



ECU[®]

PUBLIC HEALTH

2020-2021

Master of Public Health Guide to Success

A Quick Roadmap to Resources

Department of Public Health
Brody School of Medicine
East Carolina University[®]

East Carolina Heart Institute
115 Heart Drive, Mailstop 660
Greenville, NC 27834

Phone: 252-744-5185
Fax: 252-744-4272
Email: mph@ecu.edu

Website: <http://public-health.ecu.edu>

Table of Contents

I. Introduction	3-4
Tips for Success	
II. Welcome to Greenville	5-6
Housing	
Cable and Utility Services	
Parking and Transportation	
III. Good Eats	7
IV. Stay Active.....	8-9
Health Sciences Campus Student Center	
The East Carolina University Student Recreation Center & Campus Recreation and Wellness	
The North Recreation Complex	
The Campus Recreation and Wellness Blount Sports Complex	
Hematoma Paintball Field	
Purple Blossom Yoga Studio	
Additional Gyms in Surrounding Area	
V. Stay Connected with the Community	9-10
VI. MPH Resources	11-17
Public Health Graduate Student Organization (PHO)	
Student Resources	
Help with Classes	
Professional Development	
Other Campus Resources	
Campus Maps/Parking Maps	
Academic Calendar	

I. Introduction

Dear ECU MPH Students,

Congratulations on your decision to pursue a degree in Public Health at East Carolina University! Our program provides educational, research, and outreach programs designed to address the public health challenges and opportunities of the 21st century. Guided by highly qualified and accomplished faculty members, you will take part in stimulating and rigorous courses, research, and service projects. These will not only give you the relevant real-world experience, but it will also ensure that you are able to adequately prepare for the next stage of your professional career.

This manual was created to serve as a guide to the important things you will need to know during your time here at ECU and in the Greenville community. There are resources available to assist you with advising, succeeding academically, getting involved in campus life, staying healthy, seeking a job, and finding resources to enrich your life. We also encourage you to visit our website <http://public-health.ecu.edu> and “like” our departmental and student Facebook pages “*ECU Department of Public Health*” and “*ECU Master of Public Health Program*” (PHO) for more information.

As you begin your journey, always remember, “Capture your horizon.”

Go Pirates™! Arrrgh™!



Ronny A. Bell, PhD, MS
Professor and Chair

Tips for Success

“Success occurs where opportunity meets preparation.”

~ Zig Ziglar

“Success is liking yourself, liking what you do, and liking how you do it.”

~ Maya Angelou

1. **Get to know your professors.** Your professors are here to guide you and help you learn. Professors are also very well connected and can assist you with building your network and pursuing the right opportunities.
2. **Join PHO.** PHO is a great opportunity to bond with your fellow students and collaborate on service projects that impact our communities, as well as have fun with others.
3. **Attend Conferences.** Conferences are a great opportunity to see the work that other people have done in Public Health, connect with colleagues, and gain professional skill sets. Presenting your own work at a conference is an incredible opportunity to share with others what you have learned and how your work has influenced public health.
4. **Respect all dimensions of life.** Try to manage your time so that all aspects of your life get attention from school, to work, to family, it all needs care and attention in order to keep you healthy and well.
5. **Exercise.** Exercise is therapy for the mind and body. Exercise will help you to rejuvenate and relax and it is a great stress reliever.

II. Welcome to Greenville

Housing

There are many places in the Greenville area to call home! Use any of the websites below to help in your search.

- ECU Off-campus Housing: <https://offcampushousing.ecu.edu/>
- Abodo: <http://www.abodo.com>
- Apartments.com: <http://www.apartments.com/>
- East Carolina Property Management: www.eastcarolinaprop.com
- Keystone Property Management: www.kpm1.com
- Pinnacle Property Management: www.pinnaclepropertymanagement.com
- Russell Property Management: www.russellpm.com
- Wainright Property Management: www.wainrightproperties.com
- Young Management Inc.: www.youngmgmt.com
- EC Leases: www.ecleases.com

