ECU Parents Council Meeting

The ECU Parents Council held their fall meeting Friday, September 15 in the Health Sciences Student Center. General meetings are open to all parents and attendees had the opportunity to hear from Parents Council President, Michele Whaley, on the role, accomplishments, and goals for the Parents Council for the 2017-2018 year. Dr. Hardy gave an engaging presentation, providing information on the university and the Division of Student Affairs.

Each parent in attendance was given the opportunity to enter for a chance to win one FREE semester of (in-state) tuition or one FREE semester of textbooks. The Parents Council sponsors the tuition award and partners with Dowdy Student Stores to award the textbooks. Congratulations to the Surette Family, who is the recipient of the tuition, and the Coward Family, who will receive free textbooks. Both items will be awarded to their students in the Spring 2018 semester.

The Parents Council will host their next meeting on Saturday, March 24, 2018 during spring Family Weekend, March 23-25th.

Important Fall Semester Dates

- Fall Break | October 7-10
- Thanksgiving Break | November 22-26
- Final Exams Begin | December 6
- Commencement | December 15

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.
ECU Residence Hall Association Helps Hurricane Relief

The ECU Residence Hall Association (RHA) in conjunction with the Elite Pirates, Campus Dining and the Campus Living and Dining Service Learning Team continues to expand fellow pirate’s opportunities to give back to the communities impacted by the recent hurricanes. Collectively over a two day drive, the organizations partnered with local student groups to provide relief efforts through a donation drive that received over 500 donations, totaling $4,720. These donations will be split between partnering colleges and universities through our dining service, Aramark.

We continue to encourage our students to get involved in campus activities and organizations, through efforts like the hurricane relief drive and partnering members. As fellow pirates, we offer opportunities for our students to serve as leaders, inspiring positive social change and global change through service, while enriching their experiences while at ECU.

If your fellow Pirate is interested in participating in RHA or any other sponsored activities, they are encouraged to contact the RHA President at RHAPresident@ecu.edu.

Parent Tip of the Month

Midterms can be a stressful time for students. Provide a support system for your student and remind them that sleep, diet, and exercise are critical. Ask how your student is balancing extracurricular activities and academic responsibilities.

Alcohol, Tobacco, and Other Drug Prevention Team

Dear ECU Parent:

ECU takes the safety of our students very seriously. With Halloween quickly approaching, we would like to express to you the seriousness in which we are considering this event. Historically, Halloween has been a day of increased risk for underage drinking, personal safety concerns, and inappropriate behaviors on our campus. We fully realize that the vast majority of students engage in appropriate activities and face no negative University repercussions. Of note, ECU has long recognized that a large percentage of the transgressions occurring on Halloween are committed by guests and visitors to Greenville vs. our students. We take great pride in ECU and know that you do as well. ECU has worked very hard to establish the fine reputation that it currently has. One evening of revelry that goes awry risks compromising all the great strides that we have made. Therefore, we are asking your cooperation in ensuring an evening that is safe and respects the positive environment that ECU values.

Given our focus on a safe and healthy environment, please keep the following in mind regarding your student:

• The presence of law enforcement in Greenville will increase significantly during the weekend of Halloween.
• Our campus judicial office, the Office of Student Rights and Responsibilities, will enforce the student code of conduct quite seriously for all offenses on and off campus that may occur.
• Campus Living will put into place additional safety and security measures. Please make yourself aware of these procedures for your specific residence hall.
• Be mindful that your student is responsible for the individuals that they invite to campus. The negative behaviors of your students’ guests may impact him/her as well at the University.
• Your student has been informed to practice personal safety. The safest decision is to not consume alcohol.
• Encourage your student to engage in positive decision making such as—attending alternative Halloween activities such as ECU’s Halloween Havoc.

Thank you for your ongoing affirmative contribution to our great Pirate Nation! We have full confidence that your student will make decisions that promote ECU’s values and reputation.

Students’ Treasure Chest

If you are looking for a good cause - check out the Students’ Treasure Chest. This is a student led philanthropy group that raises money to help our students.

The group has open membership and takes funding requests to help students in need and students with opportunities.

