

Appendix B

Tiger Prep 2021 Workshops

Attend workshops this weekend to start your semester with bonus points in your UNIV 1001 Freshman Seminar Course!

Saturday 14 August 2021: 2:00-2:50PM

Tiger Tracks: Getting on Track for Success ***Featured Workshop [CBCC 221](#)

Learn what you need to know to be prepared to succeed in your classes and on the ECU campus! This workshop includes advice for your first day of class, study tips and helpful information about campus resources. (Offered all 4 workshop times)

Career Paths for New Students [CBCC 216](#)

What do you need to do during your first year to prepare for your first job after graduation? The Career Development Office shares important steps to take now for future success using team gaming competition. (Offered twice)

SHOW ME THE MONEY; Scholarships, Assistance, & More! [CBCC 225](#)

Come to a short presentation about yearly scholarship opportunities, including must-do and deadline information and how to find the Foundation Application on the web. Also learn about emergency assistance programs in case "life happens"! (Offered twice)

Self-Care for the College Student [CBCC 224](#)

In this 50-minute workshop students will learn to define self-care, assess their own level of self-care, and develop a plan that focuses on implementing tools to keep students physically, emotionally, and spiritually happy and healthy. Students will hear from licensed social workers on the importance of self-care not only as a college student but as a lifelong practice that aims to improve overall well-being. (Offered twice)

Resources for LGBTQQIAP+ and Allies at ECU [CBCC 223](#)

ECU PRIDE welcomes you to ECU! If you want resources for the LGBTQQIAP+ and allies please attend our fun and interactive session. You will learn about the the student group PRIDE and connect with students and staff on campus that will be there for you. (Offered twice)

How to Obtain and Make the Most of Your Accommodations [CBCC 215](#)

If you have a physical or mental condition that affects your education, you may be eligible to receive accommodations. This presentation will tell you what to know to navigate this process. We will give a brief introduction to Testing and Accessibility Services and Interpreter Services, as well as discuss documentation guidelines and frequently requested accommodations. (Offered twice)

Making Smart Financial Decisions[CBCC 217](#)

Come join us for a discussion of the types of financial decisions you will be faced with during your college career and the possible solutions. Tuition and fees, housing and meals, books and other miscellaneous expenses: What is your plan to pay these expenses and what are your options? We can help you navigate the options available to you. (Offered twice)

Boots on Campus[CBCC 207](#)

This workshop will link military-connected students to community and campus resources and knowledge that will prepare you to successfully complete the mission of earning a degree from East Central University, as well as help you understand the structure and terminology used in higher education. (Offered twice)

ECU Tiger Printmaking[Hallie Brown Ford Fine Arts Center 166](#)

Join Professor Christyn Overstake in printing ECU images for you to take with you! Students are encouraged, but not required, to bring a plain T-shirt to print on. (Offered twice)

Not Just a Bookstore[Meet outside the Bookstore](#)

Books can be expensive. Come and learn about price saving options - rentals, eBooks, Cengage Unlimited, OER's, & price matching. We are more than just a bookstore - We sell spirit gear, computers, electronics, snacks, graduation gear, school supplies, and more! Need something specific we don't have in store? We can order it for you. (Offered all 4 workshop times. 20-minute session)

Saturday 14 August 2021: 3:00-3:50PM**Tiger Tracks: Getting on Track for Success ***Featured Workshop**[CBCC 221](#)

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Sunday 15 August 2021: 1:00-1:50PM**Tiger Tracks: Getting on Track for Success ***Featured Workshop**[CBCC 221](#)

Learn what you need to know to be prepared to succeed in your classes and on the ECU campus! This workshop includes advice for your first day of class, study tips and helpful information about campus resources. (Offered all 4 workshop times)

Secrets of College Success for First-Generation Freshmen**Foundation Hall West ([CBCC 1st Floor](#))**

Are you the first person in your family to attend college? If so, join us as we play our way through learning about available supports for first-generation students. Get the 4-1-1 on the college experience and set yourself up for a successful semester. Meet faculty and staff who offer services beyond the classroom. Get involved with opportunities to help other students just like you, and have some fun at the same time. Door prizes available. (Offered twice)

Explore the World with ECU![CBCC 224](#)

Dr. Lang will present on the National Student Exchange program that places ECU students at partner colleges and universities in the US, Canada and the Caribbean for a semester, a year, or a summer. Dr. Sukholutskaya will describe available destinations for the Study Abroad program

and will familiarize the participants with the process of applying. ECU student-presenters who took part in some of the ECU Study Abroad opportunities will share the highlights and insights of their Global Education experience. **(Offered only once)**

Tiger Wellness

[CBCC 217](#)

The Student Health, Student Counseling and the Wellness Center team up to discuss all the ways that you can maintain your physical and mental health while being a successful college student. **(Offered only once)**

Boots on Campus

[CBCC 207](#)

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Life Hacks: Work Smarter Not Harder

[CBCC 215](#)

Valuable tips and on-campus tools to help students effectively prepare, plan, and organize college life and assignments to avoid wasting time and work and to decrease stress and anxiety. Students can learn self-regulation skills to prepare them as new college learners while developing good habits to see their degrees completed and increasing the likelihood of enjoying the college experience. (Offered twice)

Find your Ambush

[CBCC 225](#)

Welcome new ECU Tigers. Tigers are usually found alone in the wild, but did you know that a group of tigers are called an ambush (or a streak). Your first few days of college could seem like an ambush. ECU Faculty and Staff have been there. It seems as if everything is new. This science-based workshop will help you to not feel so ambushed. Why do young tigers hang with their mother? It is because the experienced leader of the ambush looks after them. Listening to experienced leaders can help you to find your ambush, which will help you succeed. (Offered twice)

Report Cards for Your Financial Life

[CBCC 223](#)

Did you know that your credit score is already being calculated? This score affects your ability to obtain credit cards, car loans and mortgages in the future. Find out how credit scores work and what you can do now to develop a great credit score for now and the future. (Offered twice)

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