



# Pirate Pearls

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## The Semester is Coming to an End!

The Fall 2021 semester is wrapping up soon! Good luck to all students during **finals week!** As a reminder, classes start up again on ***Monday, January 10th***. You can check out the **Spring 2022 Academic Calendars** on ECU's site for more important dates. The last day to add/drop courses for the 15-week term is ***Friday, January 14th***. Wishing you a safe and fun winter break!

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### Thesis Or Dissertation Upload Deadline

Spring 2022 - April 21  
Summer 2022 - July 15  
Fall 2022 - November 30

This date is always in the Academic Calendar. Click on the Blue Link on the top of any academic calendar and you will be taken to the Application and Processing Calendar. The Thesis & Dissertation deadline is always listed there!



# TEACHING ASSISTANT ORIENTATION

**Graduate Teaching Assistant Orientation** is offered each semester. The Graduate School provides an opportunity for graduate students who are already teaching assistants or know they will be in the future to learn more about teaching at ECU and how to perform as a teaching assistant overall. Held at times in-person and virtually, this nearly day-long workshop includes information on academic policies, academic integrity, how to provide feedback to students, and more! All graduate students are welcome whether they are currently a teaching assistant or not. Undergraduate students who know they will be a graduate teaching assistant at ECU within 1-2 semesters are also welcome! See the **flyer** for more information. Questions? Email Associate Dean Kathleen Cox at [coxka@ecu.edu](mailto:coxka@ecu.edu)

Dates	Registration Links
January 6, 2022	Virtual - Microsoft Teams (9 am - 3 pm): <a href="#">Registration Link</a>
May 10, 2022	Virtual - Microsoft Teams (9 am - 3 pm): <a href="#">Registration Link</a>
August 17, 2022	Virtual - Microsoft Teams (9 am - 3 pm): <a href="#">Registration Link</a>

# THESIS-DISSERTATION BOOT CAMP

**Thesis-Dissertation Boot Camp** is offered each semester in partnership with the Graduate School, Joyner Library, and the University Writing Center. They are held in person or virtually. Typically 3 days, the students learn information about preparing their thesis or dissertation document in brief discussions, but the specific purpose of boot camp is focused writing time. This workshop is designed to help students produce pages, whether in a chapter, as figures, or references or statistical analysis. This workshop is not designed to teach the student how to do a thesis or dissertation project or how to get started. Most students attend this workshop when they are writing their proposal or when they are finishing their document before their defense. Students are welcome at any stage when their goal is to produce a significant amount of pages. Questions? Email Associate Dean Kathleen Cox at [coxka@ecu.edu](mailto:coxka@ecu.edu)

Dates	Method of Delivery	Registration Link	Flyer
January, May, September	Virtual - Microsoft Teams	<a href="#">January</a> <a href="#">May</a> <a href="#">September</a>	<a href="#">Flyer &amp; Information</a>

# SPRING 2022 IMPORTANT DATES

Friday, November 5

Early Registration special populations began at 1:00 pm.

Monday, November 8

Registration begins for everyone

Thursday, November 18

First eBill notification for all campuses

All students will receive weekly eBills for Spring 2022 until April 4, 2022

Tuesday, December 14

Postmark date for mailing payments for Spring 2022

Tuesday, December 21

All Spring 2022 billing statements are due. All outstanding balances on your billing statement must be paid in full.

All schedules may be cancelled for non-payment after 5:00 p.m. If you do not plan to attend, you must officially withdraw on, or before, the final cancel date. You will be responsible for payment if you do not officially withdraw.

The online payment system will not be available between 5:00 p.m. and 12:00 a.m.

Tuesday, December 21

For the Spring 2022 term, the University will assess with a \$25.00 processing fee beginning on December 21, 2021 for all accounts not paid in full or secured by pending financial aid by 5:00 p.m. Additionally, any student incurring tuition and fee charges for the first time after December 21, 2021 at 5:00 p.m. will be assessed a \$25.00 processing fee.

Monday, January 10

First day of class for Main Campus and Distance Education students for the 15-Week and 8W3 block.

Tuesday, January 18

All students will be cancelled for non-payment after 5:00 p.m.

The online payment system will not be available between 5:00 p.m. and 12:00 a.m.

Monday, January 31

Last day to enroll or waive out of Student Health Insurance Plan for Fall 2021.

# STUDENT RESOURCES & SUPPORT

Graduate school is tough! There are times when you may need support to get you through the tougher times. The great news is that ECU has the support you need! Whether it's health care, emotional support, or academic, there are resources for you to help. Spend some time reviewing these resources so when you do need them you will be aware of what's available and will know how to contact them.