Fundraising events are held throughout the year and donations are welcomed.

Visit the organization’s website for more information: http://www.ecu.edu/cs-studentaffairs/dos/stc-home.cfm

Coming Soon...
ECU Career Services

Attention ECU Parents and Families:
As higher education evolves and increased attention is paid to career outcomes connected to academic success, ECU Career Services is dedicated in providing innovative ways to assist students through technology. In addition to our in-person services, we are proud to announce the release of a new virtual workshop series, called Here’s How, that we hope will supplement course materials and create more impactful career development opportunities.

As a parent, you can share these workshop links and encourage your student to take advantage of our services and programs. Our hope is that this helps meet the students where they are…online and will create more accessibility for distance education students and alumni.

To learn more visit: http://www.ecu.edu/cs-studentaffairs/career/students/Career-Services-Virtual-Workshops.cfm

Save the Date
Graduate School Fair
October 25, 2017
9:00 – 12:00
MSC Great Rooms, 1, 2, 3

Education Career Fair
February 28, 2018
8:00 AM – 10:00 AM
Greenville Convention Center

Service, Camp, and Recreation
Summer Job Fair
February 8, 2018
1:00 PM – 4:00 PM
Campus Recreation and Wellness Center

Spring Career Fair
February 28, 2018
1:00 PM – 4:00 PM
Greenville Convention Center

For more information on upcoming events visit: www.ecu.edu/career

Student Health Services

Flu shots are here! Student Health Services (SHS) is now scheduling appointments for flu shots for the 2017-2018 flu season. Appointments are available at both of our SHS locations.

Those filing the Student Health Insurance Plan (StudentBlue), other BlueCross BlueShield plans, and MedCost plans receive the flu shot at NO cost; all others will be charged $38.

To schedule a flu shot appointment for September/October, call us at (252) 328-6841 during normal business hours; appointment availability for November/December will be announced later in the fall.

The latest health information, including news about flu and flu shots, is posted to www.ecu.edu/studenthealth and sent out via Twitter (@ECU_SHS) and Facebook (ECU Student Health Services).

Stay healthy, Pirates!!!
News from the Dean of Students Office

Resilience (the ability to adapt to adverse or changing circumstances) is an essential skill that all people need to learn and develop. College is a critical time for cultivating resilience among young adults as they navigate the transition from home life to college life and into their adulthood. Many of today’s incoming students are not prepared for this transition, and the resulting stress negatively impacts their ability to adjust to their new environment and puts them at risk of experiencing mental health issues, falling into substance abuse, and potentially experiencing academic failure.

Adolescent mental health has become a significant issue over the past decade. Poor mental health severely impacts the lives of thousands of students across the country, as one out of every four college student suffers from a form of mental illness. 30% of college students reported feeling "so depressed that it was difficult to function" at some time during the past year (ACHA, 2013). As mental health issues continue to rise on college campuses and student resiliency remains low, institutions are forced to consider interventions beyond counseling services to address this phenomena.

ECU is working to respond to these concerns by offering programming around resilience and connecting students to resources and services that will help them learn useful coping strategies. The Dean of Students Office is just one of those resources, and some of our newest initiatives have been created with our students in mind.

On our social media accounts, we have recently started sharing “A Minute of Resilience,” which showcases stories where our students, faculty and staff have overcome obstacles and bounced back from challenging situations. We also have begun tabling on campus throughout the week sharing stress management techniques, with our “Stress Less with DOS” events.

We frequently partner with SAB, the Center for Counseling and Student Development, and Campus Recreation and Wellness to sponsor other events where students focus on mental health resources and services. Recently, our new series of programs called “Netflix and Chat” connected students with the series 13 Reasons Why and positive bystander intervention techniques, and we are already preparing for the mental health fair “Fresh Check Day” on November 2nd.

Please do not hesitate to reach out if you have concerns about your student, and ECU Cares (www.ecu.edu/ecucares) is an excellent point of contact with the university and our office. We have also seen an increase of students using the LiveSafe app to communicate concerns and report incidents, which can be done anonymously. We are here to support you and your student, and we hope that this year of programming will continue our efforts to create a culture of resiliency on campus!

