The sophomore year may be a time when students feel they cannot get the institutional attention and support they may have received as freshmen. Although ECU is here for students at all levels, for sophomores, college is no longer new — the excitement and thrill of a new experience has worn away, and they now face the reality that college will be three more years of hard work, courses, papers, and significant financial investment. These feelings of transition also come at a time when students may be struggling to determine career goals, dealing with personal development issues, and experiencing other diversions that may make academic and social integration even more difficult to attain. Not all students will face these challenges; many second-year students progress easily into advanced levels of college, but for those who have a more difficult time, you can provide the support and guidance your student needs by being aware parents.

The sophomore slump is often defined as a “period of developmental confusion” and usually results from a student’s struggle with becoming a competent college student, gaining the autonomy and independence s/he seeks, developing his/her new identities as an adult and college student, and finding his/her purpose in life. Therefore, some sophomores may face a difficult period in their academic, social, and personal development.

How can you help your student beat the Sophomore Slump?

- Recognize that it exists and others are going through it too. Your student is not alone!
- Encourage your student to do some soul searching on why s/he is in college and why ECU; remind him/her why s/he wanted to go to college.
- Remind your student of all s/he has accomplished by surviving the first year.
- Help your student think of what is missing from his/her current situation — what does s/he feel is lacking from his/her life? What does s/he hope to accomplish in college?
- Suggest that your student talk to his/her advisor or someone s/he trusts about these issues.
- Have your student ask these questions: Who am I? What do I want to become? What will I be like personally, professionally, morally, spiritually, ethically, and socially? Am I comfortable with these decisions? What do I need to do to get where I want to go? Where can I go for help?

Do you think your student might be facing the Slump? If your student is asking the following questions, s/he might be in the Sophomore Slump.

What am I doing here at ECU?
Why do I have more questions now than when I first arrived?
Why have I picked this major? Why do I now think I don’t like this field?
Why do I feel overwhelmed all the time?
Why don’t I seem to ever relax or not worry?
Why do I not know what I want to do or be when I leave ECU?
Why am I not having as much fun as last year?
Why do I resent my parents’ involvement in my life?
Why do I feel reluctant to accept guidance or advice?

If your student has asked you three or more of these questions in the second year, s/he might be suffering from the Sophomore Slump — doubting the choices made and experiencing discomfort with making more decisions regarding his/her college and career choices.
The 2012 Pirate Read selection for incoming students is *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. While not a required reading for sophomores, it is an engaging story that should be read by all.

A brief summary of the book (taken from www.goodreads.com) follows:

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor Southern tobacco farmer who worked the same land as her slave ancestors, yet her cells—taken without her knowledge—became one of the most important tools in medicine. The first “immortal” human cells grown in culture, they are still alive today, though she has been dead for more than sixty years. If you could pile all HeLa cells ever grown onto a scale, they'd weigh more than 50 million metric tons—as much as a hundred Empire State Buildings. HeLa cells were vital for developing the polio vaccine; uncovered secrets of cancer, viruses, and the atom bomb’s effects; helped lead to important advances like in vitro fertilization, cloning, and gene mapping; and have been bought and sold by the billions.

For more information and a schedule of campus events, visit:[http://www.ecu.edu/cs-acad/fyc/](http://www.ecu.edu/cs-acad/fyc/)

**As ECU prepares future leaders, Joyner Library provides the venue for 21st century learning with the launch of a state of the art Collaborative Learning Center.**

Studies show that students call home for guidance when tasked with the first major research paper. Parents: when your child calls, remember that the library can help.

The learning blueprint of today’s university student is a far cry from the traditional instruction received by ECU alumni. The days of independent study has largely been replaced by the collaborative learning model. As ECU prepares future leaders, Joyner Library provides the venue for 21st century learning with a state of the art Collaborative Learning Center.

What does this mean for your ECU student? Joyner Library and the Collaborative Learning Center seat more than 525 students. Comfortable yet ergonomic seats, high-tech computer-stations, tables, lounge chairs, and cool booths provide even better study and work conditions. Students no longer have to search for power outlets as many of the new tables have them built right in.

