they are not needed is fueling an increase in drug-resistant bacteria, which cause infections that are more difficult, and sometimes even impossible, to cure. Almost all types of bacteria have become less responsive to antibiotic treatment. Heard of MRSA? These “superbugs” can quickly spread to family members, schoolmates and coworkers, and threaten our communities with illnesses that were once easily treatable. Combating antibiotic resistance is a priority for CDC with estimates of more than 2 million resistant infections occurring annually in the United States alone. Antibiotics can also lead to side effects, such as diarrhea or an upset stomach. Some side effects can be quite serious, or even life-threatening.

When antibiotics are used for viral infections, your student is not getting the best care. A course of antibiotics will not fight the virus, help your student feel better, or lead to a quicker recovery. It may even be harmful. If your student is diagnosed with a viral illness, SHS providers will give advice on what your student can do to feel more comfortable while the immune system does its work. Suggestions might include drinking plenty of fluids, rest, taking over the counter medications, using a cool mist humidifier, or gargling with salt water.

Please help SHS continue its commitment to safe and smart antibiotic use by educating your student about antibiotics. If an antibiotic is prescribed for your student, they should take it as directed and complete the entire course of medication, regardless of when they start feeling better. Partial doses of antibiotics should not be saved “for next time”—this increases resistance and allows the bacteria to possibly come back stronger. Students should also be discouraged from taking medication prescribed for others—even if they have similar symptoms as their roommate or think they have the same illness as a friend, it is NEVER okay to share prescriptions or take a dose of antibiotics from another person.

As always, if your student has ANY questions about their diagnosis, treatment plan, or how to help their symptoms, encourage a friend, it is NEVER okay to share prescriptions or take a dose of antibiotics from another person.

Please contact us by phone (252-328-6970) or email us at gradquestions@ecu.edu. For more information about the right way to use antibiotics, visit the CDC.

Article adapted from CDC’s educational materials for U.S. Antibiotic Awareness week.

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College of Business Graduate Programs

Parents of Business Majors,

I’m sure many of you are nervously awaiting your student’s graduation. Earning an undergraduate degree from the ECU College of Business will be a wonderful accomplishment and one that has the potential to take your student far. However, if your student were to earn a graduate degree, his/her odds of success in the business world will be increased dramatically. Along with additional soft-skills, analytical tools, and focus on strategic-thinking, a graduate business degree can lead to better job opportunities, a higher starting salary, and rapid promotions. In fact, Forbes magazine reports that graduating MBA students can expect to earn 50% more than graduating undergraduates. Factored across an entire career, the difference in earnings with an MBA is truly substantial.

The ECU MBA program consists of 18 courses. Some students can have the curriculum reduced to only 11 courses, simply by completing the courses required of all business majors with a grade of B- or better! Accounting students can have the MBA curriculum reduced to only 10 courses! Our new degree Master of Science in Sustainable Tourism and Hospitality Management will only require 10 courses as well.

Graduate tuition at ECU is very reasonable (around $1,125 per COB course). In addition to awarding over $300,000 a year in merit- and need-based graduate scholarships, the COB hires many of its graduate students to work part-time at a minimum rate of $15.00/hour. So, our degrees can be earned with relatively-little out of pocket expense.

I encourage you to talk about graduate school with your student. For more information about our programs, your student can stop-by our office (Bate 3203) or call us to schedule an appointment (252-328:6970).

Regards,

Paul Russell, MBA | Director of Graduate Programs
College of Business | East Carolina University
gradbus@ecu.edu | www.ecu.edu/business/
Office of Student Activities and Organizations

The Office of Student Activities and Organizations will have our Student Organization Leadership Summit on November 17, 2017 from 2pm-6pm.

The Student Organization Leadership Summit's program objectives include how to motivate and engage from within; driving change one step at a time; creating an environment of inclusion; developing a willingness to challenge, and be challenged; recognizing that the best solutions come from participation; realizing that you do not have to wait for leadership to initiate or drive change; and reflecting on your personal capacity to engage, motivate, and drive change.