Cable TV, Telephone, and Internet Services

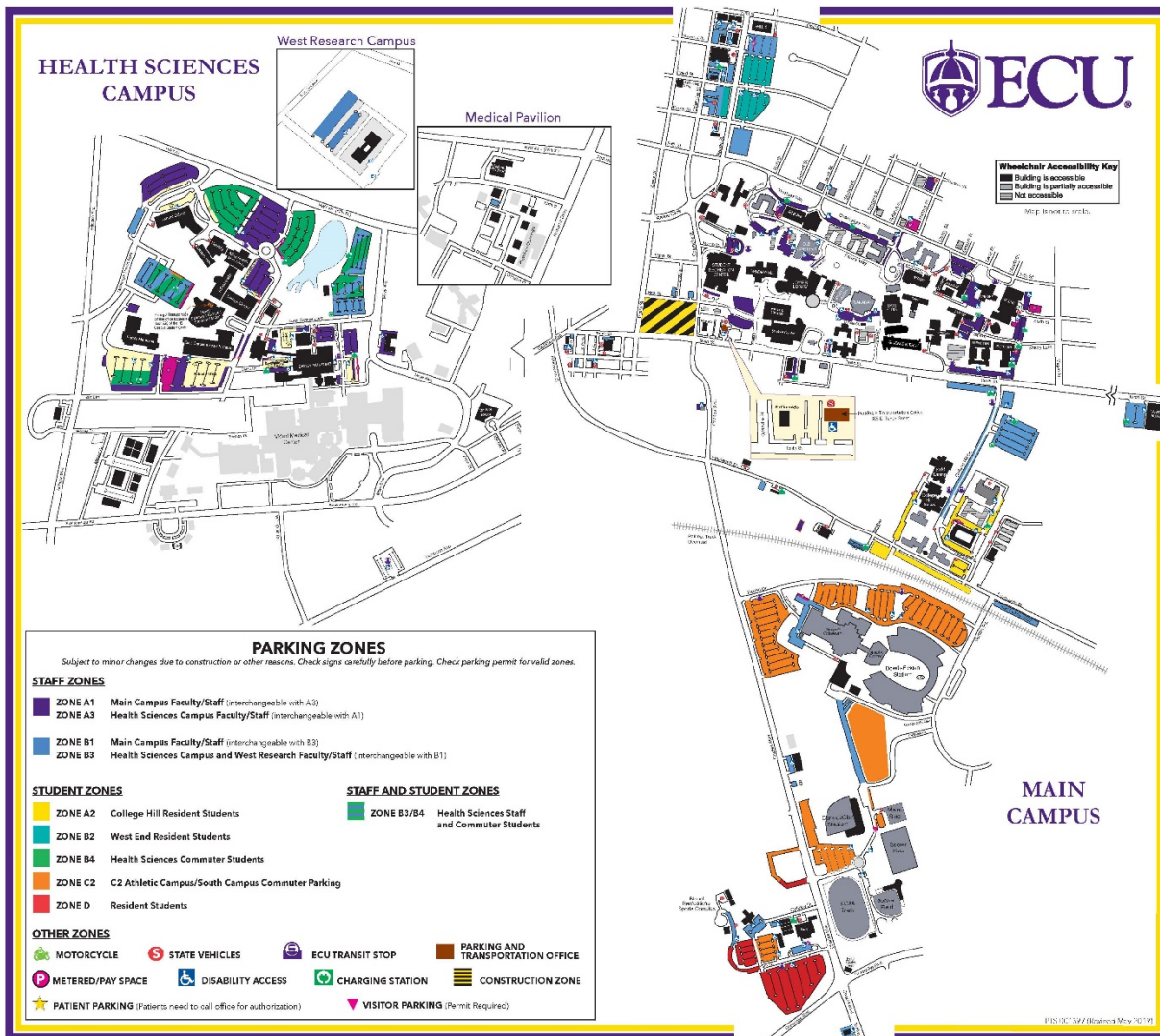
- Suddenlink Communications <http://www.suddenlink.com/>
- Century Link <http://www.centurylink.com/>

Utilities

- Greenville Utilities Commission <http://www.guc.com>

Parking and Transportation

All of your classes will be on the Health Sciences campus. Register and get your bike and car permits with ECU by using your Pirate Port account and clicking on Parking and Transportation. Here is a map to help you discern which permit will best fit your needs:



Parking on Allied Health Sciences Campus

Parking on the Allied Health Sciences Campus will require a permit unless you use one of the self-pay metered parking spots.