Campus Recreation and Wellness

Guest Pass Policy

Students are always welcomed by Campus Recreation & Wellness to bring guests to our facilities. Regarding some important information about our guest pass policy, Campus Recreation & Wellness members are allowed guests passes for only two guests at a time. Each pass will be $5 per guest for the day and the permitted guest must come with their Campus Recreation & Wellness member sponsor. Additionally, Campus Recreation & Wellness does allow for members to bring up to two guests for free on Saturdays. It is however important to note that members must register their guests online before they can enter our facilities for free. Online registration is open from Sunday at 12pm and will close every Friday at 12pm. For more information, please click on the image to your left.

Outdoor Nations

The Outdoor Nations Challenge is a fun, interactive challenge that offers students the ability to win a ton of prizes from brands such as REI, The North Face, Eno, and Hydro Flask. To do so, students simply need to download the Outdoor Nations app, select East Carolina University as their university, and begin posting pictures of them participating in their favorite outdoor activities. Activities that students can earn points for include hammocking, camping, climbing, biking, running, fishing, gardening, wildlife watching and outdoor yoga amongst a bunch of other fun activities. Students can earn between 2 and 20 points for posts that support their campaign to win a variety of recognition awards and even become the Outdoor Nations Champion. More information can be found by clicking on the image above.

Employment

Looking to get more involved on campus and make some money while doing it? Campus Recreation & Wellness has a variety of departments that have open positions throughout the year. Some of these departments include aquatics, facility operations, intramural sports, personal training, marketing, outdoor adventure, group fitness, customer service, and fitness. Working with Campus Recreation & Wellness offers students the opportunity to explore the continuously evolving field that is collegiate recreation. The opportunities for connections and professional growth here at Campus Recreation & Wellness are endless. All job listings can be found at: http://www.ecu.edu/es-admin/HumanResources/Student-Employment-Office.cfm

Intramural Sports

Participating in intramural sports here at East Carolina University is another great way to get involved. Not only does playing intramural sport benefit students with exercise, but intramural sports also offer a great atmosphere for students to meet new friends. Different sports open up for registration throughout the year. Currently, we have team handball, basketball, 4 on 4 ultimate, soccer, and wiffleball open. Encourage your students to register soon, as registrations end for these sports on October 4th and November 1st, depending on the sport. Additionally, we encourage students to checkout the IMLeagues website, where they can find any and all information pertaining to intramural sport. We here at Campus Recreation & Wellness would gladly assist students if they need help signing up, just ask! More information can be found by clicking on the image below.
Environmental Health and Safety

Hurricane Season runs from June 1st to November 30th for the Atlantic Ocean. For North Carolina, the majority of tropical storms make landfall between August and October. In the last 30 years, Greenville has been impacted by 43 tropical systems and of these, 28 were tropical storms or hurricanes. Hazards associated with land-falling hurricanes can include: winds exceeding 155 mph, tornadoes and waterspouts, ocean storm surge, heavy rain, inland flooding, and landslides. Here in the Greenville area, we typically experience high winds, tornadoes, heavy rainfall, and aerial/river flooding. These hazards often have repercussions:

- Utility Outage
- Water Issues
- Debris / Downed Trees
- Traffic Issues
- Flooding
- Structural Damage

ECU is designated by the National Weather Service as a StormReady University. Despite our access to the best technology available, forecasts are based on computer models that inherently contain potential for error and weather systems can change. ECU faculty, staff, and students need to become familiar with the Greenville climate and check weather forecasts frequently throughout hurricane season. The forecast and conditions can change often.

Tropical storm forecasting can be fickle; the timeline, intensity, and track of the storm determine the impact but models are no match for Mother Nature. Even slight changes in hurricane track can make a big difference regarding the impact to the Greenville area. ECU continuously monitors the weather and alerts the campus community to severe weather that may impact their safety.

