A Letter from Dr. Virginia Hardy, ECU Vice Chancellor for Student Affairs to First-Year Pirate Parents

It’s hard to believe August 16th is almost here. Where did the summer go? Well, I know one part of your summer was spent here on campus at ECU Orientation. Our Orientation staff and, of course, our OA’s (Orientation Assistants) educated, entertained, enlightened and guided you through a glimpse of what college life will be like for your students.

And as you prepare for Move-In at ECU, I want to ensure that you know we will do our very best to provide the best collegiate experience for your student. Within the Division of Student Affairs, our 300 staff and more than 1,200 student employees are focused on providing the programs resources and services to optimize student learning and leadership. But we also strive to build a safe, supportive and welcoming campus community that fosters the holistic growth and personal development of your student.

This is my 24th year at ECU and here is some advice that I want to pass along to our parents and families, as you get ready to move your student in on campus.

• Encourage your student to get connected at ECU in the first couple of weeks. Meet new people, join a student organization, or sign up for intramural activities. ECU is your student’s home for the next four years and to make it seem like home, they should get engaged and involved.

• Make sure your student understands the importance of one simple thing in college. GO TO CLASS! It really can be that simple. Too many times students will skip a couple of those dreaded 8am classes and before they know it, they are falling behind in such a way that it’s hard to catch up. Or worse, they decide to drop that class they skipped and fall back to 12 hours of classes in the semester. And now they are in jeopardy of not finishing in four years.

• Have serious conversations with your student about your expectations for him/her while he/she is in school. You aren’t there to wake them up for school or feed them or remind them it’s a school night. Make sure your student knows what you expect out of him/her.

• Don’t be surprised if you call them or text your child every day as you may do now and they don’t respond right away. While you are experiencing the void they have left behind, your student is still learning to manage their time and juggle everything that is on his/her plate.

• Let them find solutions to their problems. If they are struggling with their roommate, encourage them to talk to their RA. If it’s a problem in class, encourage them to talk to the professor directly. Challenges in college are a certainty, but your student will gain a tremendous sense of satisfaction when they learn that they are ready to tackle the world on their own.

Lastly, I also encourage you to love them up before you drop them off. They are now college freshman, but they are still your babies.

As parents and family members, you too are now part of our family...East Carolina University. You are forever part of Pirate Nation. We wish you and your student a wonderful fall semester.

If you have any questions or if we can assist you during the semester, please contact our Office of Parent and Family Programs via email at parents@ecu.edu or give us a call at (252) 328-6847.

Sincerely,
Dr. Virginia Hardy
Vice Chancellor for Student Affairs
East Carolina University
Pirate Parents Live—Welcome Home Pirates

Parents and families are invited to join us on Facebook Live for an interactive presentation on August 9 at noon (ET). This is your opportunity to ask questions and learn what to expect the first few months of the fall semester, including move-in and special events. The Office of Parent and Family Programs has gathered a panel of representatives from across campus, including: The Office of Student Transitions, Campus Living and Dining, and Campus Police.

Register here for a friendly reminder before we go LIVE!

Parent Tip

Encourage your student to take advantage of the opportunities offered on campus. Visiting www.ecu.edu/sil will provide information about the many organizations on campus. The adjustment from living at home to living in a different city, or sometimes state, can be challenging. Talk with your student about plans to stay in touch throughout the semester.

Family Weekend 2017

Family Weekend is a long honored tradition on ECU’s Campus. Sponsored by the Office of Parent and Family Programs, Family Weekend aims to connect and reconnect families with campus, bringing together faculty, staff, students, and families for activities that represent life at ECU. This weekend serves as an opportunity for family members to experience ECU from their student’s perspective, highlighting why they are so proud to be a Pirate!

Typical features include:
- Parents Council Meeting
- Welcome Reception
- Family Weekend Tailgate
- Free Group Fitness Classes
- Family Service Project
- Pirate Late Night Activities including bowling, movies, and more!

Tickets are on sale now at www.ecu.edu/familyweekend. Get yours before August 31!

The Office of Parent and Family Programs extends our deepest thanks to our Program Sponsors!

- The Davis Pirates Place Townhomes
- The Landing
- Captain’s Quarters
- 33 East
- The Bellamy
- University Suites

Coming Soon...
Student Affairs Annual Report 2015-2016

The Division of Student Affairs celebrated some amazing accomplishments in 2015-16. Please enjoy the 2015-16 Annual Report that chronicles the division’s commitments to student success, public service and regional transformation. Click here to view the Annual Report for 2015-16.