ECU Campus Bus Routes

ECU Transit offers a wide variety of travel options on a comprehensive bus system which provides more than 2.5 million rides each year with service both on and off campus. All you need is your 1 Card to ride. There are several bus routes around main campus and one bus route (route 302) that directly travels between the Health Sciences campus and main campus. Please use the ECU Transit website to help find a route near you: <http://transit.ecu.edu>

Also, keep in mind there is a City of Greenville transit system. The Greenville Area Transit (GREAT) bus travels to numerous locations in Greenville, including the mall and the medical district: <https://www.greenvillenc.gov/government/public-works/great-bus-system>

III. Good Eats

Greenville has a lot of places to eat in addition to the traditional chain favorites. Some of the local favorites are listed below. Most have daily budget-friendly specials!

aTavola!	Lunch, dinner
Basil's	Lunch, dinner
China 10	Lunch, dinner *Half price lunch specials
Christy's Euro Pub	Lunch, dinner, Saturday and Sunday brunch
Dickinson Avenue Public (DAP) House	Dinner, drinks
East 23 Café	Breakfast, lunch, dinner *closed Monday
First Watch	Breakfast, lunch
Jack Browns Beer and Burger Joint	Lunch, dinner, drinks
La Ribera	Lunch, dinner *No alcohol served
Luna's Pizza Cafe	Lunch, dinner, drinks
Mike's Deli	Lunch
Moore's BBQ	Lunch, dinner
Plaza Azteca	Lunch, dinner *Guacamole made tableside
Shogun Japanese Restaurant	Lunch, dinner
Smashed Waffles	Breakfast, lunch, coffee
Starlight Café	Dinner, *closed Sunday-Monday
Sup Dogs	Lunch, dinner, drinks
Villa Verde/Villa Verde Dos	Lunch, dinner
Wasabi 88	Dinner *BOGO sushi Sunday-Thursday
Winslow's	Lunch, dinner, drinks
YABA Mediterranean Grill	Lunch, Dinner
Yoder's Dutch Pantry	Breakfast, lunch *30 minutes away, closed Sunday

When you're on campus and need a quick bite, some places **close to the medical campus** are:

- Jimmy John's
 - 10:30am-9pm | 460 Moye Blvd, Greenville, NC
- Which Wich
 - 10am-9pm | 2251 W Arlington Blvd, Greenville, NC
- Starbucks
 - 5am-10pm | 2205 W Arlington Blvd, Greenville, NC
- Kasturi
 - 11am-2:30pm (lunch) 5pm-10pm (dinner) | 2205 W Arlington Blvd, Greenville, NC
- Tropical Smoothie Café
 - 7:30am-9pm (weekdays) | 1856 W Arlington Blvd, Greenville, NC
- Bateeni
 - 11am-9pm *Lunch special Monday-Thursday | 1868 W Arlington Blvd, Greenville, NC
- Hibachi Xpress
 - 11am - 9pm | 2414 Stantonsburg Rd, Greenville, NC
- Han Korean Cuisine
 - 11am - 3pm (lunch) 4:30pm-9pm (dinner) *Closed Monday, Lunch Special Tuesday-Friday | 1904 W Arlington Blvd, Greenville, NC

IV. Stay Active

Health Sciences Campus Student Center - The brand-new Health Sciences Campus Student Center opened in the spring of 2017 and is a 75,000-square foot facility, and the first student center on a medical campus in North Carolina and one of a few in the nation.

Campus Recreation & Wellness at Health Sciences Student Center offers 25,000 square footage of recreation and fitness space. The two-story open concept facility that can accommodate a variety of athletic activities, lectures, banquets, and other events. We will be offering small group training, group fitness classes, functional cross training, intramural sports, and special event reservations.