ECU Hurricane Preparation, Response, and Recovery

The evacuation of the ECU campus is actually quite rare, but not implausible. ECU has strong, sturdy buildings and we believe it is safer for students to stay on campus than venture home, to areas of which may be closer to the coast and houses which may be less sturdy or subject to flooding. Some students are not able to evacuate, due to being an out-of-state or international student. The University provides shelter, provisions, and security for students on campus. Pitt County is a host county for those central coastal plain counties required or encouraged to evacuate. There will be residents from eastern counties that travel to and through the Greenville area, congesting the main thoroughfares. This is another reason we do not want our students evacuating campus, potentially putting them at greater danger to be on the overcrowded roads during hazardous weather conditions.

The University has a three tiered hurricane plan, which includes preparing, responding, and recovering from impacts of a tropical storm. Those phases are briefly described below. At the start of hurricane season, all divisions and departments are encouraged to take part in a series of preparations. Pre-season preparing involves reviewing plans, policies, and procedures as well as stockpiling supplies for a tropical storm event.

Phase 1: Early Preparations

As early as 3 to 5 days out, ECU Administration begins to convene to discuss the forecasts, any potential impacts to campus, and the possibility of class cancellation or campus closure. Plans, policies, and procedures are reviewed and updated as necessary. ECU Facilities Services works to ensure supplies are stocked and equipment is readily available for phase two. Campus Living prepares for utility outage and will ensure food and water supplies are stocked. Campus Living will also inform residents of hurricane procedures. Environmental Health & Campus Safety coordinates with the National Weather Service and local City / County representatives. Outlying centers and institutions are contacted to begin early preparations.

The ECU community will be continuously updated about the impending storm, any changes to operations, and safety precautions to take.

Phase 2: Imminent Preparations

When the tropical storm is 12 to 24 hours from impacting ECU, additional and more stringent preparations are made. ECU Administration continues to convene to discuss the forecasts, imminent impacts to campus, and the possibility of change in operating status or evacuation. ECU Facilities Services and Environmental Health & Campus Safety secure buildings and construction areas, sandbags and barricades vulnerable areas on campus, and tests emergency resources / equipment. Campus Living will continue to communicate with on- and off-campus residents regarding hurricane safety guidelines. Coordination is maintained with the National Weather Service and local representatives. If a change in operating status is deemed necessary, mandatory and essential personnel are put on standby for response.

As winds reach 30 mph, an orderly succession of activities will begin. Before winds reach 40 mph, all outdoor emergency preparation activities shall begin shutdown. Only emergency response and ECU Police patrols will be allowed to operate at this point. At 65 mph, all outdoor activities shall be shut down; at which point ECU Police, and other student support, will be stationed at residence halls to assist as needed. These same parameters will be utilized to determine the resumption of response activities.

The ECU community will be periodically contacted with updates about the impending storm, any changes to operations, and safety precautions to take.

Phase 3: Recovery Operations

As the storm passes and winds dissipate below 40 mph, emergency response and recovery activities begin. Damage reports are taken, assessed, and priorities are assigned for clean-up and repairs. Utility services, information technology, and safe drinking water are ensured, and perimeters are set-up around unsafe areas to ensure security. Each division and department works together to ensure faculty, staff, and students are safe and that normal operations can continue as soon as possible. Residence halls and dining halls are a top priority since their operations are required to support our residents.

The ECU community will be updated about any changes to operations and safety precautions to take.

ECU Alert: How the University notifies faculty, staff, and students

ECU Alert is a collection of communication systems that the University uses to distribute emergency notification and information. ECU Alert is comprised of:

- ECU Alert Webpage (www.ecu.edu/alert)
- Email
- PC Pop-Up Screen
- Outdoor / Indoor Speakers
- VOIP Phone Interface
- Digital LCD / Plasma Screens
- Social Media
- SMS Text Messages

Once the University has decided to close, cancel or delay classes, the notification is sent through ECU Alert. This information can be found on the University home page, emergency hotline, campus email, and SMS text messages (users will only receive text if subscribed).

Hurricane Preparedness & Safety

Faculty, staff, and students should know the hazards associated with tropical storms, in order to make a plan of action. Below are some tips to prepare for hurricane season. Please visit the Hurricane Preparedness Information section at http://www.ecu.edu/oehs/emergency/severe-weather.cfm for additional safety information.