Campus Living Move-In

ECU Campus Living is preparing to welcome more than 5,800 students to 16 residence halls during Move-In Week 2017. To help the process run as smoothly as possible, we ask students and their families to please review the move-in materials they have received this summer.

We invite parents and families to follow Campus Living on Facebook (/campuslivingecu), Twitter (@campuslivingecu), and Instagram (@campuslivingecu) for comprehensive move-in information. Additional information is available on the Campus Living website at: ecu.edu/studentaffairs/campusliving.

We also encourage everyone to share photos or videos from Move-In on social media using the hashtag, #ECUmovein.

Meet Michele Whaley

Michele Whaley ’91 began her term as Parents Council President in July 2017. She’s passionate about meeting new parents and being an advocate for East Carolina! Here are some quick facts to introduce your new President!

Hometown | Fairfax, VA, but have been living in Pitt County since graduation from ECU in 1991.

Student’s Class Year | Daughter is a rising Junior.

What do you like most about ECU? | The diversity and all of the opportunities it offers! I’m also a fan of Pirate Football (and I am partial to the Dance Team).

Why did you choose to get involved with the Parent’s Council? | It allowed me to get involved and give back to my Alma Mater but also connect with other parents who have children at ECU. It allows me to be involved on campus but also still allow my daughter to have her own identity while at ECU.

Congratulations to the Faulconer family!

2017 Family of the Year

East Carolina University.
Student Health Services

We are excited to announce that our Student Health Services (SHS) clinic on the Health Sciences Campus is now open!!! We are located on the second floor of the new Health Sciences Student Center. This clinic is in addition to our Main Campus SHS, giving us two locations to serve students’ healthcare needs. Our staff are excited to be able to get to know students on the Health Science Campus better and be available for medical services that are convenient to class, study space, and recreation opportunities.

SHS will have various services to offer at the Health Science location, such as Primary Care (illnesses, injuries, physicals, annual wellness exams, wound care, gynecological visits, birth control services, medication refills) and Nursing Services (immunizations, liters, drug screens, TB skin tests, asymptomatic STI screenings, dressing changes, suture removals). Students can receive care at either SHS location, regardless of academic program or area of study.

ECU Student Health Services is proud to announce that we have been awarded re-accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC) for another 3 years! Accreditation distinguishes ECU SHS from many other outpatient facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation. Status as an accredited organization means SHS has met nationally recognized standards for the provision of quality health care set by AAAHC. Organizations seeking accreditation by AAAHC undergo an extensive self-assessment and on-site survey by AAAHC expert surveyors who are actively involved in ambulatory health care. SHS is very proud of our staff for continuing to provide outstanding care, high quality services, and for their dedication to the intensive preparation for the accreditation survey!

New Pirates need to ensure the following health related items are complete prior to arriving for the semester:

- Submit all required immunization information. Students cannot attend classes without meeting the state law requirements.
- Tell us about health history, medications, allergies, etc. by filling out the Report of Medical History Form.
- Enroll in, or waive out of, the Student Health Insurance Plan by September 11.
- Is your student under 18? If so, we need a special signed consent to be able to provide care for your student.
- Follow us on Twitter to stay updated (@ECU_SHS) or “like” us on Facebook (ECU Student Health Services)
- For more information on the items above and direct links to help your student complete them, visit http://www.ecu.edu/cs-studentaffairs/studenthealth/students/checklist.cfm

We want all Pirates to have a healthy, successful start at ECU!

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 Career Services 2017 ECU Fall Career Fairs

ECU career fairs serve as the university’s primary point of connection for students with potential employers and allow students to explore job opportunities and discover how their academic majors relate to career options. All current students and alumni are welcome to attend!

ECU Career Services will be hosting two career fairs this fall and a graduate school expo. The Health Careers Fair will be on Thursday, September 14, 2017 from 10:00 AM to 1:00 PM at the East Carolina Heart Institute. The Fall Career Fair will be on Wednesday, October 4, 2017 from 1:00 PM to 4:00 PM at the Greenville Convention Center. Finally, the Graduate School Expo will be hosted on October 25, 2017 from 9:00 AM to 12:00 PM at the Mendenhall Student Center.

The Fall Career Fair will have over 180 employers from across the country recruiting for internships, part-time and full-time career opportunities for all majors. The Health Careers Fair will feature over 40 employers that focus on recruiting students in the fields of human services and healthcare. During both events a photographer will be available to take professional headshots for students and alumni which can then be used on social media profiles.

The companies that have attended past career fairs include: Vidant Health, Glaxo Smith Kline, Hospira, Hyster-Yale (formerly NAACO), Patheon, TQL (Total Quality Logistics), CVS Pharmacy, Lenovo, and Red Ventures.

