Building First Year Academic Success

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Peer Enrollment Coaches

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- Sophia Grass & Katie Bonner
First Semester Success

Connect

Invest

Motivate

Finish Strong
Connect- establishing belonging

Students
• Making ECU “home”
  • Meeting new friends
  • Joining a club or organization
• Balancing time and school expectations

Parents
• Ways to support campus transition
  • Lessen contact from home (calls & text messages)
  • Referring to campus staff for problem-solving
  • Encouraging campus connections

August  September  October  November  December
<table>
<thead>
<tr>
<th>Task</th>
<th>Action</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find your classroom ahead</td>
<td>Sit towards the front</td>
<td>Use a Day planner</td>
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<tr>
<td>Review syllabus carefully</td>
<td>Yes, Attendance matters</td>
<td>Buy your books</td>
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<tr>
<td>Make a study plan</td>
<td>Form a study group- PASC can help</td>
<td>Yes, you need to read the textbook</td>
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<td>Ask for help</td>
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Invest- learning life skills

**Students**
- Managing Time
- Adopting Healthy Habits
- Managing Money
- Meeting your faculty and academic advisor

**Parents**
- Encouraging campus connections
- Managing time with a Day Planner
- Engaging about $$
- Opening a dialogue for frank conversations

August  September  October  November  December
# Top 15 life skills needed for college

<table>
<thead>
<tr>
<th>Skill</th>
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<tbody>
<tr>
<td>Wake up on your own</td>
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<tr>
<td>Laundry</td>
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<td>Eating healthy</td>
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<td>Manage money</td>
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<tr>
<td>Time Management</td>
</tr>
<tr>
<td>Personalized Studying Plan</td>
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<tr>
<td>Cooking Basics</td>
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<td>Use public transportation</td>
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<td>Be a self advocate</td>
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<td>Personal Safety Awareness</td>
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<td>Get along with others</td>
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<tr>
<td>Attend class</td>
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<tr>
<td>Know when to Say NO</td>
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<tr>
<td>Checking ECU Email</td>
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<tr>
<td>Keeping track of academic dates</td>
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Motivate—adopting new academic strategies

Students
- Knowing yourself as a learner
- Adapting your study style
- Using Tutoring Resources
- Going to faculty office hours
- Responding to Starfish alert emails

Parents
- Encouraging faculty office hours
- Asking about
  - Starfish alerts-
  - Using TUTORING?
- Referring to Resources
- Listening and Reporting concerns
  - Use the Parent Referral Form on the PASC website

August  September  October  November  December
Success = using key campus resources

- Faculty
- Starfish Early Alert
- Academic Advisor
- Pirate Academic Success Center
- Tutoring, Study Groups, Academic Skills Coaching
- Disability Support Services
- COAD 1000 enrollment
Finish strong- academic success & direction

Students
• Choosing major and career paths
  • Academic Advising
  • Career Services
• Gaining self-awareness
• Taking ownership of your college experience

Parents
• Major and career choices
  • Encouraging exploration
  • Openly discuss options
  • Formulating a “Parallel Plan”
• Opening your mind to majors & career ideas
• Remembering the college self discovery process

August  September  October  November  December
Our best advice….
Pirate Academic Success Center
We’ve got you covered

All services **FREE** for ECU students
Sign up on [ECU.ACCUDEMIA.NET](http://ECU.ACCUDEMIA.NET)

Email: tutoring@ecu.edu
Website: pasc.ecu.edu
Phone: 252-737-3009