- Build an emergency kit and make a communications plan
- Visit Ready.Gov for additional information on what to include in your emergency kit and how to plan for communications during an emergency
- Know your surroundings
  - Learn the flood-prone areas and learn community hurricane procedures / evacuation routes
  - Flood-prone parking lots have signs at their entrances (lower Minges and lower College Hill)
- During the storm:
  - Listen to radio / TV for information
  - Secure your property
  - Follow instructions from local emergency management and officials

Are you hurricane ready? Please visit www.ecu.edu/alertinfo/ for more information.
EATING ON A BUDGET

One thing students overlook when deciding to live off-campus is the cost of food. Sure you could purchase a meal plan, but what if you can’t afford it? Keep reading to find out how to maximize your food budget. Check out the back of our newsletter to find a grocery list and recipes.

Plan meals in advance: Taking the guess work out of what to eat for the week will help you know how much you need to purchase for meals. Take a few minutes, one day a week, and plan out your meals for everyday. Make a grocery list and stick to it.

Cook every meal at home: One of the fastest ways to squander money is to eat out multiple times a week. Not only can it be unhealthy for your body, it’s unhealthy for your budget. Learning to cook at home will save your waistline and your wallet.

Buy in bulk: Potatoes, onions, rice, oatmeal, chicken, beans and other foods can be purchased in bulk and used to make a multitude of meals. A one time cost can result in dozens of dishes.

Use coupons, sales, and reward programs: Sign up to receive weekly circulars and coupons. Choose products that are on sale to use in your recipes for that week. (ProTip: See if you can get a student discount using your OneCard)

Buy frozen produce: Want to eat healthier? All you need is a freezer and a microwave. Buy frozen veggies and stem-able bags. This allows you to keep large amounts of veggies (or fruits) handy without worrying about them rolling.

UPCOMING EVENTS

Breakfast at the Bus Stop
October 5, 2017
7:30 am-9:00 am
Rivers Bus Stop
Supermarket 101
October 18, 2017
7:00 pm-8:00 pm
Email us for location
Happy Hour
October 19, 2017
11:30 am-1:00 pm
Wright Plaza
Leases, Laws, and Landlords
October 25, 2017
7:00pm-8:00pm
Hendrix Theater

TIFF’S TIPS

Worried about your food tasting the same? Stack up on spices! Dried oregano, basil, cumin, or even just salt and pepper can dramatically improve the taste of even the simplest meals.

Contact Us:
Phone:252-328-2847
Email:ocss@ecu.edu

Follow Us:
@ecuoffcampuss
@ECU_OffCampus
The Importance of the First Year
From the Office of Student Transitions
www.ecu.edu/studenttransitions

Connect
Your student is halfway through his or her first semester! Hopefully they have CONNECTed at ECU and are more confident in the classroom and with college life. At this point in the semester students will begin to CONNECT with resources and their Academic Advisor to plan courses for the spring 2018 semester.

As students are thinking about what classes to sign up for and their major, they may question their chosen major and some may still be trying to choose a major. This is completely normal as twenty to fifty percent of students are unsure of their intended major. Statistics show that fifty percent of students change their major at least once while in college. So while it may cause stress for your student, or you as the parent, it is not uncommon for students to question their direction.

There are many resources at ECU to help students through the process of setting goals, choosing a major, and exploring careers.

Career Services: Career Services not only serves graduating seniors but can also help students determine career paths, find internships, prepare for interviews, and more! Virtual Job Shadow (www.ecu.edu/career/students/explore_majors_career.cfm) includes interactive career exploration videos and self-assessment tools which help students determine possible career paths. Additionally, an ECU specific module called “What Can I Do With a Major In…?” (www.ecu.edu/career/students/with_this_major.cfm) can assist students in connecting career options to specific academic majors. Walk-in appointments are available Monday-Friday while classes are in session from 11:00am-3:00pm. For more information on Career Services go to www.ecu.edu/career.

Academic Advisor: Academic Advisors are a great resource for your student. They can help guide a student through the career exploration process, suggest classes in fields your student is considering, and suggest classes that may count towards multiple majors.