Anyone from a student organization is eligible to apply and they don't necessarily have to hold a leadership position in an organization. They just have to apply on OrgSync.

It is Simple to Show Your Support Online

Giving online is easier than ever! Parents and family members of ECU students can quickly find an area within Student Affairs or across the university where they would like to provide financial support through a charitable gift. Simply visit www.ecu.edu/give/studentlife to view available funds within the division or navigate to the top of the page for additional areas of interest under “Campus Areas,” “Colleges and Schools,” or “Causes.”

Make the greatest impact by selecting a recurring gift that will be ongoing in support of your or your student’s area of interest. You can also schedule payments that fit your budget or make a one-time gift. All donations are appreciated and help ECU students in their day-to-day activities inside and outside the classroom.

Questions about giving or how you can make a significant impact? Please contact the Office of Annual Giving at (252) ECU-GIVE (252-328-4483), email give2ecu@ecu.edu, or Will Williams, director of development for Student Affairs at (252) 737-4970, email williamswi17@ecu.edu for assistance.

“Your gift is tax-deductible to the extent that the law allows.”
The Importance of the First Year
From the Office of Student Transitions
www.ecu.edu/studenttransitions

Connect, Invest, Motivate, Finish Strong
We hope your student has CONNECTED to ECU and now is the time for students to INVEST both academically and socially. Academically, we want students to be actively participating in class, studying outside of class, and to be utilizing campus resources that can aid in their success. Outside the classroom we want students not just to connect, but to invest as well. What does this mean? Instead of attending organization meetings, students may purposefully choose to invest time and energy into one particular organization or more. Other opportunities to invest socially could include getting a job on campus, regularly attending campus events, or attending programs on their residence hall floor. INVESTing both inside and outside the classroom will help build student confidence in their ability to be successful.

Wrapping Up the First Semester
Your student’s first semester is almost over! Almost as soon as they return from Thanksgiving break, students will be taking final exams. As they move towards this time, they may be experiencing the stress of finals and the first official grades at ECU. Congratulations as your student has taken his or her first step toward obtaining a college degree!

Know what to expect
Students are most likely excited about coming home for the holidays but may be feeling some anxiety concerning returning home. While students may have visited throughout the semester, the winter break is the first time a student will be home for an extended period—about 3-4 weeks. Although your life may have remained relatively unchanged since your student left, your student has changed a lot in the months since you left him or her at ECU.

The schedules that students are accustomed to on campus vary from typical home schedules. Will you expect your student to adjust back to the family schedule? Will he or she be expected to complete chores while at home? Who will be doing all the laundry brought home from college? Will your student be expected to adhere to a curfew? Will you expect that he or she attend family meals? How much time will they be expected to spend at home with family versus reconnecting with friends? To avoid conflict, it may be best to discuss these items before the student arrives home with expectations as to what home life will be like.

Reminder: registration for spring 2017
Class registration for spring 2017 has occurred, so your student should have developed a class schedule for the spring semester. However, he or she can make any necessary changes up until the start of classes on January 8 and throughout the course adjustment period that ends on January 12. If your student has not developed a class schedule at this point, he or she should be strongly encouraged to contact his or her academic advisor.

Please remember that to graduate in a timely fashion (4 years), students should be encouraged to sign up for at least 15 hour courses per semester. Make any necessary changes up until the start of classes on January 8 and throughout the course adjustment period that ends on January 12. Please remember that to graduate in a timely fashion (4 years), students should be encouraged to sign up for at least 15 hour courses per semester. If your student has not developed a class schedule at this point, he or she should be strongly encouraged to contact his or her academic advisor.

Transitions
November Adjustments
Academic Pressure - Final exams are coming, and many projects and papers are due. Even if a student has known about these tasks all semester and has prepared in advance for them, the combination of major assignments from several classes can be overwhelming.
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 - Students may develop minor health issues due to pressure, stress, bad eating habits, lack of sleep, and cooler weather.
Roommates - Because of the extra stress in the lives of students and the need for a break, students may notice increased tension with roommates and other residents on their floors.
Visiting Home - While your student will be excited to see you, returning home for long breaks can be stressful. Have honest conversations with your student about expectations and provide support as he or she attempts to reconcile old and new lifestyles.