First Floor - The multipurpose gym space has two smaller basketball court, one full-size basketball court, two volleyball courts, and two badminton courts. There is also a 6,200-square foot area of gym equipment, roughly 16 pieces from Life Fitness Insignia Series. There is a free weight area with Life Fitness equipment where all weights are customized with the ECU Pirate Head Logo. Locker rooms offer restrooms, showers, and lockers that are available for rent. There is also an ADA accessible family changing room.

Second Floor - On the second floor, we have a 4,000-square foot cardio deck with roughly 24 pieces of state-of-the art equipment from Precor. All equipment has personal TV screens with a variety of cable TV offerings for participants including Netflix and YouTube. Equipment includes exercise bikes, treadmills, elliptical machines, adaptive motion trainers (AMT), and Sci-fit Ergometers (hand bikes).

Wellness Center - The Wellness Center will offer 2 massage chairs, a meditation space where students can find a relaxing space to mediate and perform yoga.

Health Sciences Campus Student Center
East Carolina University
Campus Recreation & Wellness
1868 Health Science Drive
Greenville, NC 27834
252-744-1053
Hours: Mon-Fri: 5:30 am-midnight; Sat & Sun: 8am-midnight

The East Carolina University Student Recreation Center & Campus Recreation and Wellness

Campus Recreation and Wellness supports and encourages a balanced, healthy lifestyle for the diverse ECU community. Here, there are a number of activities that you can engage in to keep your mind, body and spirit “in-shape”! Take advantage of the aquatics center, the rock climbing wall, join a club or intramural team, gain strength, stability and power in the state-of-the-art exercise and recreation center or take a cycling or Zumba class! All these activities and all the equipment are *free* for students who bring their OneCard!

- Address: 128 Student Recreation Center, Greenville, NC 27858
- Phone: (252) 328-6387

The North Recreation Complex

This complex features, eight multipurpose activity fields, which can accommodate a game of soccer, flag football, lacrosse, ultimate Frisbee, and rugby. The land also includes 6 acres of water for fishing and boating, a sunbathing sand beach, fitness equipment, a 0.5 mile trail around the lake, sand volleyball, corn hole and an 18-hole disc golf course. In addition, there is an Odyssey High Challenge Course that is about 40 feet tall, with the use of zip lines as an option. There are also six walking/jogging trails and one 5k running trail. Kayaks, disc golf discs, sand volleyballs are provided. All the activities are *free* to ECU students and CRW members, and ECU Transit provides bus service to this complex!

- Address: 3764 US-264, Greenville, NC 27834
- Phone: (252) 328-6387
- Hours: Monday – Friday 5:30 am to 10:30 pm; Saturday – Sunday 12:00 pm – 8:30 pm (times are subject to change)

The Campus Recreation and Wellness Blount Sports Complex

Home to intramural and club sports, and challenge course groups, the Blount Sports Complex is located off Charles Boulevard behind the Carol G. Belk Building. Opportunities include flag football, soccer, softball, lacrosse, ultimate Frisbee, rugby, lacrosse and field hockey. Fields can be reserved if desired! Parking is available in the lot next to the fields off Charles Boulevard.

Hematoma Paintball Field

Go see why Hematoma Paintball is Eastern North Carolina's premiere paintball field and pro-shop. The location is stocked with dependable brands like: Empire, RP Scherer, Tippmann, Kingman, Evil, J&J Performance and much more.

- Address: 607 Haw Branch Road, Chocowinity, NC 27817
- Phone: (252) 946-9656
- Hours: Saturday 9:00am – 4:00pm and Sundays 12:00pm – 4:00pm (times are subject to change)
- Website: http://www.hematomapaintball.net/index.php?option=com_content&view=frontpage&Itemid=1

Purple Blossom Yoga Studio

Take a moment to reconnect with your spirituality, improve your strength, correct your posture, and really tune-in with your body. Purple Blossom Yoga Studio offers beginners classes, Power Flow Vinyasa, Morning Hatha Yoga, Open Aerial Yoga, Hot Yoga, and much more for your needs.