If your student is struggling to determine a major, encourage him or her to take advantage of these resources. It is helpful for your student to be actively engaged in the process of finding a major or career during his or her freshman year to stay motivated and working towards the goal of graduation.

Course Registration for Spring 2018
At East Carolina University, students register for classes each semester during a period of time in the prior semester. For the spring semester, students register in early November, and in March they will register for the summer and fall semesters. The advantage of registering early is getting classes before new students can come in and register.

Preparing to Register
Your student should arrange to meet with their academic advisor some time during September or October. Some advisors hold group advising sessions and will notify students of these times. Students should make appointments early to meet with their advisors.

Students should also use Banner to check for Hold Tags. Hold Tags are placed on students’ accounts if they have failed to accomplish a task. Examples of hold tags are a balance in the Cashier’s Office, unpaid parking tickets, or failure to meet with a judicial officer. It is important for students to clear up any hold tags before registration, or they will not be allowed to register.

Before Meeting with their Academic Advisor
Academic advisors appreciate students who come to the advising meeting prepared. Advisors are there to advise, but the student is ultimately responsible for his or her own academic progress. Using Degree Works, the course catalog, and/or the four year plan for their major, students and determine which classes need to be taken.

Students should check to see what classes are offered during spring 2018 in Banner and begin constructing a potential course schedule. This provides a great starting point when meeting with their advisor. Students can ask questions about specific courses and make sure they are on track.

Registration
Registration officially begins on November 3. However, to make the process more efficient, the Registrar's Office establishes registration windows based on the number of credit hours a student has completed. Because the system is based on credit hours, first-year students will typically register during the latter part of the registration period. A student may register at any time after his or her registration window opens. Your student should be aware that professors do not excuse students from class because they are registering for class.

When meeting with an advisor, students receive a registration form detailing the classes for which the advisor feels the students should register and a PIN number that will give them access to register. Students will use both of these, log onto the Banner system, and register for classes. If they experience trouble with the Banner system or have difficulty getting the classes listed on the registration form, they should talk with their advisor. Students will receive an e-bill through email for spring 2018 tuition and fees in December 2017.
Transitions: Surviving the Fall Semester

This month we continue our focus on adjustment issues for first-year students. Your student may experience difficulty with the following transition issues.

October Adjustments

Academic Stress - Midterms bring a greater demand for studying and preparation. Students are often still adjusting to the level of work needed for college courses. Midterms may be followed by feelings of failure or loss of self-esteem.

Money - Students that have not learned to budget their money may be experiencing anxiety about money and spending. Some may be running out of Purple Bucks or extra spending money so they may begin exploring job opportunities.

Values - Values exploration continues, and alcohol use is still a dilemma for many students.

Roommates - Tension with roommates, suitemates, or hallmates may be evident.

Lothan - College may not be as perfect as the student was led to believe, or it may not be what he or she expected.

Relationships - Relationships with friends, family, or significant others may begin to change, and this change may cause discomfort and confusion.

Some Questions to Ask Your New Student

How are your classes going? Have your grades been what you expected?

How comfortable are you with your choice of major?

Which resources have you used on campus? (Pirate Academic Success Center, Career Services, others)

What questions will you ask when you meet with your academic advisor?

What classes are you interested in registering for the spring semester?

Intercultural Affairs at ECU

The Department of Intercultural Affairs, composed of the Ledonia Wright Cultural Center and the LGBT Resource Office, develops programs and services that engage the community in experiences which challenge bias and encourage understanding and self-exploration.
Congratulations, Class of Fall 2017/Spring 2018
It's your year – Capture the moment!
Senior Portraits for the 2018 Buccaneer Yearbook
When: Monday - Friday, October 23rd – 27th
Where: Mendenhall Student Center – Room 14

Schedule your appointment at www.ouryear.com, entering school code 453 or by calling 1-800-OUR-YEAR™ (687-9327), during normal business hours.

When you schedule your appointment, you will receive complete information on how to prepare for your portrait sitting. Don't forget that you can use these portraits for your Professional Networking and Job Search sites.

Don't miss out on capturing this once-in-a-lifetime achievement!

For more information, please contact Buccaneer adviser Terrence Dove at dovet@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