Last year, 53% of students attending the career fairs were hired for full-time positions and more than two-thirds of attendees garnered at least one internship, part-time job or created a professional business relationship with an employer.

Students should dress in business professional attire and bring their ECU OneCard. Below is information regarding the Fall 2017 ECU career fairs. Please encourage students to save these dates and attend the events.

A full list of attending employers and additional career fair information is available on the Career Services website at www.ecu.edu/career.
Within the last few decades, anxiety and depression amongst college students in the United States has sky-rocketed. 31% of college students have felt so depressed in the past year that it was difficult to function, and more than 50% have felt overwhelming anxiety, making it hard to succeed academically.1 Even in the face of these alarming statistics, 40% of students with diagnosable mental health conditions did not seek help.2 East Carolina University’s Center for Counseling and Student Development (CCSD) is here to offer that help.

**Who:** The Licensed Professional Counselors, Licensed Clinical Addictions Specialist, Licensed Psychologists, Licensed Clinical Social Workers, Case manager, and Psychiatrists and Psychiatric residents of the ECU Center for Counseling and Student Development.

**What:** Free and confidential individual and group counseling, assessments, psychiatry and medication management, outreach programming, crisis intervention, mental health workshops, consultative services and referrals to any enrolled ECU student.

**When:** Office hours are Monday-Friday 8:00AM-5:00PM with walk-in or emergency crisis hours from 11:00AM-4:00AM. After 5:00PM, the counselor on call can be accessed by calling our center and following the prompt 7 days a week during academic semesters.

**Where:** 137 Umstead Hall. Enter the building through the back entrance, facing Slay Building, turn right and follow the signs into the reception area.

**How:** To schedule your first appointment, please call our office at (252) 328-6661 during office hours. Students experiencing a mental health emergency may seek crisis services on a first-come, first-served basis between the hours of 11:00AM-4:00PM each weekday. After 5:00PM on weeknights and during the weekends, a crisis counselor may be reached by calling our office at (252) 328-6661 and selecting Option 2. Crisis counseling is available 24 hours a day, 7 days a week, except when the University is closed.

**Why:** Because mental wellness of college students is VITAL to academic success!

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Be Loyal & Bold – Buy Officially Licensed ECU Gear!

Whether you are attending ECU sporting events or other university activities, at work or spending time with friends; students, alumni, parents and families can proudly gear up with officially licensed East Carolina products and show their ECU pride by wearing and displaying their favorite purple and gold products. From apparel, tailgate tents and flags, to blankets, bags, picture frames, and jewelry… you name it and you can find it branded for Pirate Nation.

Be Loyal and Bold, is a new licensing initiative launched to kickoff the start of a new school year. We ask our Pirates to participate by showing us your purple and gold via social media platforms and using the hashtag #LoyalAndBold. We encourage everyone to participate.

Remember, every Friday is a ‘Paint It Purple’ Friday for all of Pirate Nation to show their pride by wearing purple to work, home or play.

As football season approaches, plan now for the designated ‘Paint It’ games during the 2017 football season:

Look for officially licensed ECU merchandise when you shop! For a complete list of ECU’s Retail Champions’ outlets from which to purchase your purple & gold, visit www.ecupirates.com/retail, or you can shop directly from http://shop.ecupirates.com/.

East Carolina University
OFFICE OF PARENT & FAMILY PROGRAMS

The Office of Parent and Family Programs is the office that supports you, as parents and family members of East Carolina University students. You play an important role at ECU and we believe that the more you know about the university, the more you can contribute to your student’s success here.

Stay Connected!
252.328-6847
parents@ecu.edu
FACEBOOK: ECU Parent Services
TWITTER: @ECUParents

LEX GILLETTE
No Need for Sight When You Have a Vision
2017 New Student Welcome and Convocation — August 20 @ 4:30 PM, Minges Coliseum — An ECU Alum, Lex Gillette is a World Record Holder, Paralympic Medalist, and World Champion. For more information, contact Dr. Beth Miller at bmmiller@ecu.edu. Individuals requiring accommodations under the Americans with Disabilities Act or Section 504 of the Rehabilitation Act should contact Dr. Beth Miller at bmmiller@ecu.edu. 252-828-5777. Must be accompanied by a roommate or advisor.

FREE FOOD • MUSIC • GAMES • PRIZES

Your ECU ID Card is required for entry. ECU Transit will be running to the event with primary pick-up locations in front of Minges Coliseum and at the top of College Hill Drive.

SUNDAY, AUG 20
6:00-9:00PM
DOWDY-FICKLEN STADIUM

East Carolina University