- Address: 302 Evans St, Greenville, NC 27858
- Phone: (252) 364-2917
- Hours: Check website to see what classes are offered for your needs
- Website: www.purpleblossomyogastudio.com/

Local Parks and Greenways

River Park North

- Address: 1000 Mumford Rd, Greenville, NC
- Hours: Tues.-Sat.: 9am-5pm; Sun.:1pm-5pm; Closed Mondays

Greenway

- Address: 105 E 1st St, Greenville, NC

Additional Gyms in Surrounding Area

Pure Barre

- Address: 852, 420 E Arlington Blvd. Suite J, Greenville, NC
- Phone: (252) 689-6103

Fit for Life 24

- Address: 3851 Dunhagan Road, Greenville, NC
- Phone: (252) 321-2222

Snap Fitness Greenville

- Address: 2120 E. Fire Tower Road, Suite 111, Greenville, NC
- Phone: (252) 758-7627

Fitness Connection Greenville *Temporarily Closed (Covid-19)

- Address: 140 Oakmont Drive, Greenville, NC
- Phone: (252) 756-9175

Title Boxing Club of Greenville

- Address: 3700-B Charles Boulevard, Greenville, NC
- Phone: (252) 565-0525

CrossFit Greenville

- Address: 818 Clark St, Greenville, NC
- Phone: (252) 756-4790

CrossFit Tier 1

- Address: 1820 Old Firetower Rd, Greenville, NC
- Phone: (252) 202-3977

Punchfit Boxing Bootcamp

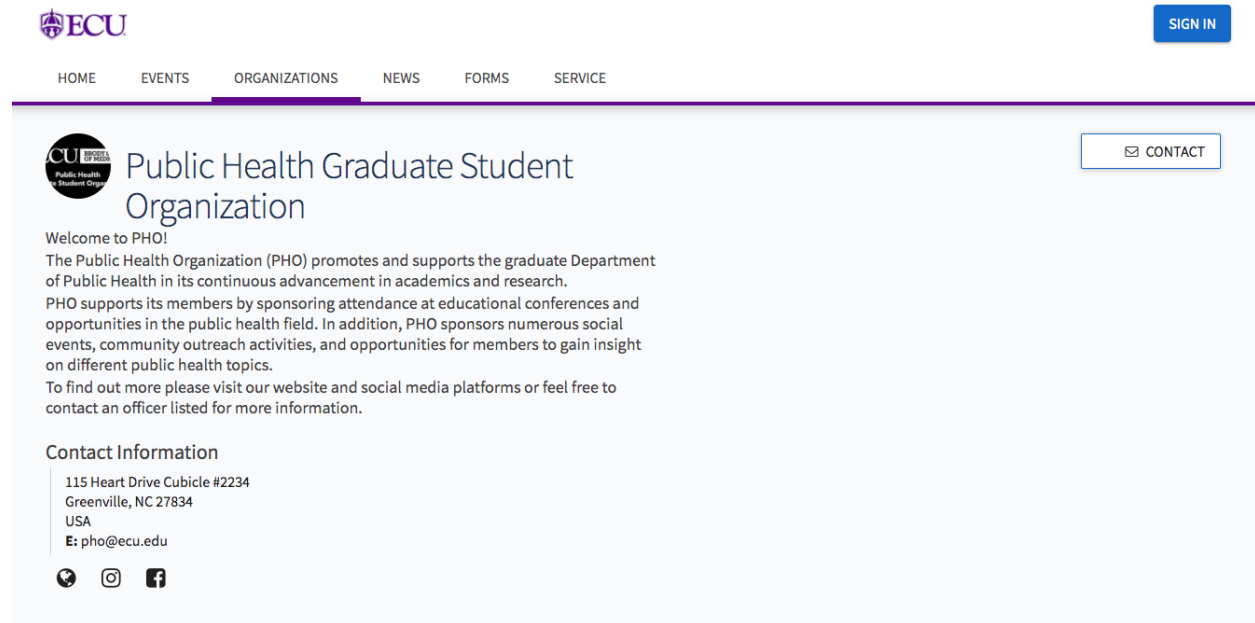
- Address: 623 Red Banks Rd, Greenville, NC
- Phone: (252) 341-9828