Some Questions to Ask Your New Student
Are you going to class? Not attending class is the #1 reason why students fail.
Are you studying at least 25 hours per week? College is a full-time job.
Are you regularly reviewing your material for each class? Weekly preparation versus cramming is the key.
Have you joined a campus organization that you are attending regularly? Campus organizations can provide a sense of belonging and help students manage their time.
Do you start your assignments early? Last minute events can affect grades dramatically.
Have you visited your professors during office hours? Students that meet with their professors tend to have higher GPAs.
Are you going to tutoring? Tutors are available for most first-year courses and the Pirate Academic Success Center is available to teach study skills and provide tutoring.
Have you formed or participated in a study group? Studying complex material is more efficient/effective in groups.

From the Office of Parent & Family Programs

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Off-Campus Student Services

East Carolina University's Off-Campus Student Services (OCSS) department will be hosting a Housing Fair and an Apartment Bus Tour.

Is your student thinking about moving off-campus next year? If so, you want to make sure they're aware of the Fall Off-Campus Housing Fair! It's scheduled to take place November 15th from 10am - 2pm in the Mendenhall Great Rooms. Countless apartment complexes will be on campus to answer questions students might have about guarantors, leases, costs, etc. Even if your student is not sure if they plan to live on or off campus, they should still come to learn about possible off-campus options. The event will include food, prizes, and invaluable information. As a parent you’re also welcome to attend if you have the time and availability!

The Apartment Bus Tour will provide an opportunity for students to tour multiple student apartment communities in the Greenville, NC area. Using ECU Transit, students and parents will learn about housing options, bus services, and resources for moving off campus. The Tour is scheduled for December 2, 2017 from 10:00am – 2:00pm. Space is limited, so please sign up NOW if you're interested in attending. You can sign-up by e-mailing ocss@ecu.edu or calling 252-328-2847. FREE breakfast and lunch will be provided.

If you have any questions please feel free to contact our office at 252-328-2847 or via e-mail at ocss@ecu.edu.

ECU Alumni
Grad Cap Decorating Contest
Share your decorated cap for chance to win a diploma frame. Tag us and use #ECUGradCap.

Entries due December 1.

@ecaafanpage
@piratealumni
ecualumni@ecu.edu

Is your student graduating at the end of this year/semester? Don’t let them miss the graduation cap decorating contest! The selected winner will receive a diploma frame from Dowdy Student Stores, courtesy of the ECU Alumni Association. For more information about the contest and entry rules and regulations, please visit piratealumni.com/2017GradCapContest
Gaining the Employment Edge through Language and Study Abroad

You have chosen your major at ECU and are preparing for a career in your field, but how do you get that edge when it comes to getting a job? Recent research suggests that you can significantly improve your chances of gaining employment and having a long, successful career by doing two things: learn a foreign language along with its culture and study abroad. In fact, job market researcher such as LinkedIn economist Guy Berger warn that there is a “real concern that these labor-market-oriented degrees that focus on specific technical skills are not as durable” and that “cross-functional skills” like management and analytical know-how are more adaptable across a range of work environments.” As the specific nature of work changes rapidly, it is important to have a broad set of skills that are adaptable to new ways of doing things. (“For a long, successful career, LinkedIn says nothing beats a liberal arts major”) Exposure to and engagement with different language and culture develop precisely those coveted competencies needed in the 21st century work force. In fact, according to David Livermore, president of the Cultural Intelligence Center, the number one predictor of your success in today’s borderless world is not your IQ, nor your resume, and not even your expertise - it’s your CQ: your cultural intelligence (“The hidden talent that determines success”).

When selecting a foreign language, the economic, political, social, and scientific impact of the countries where it is spoken are important to consider. Why not choose German? Germany is the third largest investor in the United States, the fourth largest national economy worldwide, and the largest in the European Union. More than 140 million people worldwide speak German as their first language, and another 60 million are studying it along with you. Learning German provides insights into central Europe’s intellectual life, economic and political policies, and cultural history. After all, Bach, Mozart, Beethoven, Goethe, Nietzsche, Kafka, Freud, and Einstein all spoke German, just to name a few.

