Patrick O’Shea
EC Scholar & Honors College alumus ’08

EC Scholar and Honors College Alumnus Patrick O’Shea (’08) received his BS in Exercise Physiology from East Carolina University, his MBA at Duke University’s Fuqua School of Business, and his MD at the University of North Carolina at Chapel Hill.

Patrick is currently finishing his residency in the Combined Internal Medicine and Pediatrics Residency Program at UNC Hospitals. In addition to his academic achievements, Patrick Co-Founded MedServe, a non-profit 2-year service learning program that connects pre-medical students with incredible primary care physicians in underserved areas.

In acknowledgment of his hard work and success, Patrick was recently inducted into the Class of 2019 40 Under 40 Leadership Award. This award serves to recognize the most outstanding emerging leaders who laid the foundation for success through their time and experiences at ECU. Recipients of this award consist of those who have taken their ECU experiences and applied them to make significant impacts in their professions, communities, and on a global level.

The Honors College and EC Scholars Program was thrilled to invite Patrick back to ECU this past February as the honorary guest speaker for EC Scholar’s Selection Sunday. Patrick spoke on the impact that both Honors and the EC Scholars Program have had in his life and how they helped shape his career while providing the tools and resources for success. He continually expressed his loyalty to the college and gave sincere words of encouragement to our future Honors students and Scholars.
Student Profile

As she wraps up her junior year, preparing for finals, pursuing research, and strengthening a globally travelling wellness organization, EC Scholar Jocelyn Bayles is competing as a top finalist for the Truman Scholarship, the premier graduate fellowship in the United States for those pursuing careers as public service leaders. The Truman Foundation identifies young people at an important inflection point in their development—when they are college juniors—and recognizes and rewards their commitments to devote themselves to public service. Each year, hundreds of college juniors compete for roughly 60 awards. The rigorous selection process requires that good candidates have a strong record of public service, as well as a policy proposal that addresses a particular issue in society.

Jocelyn seeks to inspire and affect positive lifestyle changes through food-based education. Her research focuses on assessing the health concerns of Head Start children, families, teachers, and administrators to identify sustainable solutions. Jocelyn’s honors thesis examines the effect of hands-on nutrition curriculum on the preference for, and consumption of, fruits and vegetables in Head Start preschoolers. On campus, Jocelyn serves as the global coordinator of the wellness organization “Pirates Promoting Community Wellness,” with which she led 10 students to Honduras to staff medical clinics in rural communities. Jocelyn has also worked alongside migrant farmer populations and local Hispanic women, teaching English and advocating for their voice. These experiences and her time studying politics and nutrition in Granada, Spain have been among the most important parts of her undergraduate studies. She intends to pursue a dual Master’s in Public Health and Master’s in Nutrition, with a concentration in Health Policy, centering her career in nutrition policy to decrease childhood obesity in the U.S. with a multicultural focus. In her free time, Jocelyn can be found teaching fitness classes at the gym, working at a local montessori farm, or curled up on the couch with a good book.

Past recipients of the Truman Scholarship are working in the West Wing, sitting on the US Supreme Court, and serving in federal and state legislatures. They are transforming nonprofits, delivering crucial services and organizing for change in local communities. And Truman Scholars are leaders in academia, research, and health care. They can be found in every branch of the Armed Services. And many make a difference beyond the borders of the United States.

Get the story to share here.
Support the Honors College

EC Scholars Priority Fund

The EC Scholars Program recently debuted its initiative to raise $15,000 for the Priority Fund which supports the Senior Impact Trip. This high impact experience allows students to reflect on their 4-year experience, share their future plans, and reminisce with one another about their accomplishments and shared memories.

We strive to spread this initiative throughout our EC Scholar Alumni network in hopes of continuing to increase our monthly pledges and overall support of the Priority Fund. If you would like to contribute to this initiative please click here or contact Dr. Todd Fraley, Associate Dean and Director of the EC Scholars Program (fraleyt@ecu.edu) for more information.

Bassman Study Abroad Fund

We are extremely excited to announce that our Bassman Study Abroad Fund has reached its goal of endowment! In response, the Bassman Fund has provided five Honors students with scholarships: Ashely Arensberg, Madison Moore, Olivia Sessoms, Peyton Paschke, and Sarah Hoffman.

The Bassman Fund scholarships will afford these students the opportunity to continue their studies internationally while gaining a diverse global perspective. Due to the increase in students studying abroad, there were more applications than we could fund. It is our goal to increase the Bassman supplemental fund in order to supply more students with the irreplaceable opportunity of studying abroad. If you wish to contribute to current and future student’s international experiences, please click here to donate or contact Dr. David White, Dean (whited@ecu.edu) for more information.

Upcoming Events

ECU Honors & Brody School of Medicine Mixer

Are you a BSOM student, resident, or alumnus? We invite you to share your experiences with ECU Honors students on April 10th, 6-8 p.m. at Pitt Street Brewing! RSVP by April 8th to Guy Pittman (pittmang14@students.ecu.edu). Dress is business casual.

EC Scholar-Founded Non-Profit Competing in International Hult Prize Challenge

Health for People in Need Everywhere (Health4PINE), a nonprofit founded by EC Scholar Pranaya Pakala (second from left), was named the winner of ECU’s Hult Prize Challenge, a major step required to compete in the world’s largest student competition for social good. This year’s topic was “For us, by us. Youth unemployment.”

The team, comprised of EC Scholar Phoenix Little (left) and fellow ECU teammates Johanna Adamo (second from right) and Gina Bonini (right), will represent ECU at regionals in London this month for a chance to win $1M in seed capital!

Freshman EC Scholar Takes 2nd in PEC

Grace Krell’s startup SweetSip was runner up in this year’s Pirate Entrepreneurship Challenge. Grace was inspired to start the company after watching videos documenting plastic waste in our oceans. SweetSip provides stainless steel straws that are affordable, stylish, and profuse.