OrangeTheory Fitness

- Address: 518 Greenville Blvd Suite D, Greenville, NC
- Phone: (252) 689-8428

V. Stay Connected with the Community


Engage - <https://engage.ecu.edu/organization/public-health-graduate-student-organization>



The screenshot shows the website for the Public Health Graduate Student Organization (PHO) at East Carolina University (ECU). The header includes the ECU logo, a 'SIGN IN' button, and a navigation menu with links for HOME, EVENTS, ORGANIZATIONS, NEWS, FORMS, and SERVICE. The main content area features the organization's logo, a 'CONTACT' button, and a welcome message. The welcome message states: 'Welcome to PHO! The Public Health Organization (PHO) promotes and supports the graduate Department of Public Health in its continuous advancement in academics and research. PHO supports its members by sponsoring attendance at educational conferences and opportunities in the public health field. In addition, PHO sponsors numerous social events, community outreach activities, and opportunities for members to gain insight on different public health topics. To find out more please visit our website and social media platforms or feel free to contact an officer listed for more information.' Below this is a 'Contact Information' section with the address: 115 Heart Drive Cubicle #2234, Greenville, NC 27834, USA, and email: pho@ecu.edu. Social media icons for Twitter, Instagram, and Facebook are also present.

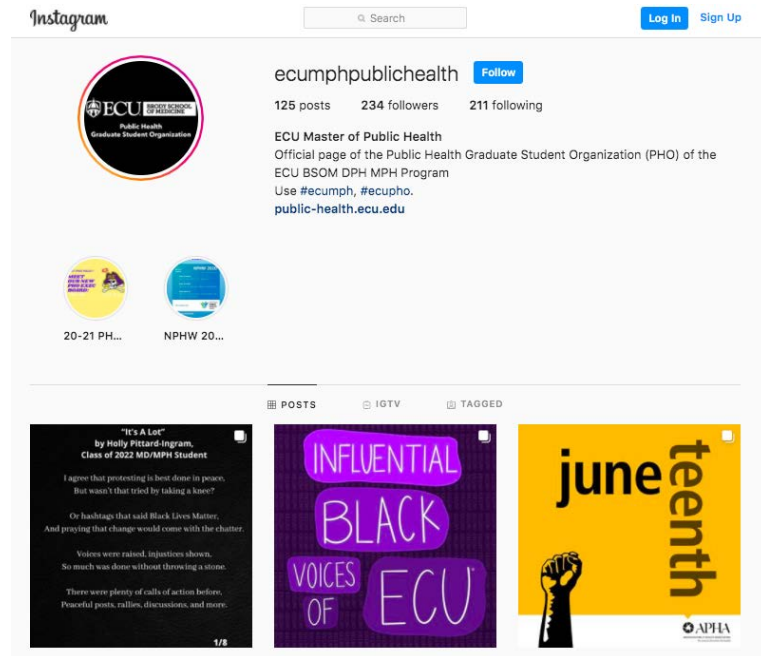
Social Media

Facebook - <https://www.facebook.com/groups/272849036063373/>



The screenshot shows the Facebook group page for the ECU Master of Public Health Program (PHO). The header features the ECU logo and the text 'BRODY SCHOOL OF MEDICINE'. Below this is the group name 'Public Health Graduate Student Organization'. The page includes a navigation bar with links for About, Discussion, Members, Events, Media, and Files, along with a 'Join Group' button and search icons. The main content area displays an 'Unread Announcement' by Shavette D Campbell, dated March 18, with a message from PHO. The announcement text reads: 'Due to the current pandemic, and university mandated transition'. To the right, the 'About' section provides a welcome message to the Department of Public Health at the Brody School of Medicine, East Carolina University, and lists group settings: Public, Visible, Greenville, North Carolina, and General Group.

Instagram - <https://www.instagram.com/ecumphublichealth/?hl=en>



VI. MPH Resources

This section provides information on the programs and services our students use to reach their full potential during their time in the MPH program.