## UNIVERSITY WRITING CENTER

The University Writing Center (UWC) is available to graduate students in several ways. First, students who need help with writing for their courses, thesis or dissertation can use the UWC consultant services to get one-on-one help with writing projects. There are virtual appointments available at this time due to COVID, but in-person appointments were available previously and are likely to return in the future. You can make appointments online and visit with the consultant online, as well.

Another great way the UWC supports graduate students is through employment. The UWC hires graduate students to serve as writing consultants to undergraduate and graduate students. If you are looking for employment, make sure to review the UWC website to see if they are hiring!

## STUDENT HEALTH SERVICES

The Student Health Service is an on-campus health care clinic, but also provides support for student health insurance questions, immunizations, and other chronic care needs of students. The "Health Services Fee" included in the tuition of students taking on-campus courses covers the office visit fee at the Student Health Service. Other services such as lab, x-ray, or pharmacy are not included in this fee, but are offered at reduced rates and insurance is accepted. Students taking online courses only are not charged the Health Services Fee, therefore, if an online student visits the health center, there will be an "access" fee to pay along with the other charges such a lab or pharmacy. The FAQ page is helpful and answers most questions! You can also review the Student Health Insurance Plan website to learn more about who is eligible, how to enroll, and what it covers.

# STUDENT RESOURCES & SUPPORT

## DEAN OF STUDENTS OFFICE

The Dean of Students (DOS) office is available for a variety of your needs. You can talk to a counselor there when you are having difficulty in courses, with roommates, or your overall academic experience. The DOS office is the official office for filing complaints. If you have a complaint or concern, you can talk to DOS about the best way to pursue resolving the issue. The DOS also facilitates the ECU CARES program. ECU CARES is available for anyone to report a person of concern. By sharing your concerns, you are helping to maintain the safety of our campus community.

Emergencies are not submitted through the ECU CARES form. The ECU CARES referrals are reviewed during business hours and the DOS office determines how the concern is handled. The process is anonymous; the person you submit a CARES report for does not get told that it was you. Once a report is made, the DOS office will reach out to the person and other appropriate offices to determine what needs to be done to resolve the situation or help the individual.

The DOS office is also able to help you with your daily needs - emergency funds for rent, access to food if you can't afford to eat, and other support to ensure you are safe and secure. The DOS office is also your first point of contact if you think you need to withdraw completely from the university for any reason - academic, medical, or other extenuating circumstances.

The DOS office maintains a page of resources for many support services. This website <https://deanofstudents.ecu.edu/resource/> has contacts for the ECU Police, the Office of Student Rights & Responsibilities, Student Health Services and more! Spend time on this website to familiarize your self with the support systems and situations that may require help.

Some of the situations that the DOS office can discuss and assist with include:

- Requesting an approved Excused Absence from a course
- Helping with a Course or Term Withdrawal (before or after a deadline).

If after a deadline, they will explain possible options that may be available. The process for graduate students is different than undergraduate students, so make sure to review the website and note the information specific to graduate students. The Graduate Catalog holds the withdrawal policy, but the DOS office can discuss the decision with you and help you determine possible consequences of a course or term withdrawal. Dr. Kathleen Cox in the Graduate School is involved in requests for withdrawals after the posted deadlines and you are welcome to contact her for clarification about withdrawals, as well (coxka@ecu.edu).

Withdrawals often require students to return financial aid immediately, so please discuss this with your advisor as well as consult with the DOS, Office of Financial Aid, and the Graduate School if needed.

# WELL-BEING RESOURCES & SUPPORT



Below is a list of resources and services that are here for our campus community. Share these with your friends and peers, post about them on social media with the message that “it’s okay to ask for help,” or make that appointment that you have been thinking about. We cannot focus on the academic expectations and successes of our university if we overlook the wellbeing and emotional needs of our community members.

## THE CENTER FOR COUNSELING AND STUDENT DEVELOPMENT (CCSD)

CCSD has expanded services this semester through My SSP (My Student Support Program) to increase counseling support and resources for students. This program offers chat, phone and/or video therapy services to enrolled students – including distance education students, students located outside North Carolina or even the U.S. (for practical training or Study Abroad).

Check out the My SSP flyer (on the following page) for more info! [CCSD site here](#) and [My SSP here!](#)

## WELL-BEING AT ECU

[Well-Being at ECU](#) is a brand-new website to help students, faculty, and staff discover the elements of well-being, explore resources to thrive, and to identify pathways to live a flourishing life.