Cutting edge technology in the presentation room allows students to DVR their presentation or group projects, play it back, and download it to a flash drive. WiFi is available throughout the library, and students can even check out laptops and camcorders.

When help is needed, students can schedule a meeting for librarian assistance to identify specific search strategies and resources for papers and projects. Access the Ask-a-Librarian Service by email, text, or instant message.

**ECU Parents Council**

We hope you will consider joining the Parents Council; we also hope you will be interested in contributing to the Parents Fund. Parent philanthropy is one of the fastest growing areas of support on the university campus, and we hope you will devote both your time and resources to help enhance the student experience at ECU.

If you are interested in making a donation to the Parents Fund or serving on the Parents Council, please contact the Parent Services office by emailing PARENTS@ecu.edu or by calling 252-328-6847 or the toll free number 1-866-552-3957.

Visit the Parent Services website at www.ecu.edu/parents or “Like” us on Facebook: www.facebook.com/
Parents can play a significant role in helping their students make informed decisions about their future. One of the most important early steps parents can take to help facilitate a student’s career development while in college is to encourage students to get involved with the ECU Career Center. The Career Center helps students grow professionally by offering a variety of services and programs, including career coaching/advising, opportunities to gain relevant work experience, and online technology resources.

Career Center Services and Programs
SERVICES:
- Discovery Tools and Career Assessments
  - MBTI
- Individual Career Counseling
- Walk-in Career Counseling
- On-line Job Listings—ECU CareerNET
- Practice Interviews
- Class and Group Presentations
- Advance Technology and Virtual Career Services
- Programs:
  - On-Campus Recruiting
  - Professional Development Programs and Workshops
  - POP Thursdays—Pirates on the Porch—Employer Networking Events
  - Resume Blitzes
  - Professional Etiquette Dinners
  - Career and Graduate School Fairs
  - Career Leadership Conference
  - Employer Site Visits

From the Registrar

Family Educational Rights and Privacy Act of 1974 (FERPA)

FERPA provides that the student has a right of access to student educational records maintained by the university or any department or unit within the university. It also protects the confidentiality of personally identifiable information in student records. FERPA applies to currently enrolled or former students, regardless of age or parental dependency. It does not apply to deceased students or persons who have applied but not attended. Educational records include any information provided to the university by a student for use in the educational process or any record from which a student can be personally identified. Some examples include: a document, a computer printout, a class list on a desktop, a computer screen display, or a handwritten notice. Subsequently, faculty members are not allowed to post grades by name, social security number, any sequential part thereof, or any other personally identifiable characteristic. This includes graded assignments left for students to collect.

Directory information may be released without the specific written consent of the student, unless they have placed a non-disclosure on their record in the Office of the Registrar. Directory information at ECU includes: student’s name, telephone listing, address, date and place of birth, major, participation in officially recognized activities and sports, dates of attendance, weight and height of athletic team members, degrees and awards received, and most recent previous educational agency or institution attended. A student may complete a “Buckley Form” on OneStop that authorizes a third party (e.g. parent) to access information from his/her educational or academic record. The form is valid for one calendar year unless the student cancels the authorization. In no case, except with specific written consent from the student, may a parent or any third party amend any information on a student’s record, including but not limited to change of address, name, or course registration. Any questions regarding FERPA should be directed to the Office of the Registrar by calling 252-328-6524 or emailing regis@ecu.edu.

Collegiate Career Planning — Sophomore Year

**What Students Should Do**
- Talk to professionals in career fields of interest. Review the Career Success Guide for tips on Informational Interviewing.
- Get to know faculty in their area of interest. Make an appointment during office hours to get to know faculty and discuss the career field of interest. Participate in classroom discussions.
- Continue to work on their resume or develop a new one. Develop the first draft using the Career Center’s Optimal Resume software.
- Look for internships. Obtain a summer position in a field of interest. Internships can be found through a variety of sources.
- Attend a Career Fair.