Public Health Graduate Student Organization (PHO)

PHO promotes and supports the Department of Public Health in its continuous advancement in academics and research. The organization sponsors attendance to educational conferences and promotes opportunities in the public health field. In addition, PHO hosts numerous social events and community service activities.

2020-2021 PHO Executive Board



Natalie Broder – **President**



Rajit Prasad – **Vice President**



Corshonda Johnson – **Treasurer**



Caroline Mumford – **Secretary**



Briana Hudson - **Student Liaison**



Cameron Dove – **Historian**

Student Resources

New student resources for employment, health & wellness, campus life, transportation, orientation, academic support, and financial support can be found at <https://gradschool.ecu.edu>

Help With Classes

Laupus Library - provides leadership in access to information essential to quality health care delivery, education, and research at East Carolina University and across eastern North Carolina.

- Location: 600 Moye Blvd. Greenville, NC 27834
- Contact: 252-744-2219
- Services offered:
 - Equipment Loan Program
 - Students may check out computers, tablets, e-Book readers, cameras, video cameras, voice recorders, clickers, projectors, and calculators
 - <https://library.ecu.edu/services/borrow-equipment/>

- Poster Printing
 - <https://lib.ecu.edu/laupus/posterprinting/>
- Room Reservation
 - <https://rooms.lib.ecu.edu/laupus/>
- Personalized Librarian Help
 - <https://hsl.ecu.edu/research/ask-a-librarian/>

Health Sciences Student Center - is where a graduate student can workout, eat, get a Starbucks and study all in one place. Study room reservations are made in person and all come with dry erase boards and markers. If you need a study break, the center also hosts a one story slide on the second floor.

- Location: 600 Moye Blvd., Greenville, NC 27834
- Services Offered:
 - Student Health
 - 1 Card office
 - Central Ticket Office
 - Pirate Tech Computer Support
 - Career Services
- <https://studentcenters.ecu.edu/health-sciences-campus-student-center/>

University Writing Center - provides writing resources for conquering your writing assignments or research papers from beginning to end. You can meet in-person or online for another person to proofread a paper.

- Website: <https://writing.ecu.edu/uwc/>
- Location – Laupus Library, Room 2514
- Contact – 252-328-2820

The Speech Communication Center - provides assistance with researching, writing, organizing, and delivering an effective speech or presentation, working effectively in a group, nailing your job interview, or simply learning to speak in a more professional manner.

- Website: <https://communication.ecu.edu/>
- Location – Joyner East Building – Room 205
- Contact – Dr. Pamela Hopkins, 252-328-2790

Pirate Tutoring Center - mission is to help ECU students through peer academic tutoring, academic success strategies, individual assessment and consultations and outreach initiatives in order to enhance academic performance and success. You can attend the nightly session or call the center to set-up a day appointment.

- Website: <https://pasc.ecu.edu/>
- Study skills assistance
 - Individual assistance with: obtaining college success, enhancing test taking skills, improving study habits, learning textbook reading tips, effective note taking in lectures, improving academic time management and motivation, developing course success strategies and referrals to other campus resources
- Specialized workshops

- Test preparation, course specific success, effective study skills, preparing for finals
- Location - 2300 Old Cafeteria Building
- Contact – 252-737-3009
- Email – tutoring@ecu.edu

The Department for Disability Support Services (American Disabilities Association Services) - mission is to provide individuals with disabilities support services that will enable them to access program, services, facilities, and activities of the university and to enhance disability awareness among all constituents of the university. You could request for accommodations, find information about temporary disability, find local, state and national disability resources, and find accessible parking on campus.

- Website: <https://accessibility.ecu.edu/>
- Address: 138 Slay Building, Greenville, NC 27858
 - Voice/TTY: (252) 737 – 1016

Professional Development

The ECU Career Center

- Supports and empowers students in their career development to succeed as professionals in a global community
- Website: <https://career.ecu.edu/>
- Location – 701 E. 5th Street Greenville, NC 27858, satellite office in Laupus Library
- Contact – 252-328-6050
- Specific Services: Job search process, resume and cover letter help, interview preparation, salary and job offer negotiation, career fairs