The German professors at ECU provide a high-quality education designed to help you achieve competency in the German language and culture, as well as critical thinking skills, needed in today’s work force. We mentor students one-on-one, and this attention fosters success. In the past five years alone, our majors earning a B.A. in Foreign Languages and Literatures with a concentration in German have completed paid internships in Germany and been awarded national and international grants to study in Europe worth a total of more than $45,000. Just recently, ECU’s German program was recognized by the American Council of Teachers of Foreign Languages (ACTFL) for its Outstanding German Program Development and Advocacy. Study abroad in particular is proven to have a high impact on subsequent job offers and career advancement (“Gaining an employment edge: The Impact of Study Abroad”). Living abroad, you acquire those highly sought-after soft skills, such as intercultural aptitudes, curiosity, flexibility/adaptability, confidence, and self-awareness. Studying abroad is easier and cheaper than you might think! You can take courses on nearly any topic and fulfill requirements for any major or minor. There are many programs to choose from, including our unique Duale Hochschule in Mannheim, where students study for a fall semester in Mannheim at the university before completing an internship in the Mannheim area during the spring semester. Another popular program is our summer study abroad program in Berlin, where students can learn German and study the Holocaust at original sites for up to 9 credit hours (half the minor!).

Even without going abroad, you can enhance your CQ by joining us for some of our film screenings, cultural celebrations or our annual capstone event series, such as the recent migration forum or the upcoming two-day commemoration of Martin Luther and his civic courage. On November 9th, join us at 6pm in Hendrix Theater as we watch how Church 500 years ago by nailing 95 theses to the November 10th, let’s discuss how Martin Luther’s 2pm, we will gather in Jenkins 1220 for a student leaders engaged in improving society for and the nailing of your own call for social justice. So, why not take some German classes or even other field and German makes you more since more international companies in North tria, and Switzerland than any other place. nor for business and science, technology, is easy, and very rewarding.

Interested in learning more? Check us out online at and feel free to contact the German program chair, Dr. Susanne Lenné Jones at jonessu@ecu.edu.
LiveSafe

LiveSafe is a new mobile safety app available in the App Store and Google Play Store. It is free and syncs up to the university. It is an integral tool to assist in providing more personal safety and security while traversing campus and Greenville. It allows the user to report a tip anonymously, hold two way conversations between you and the police have someone virtually walk you anywhere with the SafeWalk feature, or even contact SafeRide. Plus the app allows the user to easily access helpful campus resources. You as a parent are welcome to download the LiveSafe app as well. With the app you can be there for your child if they need someone to SafeWalk them home, or can contact the police if you are worried about your child's safety.

Benefits

- Share information, tips and safety concerns with campus safety via text messaging, including picture, video, and audio attachments, or even through live chat.
- Stay anonymous anytime, or send your user information and location to ECU Police as soon as you call or message, allowing faster response times.
- Report non-emergency tips such as: hazing, concerning behavior, safety/repair issues, stalking, suspicious activity, hate/bias, and more to the police through the app.
- View a helpful Safety Map that displays where recent incidents have occurred, as well as nearby safety locations.
- Activate, SafeWalk, a GPS-tagged monitoring feature to let your friends and family keep you covered until you arrive safely to your destination.
- Receive timely notifications with important safety information from campus safety.
- Contact 911 or ECU Police through the app.

To download and set-up LiveSafe:
Download the app on your iPhone or Android.
Learn more at www.ecu.edu/oehs/livesafe

GET THE APP

1. Download “LiveSafe” from Google Play or the App Store.
2. Sign up with your name & info.
3. Select “East Carolina University” as your school.