**How Parents Can Help**
- Consider your network of colleagues and friends and share names and contact information with your student.
- Encourage your student to talk with you about his/her classes. Ask him/her which faculty is the most interesting and approachable. Suggest he/she meet with them during office hours.
- Suggest your student make an appointment with a career coach at the Career Center to review his/her resume. Ask your student if anyone in the department fulfills that role. If not, s/he should meet with a career coach to discuss getting relevant work experience.
- Are Career Fairs on your student’s radar? Ask what businesses are scheduled to participate. Employers attending the Career Fair will be posted on the Career Center website at www.edu.edu/career.

Sophomore

**Rally at the North Rec**

**Tuesday, September 11**

Over 100 sophomores joined us at the North Rec Complex for the ECU Beach Fest and Sophomore Rally at the Rec.

Events included volleyball, kayak races, corn hole, horse shoes, disc golf, zip lining, and tug of war.

Sophomores received t-shirts designed especially for them—Y2 at ECU (Year 2 at ECU) as well as other fun prizes for participating.

**IMPORTANT FALL DATES**

10/6-9 Fall Break
10/15-19 Advising for Spring Semester 2013 begins
10/16 Last day for undergraduates to drop term length courses or withdraw from school without grades by 5:00 pm
10/22 Spring Semester Registration begins
11/21-25 Thanksgiving Break
12/4 Classes end
12/8-13 Final Exams

Fall Career Fairs

**Health Career Fairs**

Thursday, October 4, 2012
10:00 a.m.—2:00 p.m.
East Carolina Heart Institute

**Career and Graduate School Fair**

Thursday, October 11, 2012
10:00 a.m.—2:00 p.m.
Greenville Convention Center

ECU OneCard and business attire are required for admittance for fairs.

Shuttle Service available.
The Office of Student Transitions and First Year Programs provides a coordinated, comprehensive approach to enhancing first year student success, and beyond, by achieving four fundamental goals: developing a sense of belonging, collaborating with academic affairs, serving as a liaison for parent council, and maintaining a sense of progression during the first year of college and beyond. These goals are accomplished through the following areas: New Student Orientation, Camp P.I.R.A.T.E.S., Transfer Student Orientation, First Year Seminar (COAD 1000), Plunge Into Purple, Student Convocation, and Transfer Student Services, and successfully transitioning beyond the freshman year.

Family Weekend Information

Friday, September 28 (Paint It Purple Friday)

4:00-6:00 pm Disc Golf/Sand Volleyball
5:00-8:00 pm Freeboot Friday
5:00-6:00 pm ALANA Recognition Ceremony
6:00-8:00 pm Family & Faculty Jazz Mixer (SOLD OUT)
8:00 pm Drive-in Theater
9:00-11:00 pm Pirate Family Fun

North Recreation Complex Lake Area
Uptown Greenville, Evans St.
Hendrix Theatre in Student Center (MSC)
Spilman Building
Bottom of College Hill Dr. Parking Lot
Hendrix Theatre/MSC Recreations

Saturday, September 29

9:00 am-1:00 pm Canoe/Kayak Trip
1:00 pm Pregame Pirate Buffet (SOLD OUT)
TBA Disc Golf/Sand Volleyball
7:00 pm ECU vs. UTEP
7:00 & 9:30 pm Movie—”Rock of Ages”

Student Recreation Center Loading Dock
North Recreation Complex Lake area
North Recreation Complex Lake Area
Dowdy-Ficklen Stadium
Hendrix Theatre

Sunday, September 30

8:30am-12:30 pm Canoe/Kayak Trip
10:30am-2:00 pm Pirate Brunch
1:00-5:00 pm Disc Golf/Sand Volleyball

Student Recreation Center Loading Dock
Todd and West End Dining Halls
North Recreation Complex Lake Area

Family Weekend participants may have up to three visitors in the Student Recreation Center for free! Additional passes may be purchased at the SRC Customer Service desk for $5 each. Group Fitness classes, the use of the indoor climbing wall, fitness area orientations, facility tours, and Wellness Center activities will also be available to Family Weekend participants free of charge.

For some events you must order tickets or pre-register. Please call 252-328-4788, or 1-800-ECU-ARTS for more information or visit www.ecu.edu/familyweekend/.