## KOGNITO AT-RISK ONLINE MODULE

This is an interactive learning experience for students and faculty members that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships, and connect them with support. Find out more at <https://kognitocampus.com> and register for a new account, using ecustudents as your enrollment key.

## CONCERNED ABOUT A PIRATE?

Check out additional information from the Center for Counseling and Student Development on signs of distress, referral recommendations, and other frequently asked questions.

ECU Cares and the Office of the Dean of Students is always available for consultation and referrals regarding students of concern. Submit information through our online form at <http://ecucares.ecu.edu> or call 252-328-9297 for more information.

**Additional options include [BetterYou](#) and [Well-Being Coaching](#) (both free options for ECU students).**

# URGENT MENTAL HEALTH SUPPORT

## 24/7 RESOURCES

- **REAL Crisis** (if in Greenville): 252-758-4357
- **National Suicide Prevention Lifeline**: 1-800-273-8255 or chat online
- **Crisis Text Line**: Text START to 741-741 from anywhere in the U.S. about any type of crisis
- **National Sexual Assault Hotline** 800-656-4372
- **The Steve Fund** (specific to young people of color): text STEVE to 741741
- **The Trevor Project** (specific to LGBTQ+): 1-866-488-7386 or text START to 678678
- **National Domestic Violence Hotline** 1-800-779-7233
- **Veterans Crisis Line**: 1-800-273-8255 and press '1' or text 838255; for deaf and hard of hearing call 1-800-799-4889
- **Trillium Crisis and Access to Care Line**: 1-877-685-2415
- **Integrated Family Services Mobile Crisis**: 1-866-437-1821
- **Vidant Medical Center Emergency Department**: visit 2100 Stantonsburg Rd. Greenville, NC or call 252-847-4100
- **Your local hospital Emergency Department or calling 911**

If you or a friend are in need of urgent mental health support, please do one of the following:

- Call 911
- Call ECU Police at 252- 328-6787
- Go to the Vidant Medical Emergency Department at 2100 Stantonsburg Road or your closest hospital's Emergency Room/Department.

Urgent support could be used when you are in high distress or an emergency situation. Examples may include:

- Thinking of harming yourself or other people
- Recently experiencing a traumatic event
- Engaging in self-injurious behaviors
- Hearing or seeing things that do not exist
- Being unable to function (i.e. difficulty getting out of bed, change in appetite, etc.)
- Being unable to wait until next available or scheduled appointment to receive help

Please review the [Urgent Support website](#) to learn more and get prepared before an urgent situation occurs.

# Your success starts with great support

Attending college or university is an exciting life experience. It can also be a time of change, adjustment and stress. My Student Support Program (My SSP) is here to help you succeed. Connect with us 24/7 for free, confidential mental health and wellbeing support.

**Call. Chat. Anytime. Anywhere.**  
**Download the app to connect today**



The My SSP app provides **free access** to a variety of wellbeing resources

- Articles
- Assessments
- Podcasts
- Videos
- Virtual fitness sessions

**Free, confidential support** when you need it

- 24/7 real-time phone and chat support
- Multilingual support available
- Match with a professional counselor
- Short-term phone and video support by appointment

My SSP can help you anytime with adapting to new challenges, being successful at school, stress and worry of daily life, relationship concerns, sadness and loneliness, uncertainty and much more.



**1.866.408.2688**

\*If calling from outside North America: 001.416.380.6578

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# IMPORTANT DATES & DEADLINES

**DEC**  
6

**CLASSES END**  
Academic Calendar

**DEC**  
17

**COMMENCEMENT;  
GRADES DUE AT  
4:30 PM**  
Academic Calendar

**DEC**  
7

**READING DAY**  
Academic Calendar

**JAN**  
7

**ADVISING,  
REGISTRATION,  
AND SCHEDULE  
ADJUSTMENTS**  
Academic Calendar

**DEC**  
8

**FINAL  
EXAMINATIONS  
BEGIN**  
Academic Calendar

**JAN**  
10

**CLASSES BEGIN;  
SCHEDULE  
ADJUSTMENTS**  
Academic Calendar

**DEC**  
15

**EXAMS FOR  
FALL SEMESTER  
END**  
Academic Calendar

**JAN**  
14

**LAST DAY FOR  
REGISTRATION  
AND SCHEDULE  
ADJUSTMENTS  
(DROP/ADD) BY  
5:00 PM**  
Academic Calendar