Meet our newest staff member, Rachel Griffith

Rachel Griffith joins our staff as a graduate assistant. Rachel graduated from East Carolina University in 2018 with a B.A. in Foreign Languages concentrating in French and a B.S. in Communication concentrating in Interpersonal/ Organizational. She is currently working towards her M.A. in Communication with an emphasis in Health Communication. Rachel is also working on research projects concerning the effects of media. Rachel enjoys meeting new students across all disciplines and helping them achieve their public speaking goals.

The Speech Communication Center is excited to announce the date of the Spring 2019 “Face Your Fear!” Event. Join us on Wednesday, April 10 from 4:30-6:30 p.m. in the Main Student Center, room 125. Come learn about the importance of being an effective speaker/presenter and learn how to manage your own speaking anxiety. Attendees will hear from several professionals at the event. Dr. Eric Shouse, Professor in the School of Communication by day (and comedian by night) will give tips on how to give a dynamic delivery to all types of audiences. A panel composed of Dr. Sid Mitra, Associate Professor, Department of Geological Sciences, Tom McClellan, Assistant Athletics Director/ Media Relations, Jordan Koonts, former SGA President, and Sara Thorndike, Vice Chancellor of Administration and Finance, will discuss the importance of professional communication in their lives and provide tips for managing speaking anxiety. At the end of the event, clinical health psychology doctoral students, Erin Haley and Lauren Conder, will demonstrate how to use breathing as a tool to combat anxiety.

Please join us for this completely free and exciting event. Refreshments will be provided, and there will be a chance to win prizes. For more information or to sign up for the event contact the SCC at commcenter@ecu.edu or 328-2790.
Q: How do I make an appointment?

Making an appointment with us is simple. Go to our website: www.ecu.ecu/comm/center. Scroll down on the home page, and click the yellow sticky note icon that says, “Schedule Your Appointment.” This link will take you to our appointment system. If you do not have an account already with us, you will need to choose “Register for an account.” After you are registered, you will have access to login to our scheduling system. Once you log in, select a day and time that works best for you. You are able to choose between a 30 minute or an hour long appointment. Be sure to specify if you would like a face-to-face appointment or online/virtual appointment when scheduling. The white boxes on the calendar indicate times that we are open and available.

Q: Why is it important to schedule an appointment?

Walk-ins are welcome, but if we are busy with appointments, you may have to wait. We suggest making an appointment a few days or a week in advance to reserve your spot. By making an appointment, our staff is able to see what you want to work on and are able to prepare to adequately assist you.

Q: What is a “virtual” appointment? How does it work?

Virtual appointments are another option if you are not available to physically come to the SCC for a face-to-face appointment. Many DE students enjoy this option.

When it is time for your appointment, log into the scheduling system. On the day and time of your appointment, click your appointment “box” on the schedule. On the next screen select the red text that says, “Join or start appointment.” This will take you to a screen where you can virtually meet with your assigned SCC staff member. Google Chrome works best to support the virtual appointments.

Q: Do I have to practice a speech every time I come to the SCC?

While we do have a practice area for clients to practice their speeches, not every appointment has to be for speech practice. We provide services such as help designing visual aids, speech outline preparation, interview help, and much more. Individual and group appointments are available. We also offer workshops twice a month throughout the semester that are free for students, staff, and anyone on ECU’s campus.

SCC March Workshops
Join us for our first of many FREE workshops this semester!

**You CAN Be An Effective Presenter!**
Wednesday, March 20 at 4 PM
Joyner East 205

**Managing Speaking Anxiety**
Monday, March 25 at 4 PM
Joyner East 205

Call or email to reserve your spot today!
commcenter@ecu.edu (252) 328-2790

ATTENTION GRADS!

Are you graduating this May?

Does hearing the word “interview” make you cringe?

We can help!

Let us help you prepare for your upcoming job and internship interviews!