ECU Collegiate Recovery Community

Hello family members and friends of Pirate Nation,

East Carolina University Collegiate Recovery Community (ECU CRC) has been highly engaged in campus and community programs and initiatives and others are taking notice! 2017-2018 started off with a bang with the Associate for Recovery in Higher Education National Conference in July and Collegiate Recovery Week this past September! The Fall Semester the program has been highly engaged in local programing and outreach and the students have really stepped up to support one another. You can learn more about ECU Collegiate Recovery Community and the work we are doing in the latest edition of Recovery Campus Magazine here: www.recoverycampusdigital.com/fall2017 and get specific details about our program at: www.ecu.edu/recovery

Respectfully,
Jarmichael R. Harris, MS, LCAS
Collegiate Recovery Community Coordinator

Coming Soon...
Campus Recreation and Wellness
The Positive Benefits of Playing Intramural Sport

Is your student participating in intramural sport here at East Carolina University? If not, we encourage them to, as intramural sport participation has been shown to provide a variety of benefits beyond just physical wellness. A 2015 study examined the relationship between intramural sport participation and a sense of community among college students. Results indicated that there was a positive relationship between the two, meaning participation in intramural sport promotes social wellness and can assist students in feeling more integrated into the East Carolina University community (Phipps et al., 2015). Additionally, the earlier participation in intramural sport occurs, the more comradery students feel with their fellow Pirates. Another study found academic performance in the first semester of a student’s college life to be the most essential one, as it often sets the tone for your student’s college years. The same study found that participation in intramural sports can lower negative stress levels and in turn increase academic performance, thus promoting emotional and intellectual wellness. Rather participation in intramural sport is on a low, moderate, or high level, there is still a positive relationship with academic performance due to reduced stress levels (Gibbison, Henry, & Perkins-Brown, 2010).

These studies are just a few brief indicators of the many benefits intramural sport participation can have for your student and their overall wellness. We offer a variety of sports throughout the year to meet the wide variety of interests for students, including wiffleball, team handball, flag football, table tennis, soccer, lacrosse, volleyball, and basketball, just to name a handful. Students can register to play intramural sports on the East Carolina University Campus Recreation & Wellness website by clicking on the Intramural Sports tab. They can also go to the IMLeagues website to sign up. Don’t have a team? No worries! Students can join existing teams or create their own, so encourage your student to sign up today!


Economic Impact of the Club Lacrosse Tournament

The 13th Annual Pirate Invitational Lacrosse Tournament recently took play at our North Recreational Complex from October 13th through the 15th with ECU Club Women’s Lacrosse & Club Men’s hosting. Each day of the tournament saw an average of about 260 participants, with the 15th seeing a high of 414 participants. In total, The 13th Annual Pirate Invitational Lacrosse Tournament brought 781 people into the Greenville community for a total approximated monetary economic impact of $53,000. Despite great efforts from our Women’s Club Lacrosse Team and Men’s Club Lacrosse Team, the men’s bracket was won by North Carolina State University and the women’s bracket champion was Towson University.

Adventure Benefits

We should all strive to maintain an active and healthy lifestyle. Wouldn’t it be nice to get away from the everyday stress of work or school? Outdoor activities gives the opportunity for an individual to stay active while enjoying a natural environment. With weekend adventure trips and the ability to check out equipment through Campus Recreation & Wellness, there is abundance of opportunities for students to fulfill their urge to get outdoors and be active.

Being outside can fuel one’s adventurous side but did you know that being outdoors can be associated with mental health benefits? Being outdoors can reduce the stressors from everyday life, increase Vitamin D (an important factor for healthy bones) and can help you sleep more soundly. According to studies, being active outside can lower levels of stress, reduce symptoms for depression and anxiety and it can improve concentration for individuals with attention deficits disorders (Pearson & Craig, 2014). What better way to strive for an active lifestyle than incorporating physical activity outdoors?

With today’s dependency on computers and personal cell phones it is easy to get caught up in a fast paced lifestyle. By setting time every day to disconnect for a short period we can accumulate some real health benefits. Whether it be on water kayaking and canoeing or biking your favorite trail, being active outdoors is a good way to stay fit and to stay active but most importantly being active outdoors is a great way to play hard and live well.

For more information on how you can get outdoors through ECU’s Adventure Program visit our website at ecu.edu/CRW