Center for Student Leadership and Civic Engagement

- Provides opportunities, support and experiences for students to engage in the leadership process by developing competencies, building meaningful relationships and enhancing personal growth
- Website: <https://clce.ecu.edu/>
- Location: Mendenhall Student Center 109
- Contact: 252-737-2091
- L.E.A.P. Workshops
 - Interactive presentations aimed to allow students to learn more about their leadership skills and abilities

Office for Faculty Excellence

Provides graduate students with resources and services that foster and support their success at the university in teaching, research, and service and to work with other units and offices to accomplish that mission. Offers workshops in grant writing, navigating statistical packages (NVivo, SAS, SPSS, JMP), using Excel in research, qualitative research paper sharing, and much more for your research needs.

- Website: <https://ofe.ecu.edu/>
- Location: 1001-1008 Joyner Library

Other Campus Resources

Student Health Services

- Provides an accessible quality program of primary health care services relevant to the needs of eligible members of the University Community
- Location – 1000 East 5th Street, Greenville, NC 27858
- Contact – 252-328-6841
- Specific Services of Student Health Services:
 - Medical Clinic - Annual exams, screenings, counseling
 - Pharmacy - Medications and immunizations
 - Lab
 - X-rays
 - Health Education (located in Student Recreation Center) - Full range of health educational materials, smoking cessation counseling, healthy lifestyle coaching, free BMI assessment, body fat assessment
 - Nutrition - Individual nutrition services are offered for free to all students by a registered, licensed dietitian
 - Rapid Care/Allergy Clinic

Book Stores

- Dowdy Student Store – Main Campus, Wright Building
 - Phone: 252-328-6731
 - Hours: M-F 7:30-5
- University Book Exchange (UBE)
 - Address: 516 Cotanche Street, Greenville, NC 27858
 - Phone: 252-758-2616
 - Hours: M-F 9 to 6, Sat 10 to 5
- Brody Bookstore
 - Address: Brody Medical Sciences Bldg, 600 Moye Blvd., 1S-04
 - Phone: 252-744-3450
 - Hours: 7:30 am – 4:30 pm

East Carolina University Campus Map (Main Campus and Health Sciences Campus):

- Interactive Map
 - <https://www.ecu.edu/maps/>
- Main Campus PDF Version
- Health Sciences Campus PDF Version

East Carolina University Academic Calendars

<https://facultysenate.ecu.edu/academic-calendars/?RenderForPrint=1%27A=0>

Fall Semester 2020

August 7, Friday Faculty Convocation; Faculty Meetings

August 7, Friday Advising, registration & schedule adjustments

August 10, Monday Classes begin; schedule adjustments

August 14, Friday Last day for registration and schedule adjustments (drop/add), by 5:00PM

August 21, Friday Census Day (Official Enrollment count taken at 5:00PM)

September 7, Monday State Holiday (no classes)

September 30, Wednesday Fall Festival

October 19, Monday Last day for undergraduate and graduate students to withdraw from term-length courses or withdraw from school without grades, by 5:00PM; block courses may be dropped only during the first 60% of their regularly scheduled class meetings

October 26 - 30, Monday - Friday Advising for Spring Semester 2021

November 3, Tuesday Election Day/Civic Engagement Day (calendar note only)

November 6, Friday Early registration for special populations begins at 1:00PM

November 9, Monday Registration for Spring Semester 2021 begins

November 10, Tuesday Survey of Student Opinion of Instruction (SSOI) becomes available for 15-week courses

November 10, Tuesday Last day for undergraduate students to submit work for removal of incompletes given during Fall 2019, Spring and/or Summer sessions 2020.

November 17, Tuesday Last day for graduate students to submit work for removal of incompletes given during the Fall Semester 2019

November 17, Tuesday Classes End; last day for Survey of Student Opinion of Instruction (SSOI); last day for submission of grade replacement requests

November 19, Thursday Final Examinations begin

November 25, Wednesday Exams for Fall Semester end

TBD Commencement

December 1, Tuesday Grades due at 8:00AM

We hope this quick resource guide will help you during your stay here in Greenville! Again, congratulations on your decision to pursue a career in public health at ECU, and we look forward to meeting you!