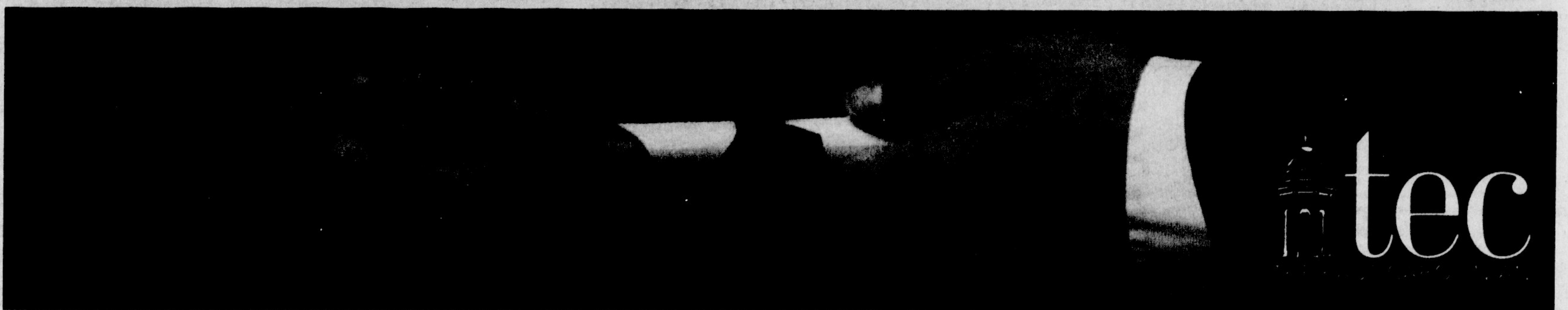
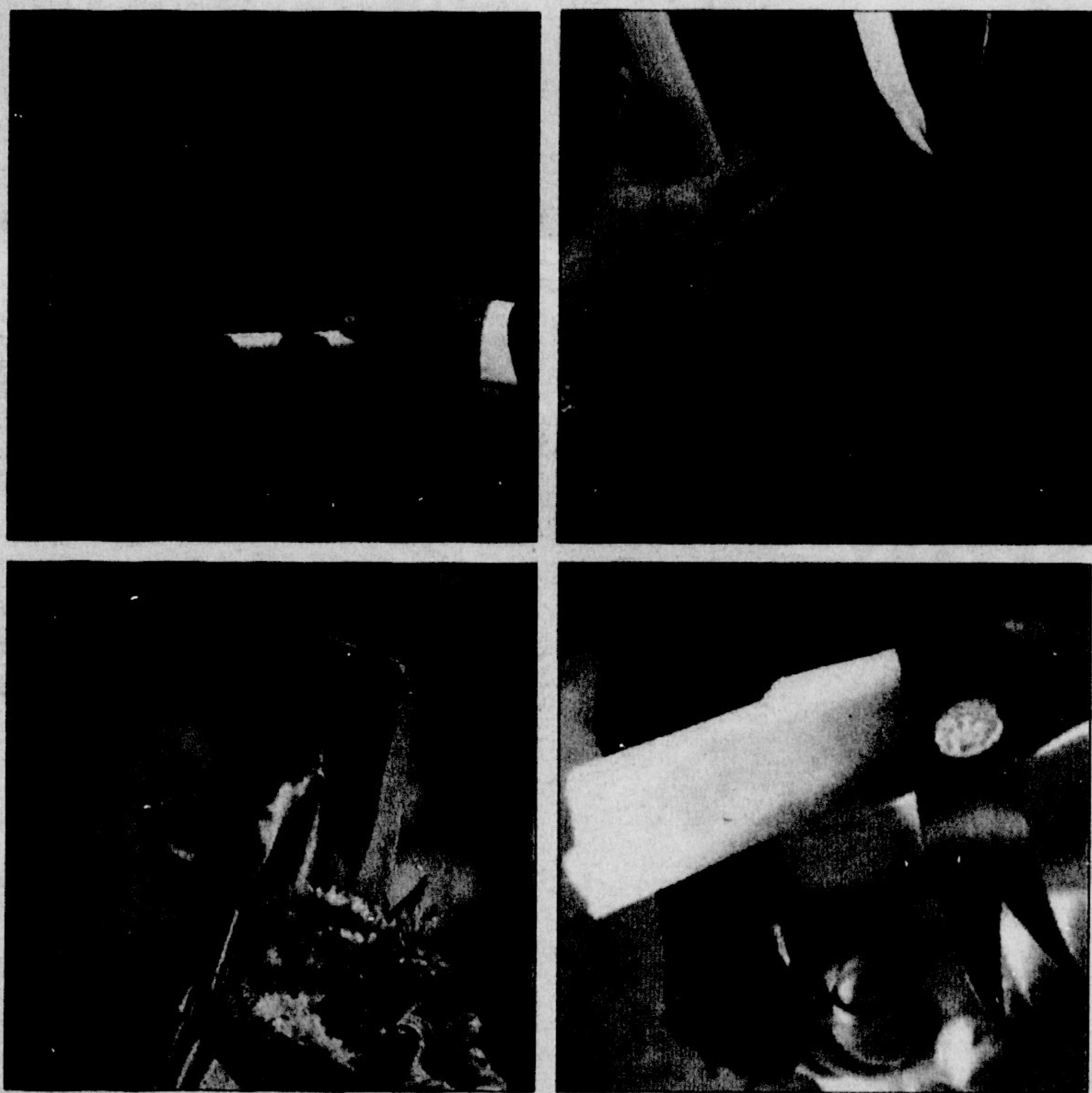


GRAD 2005

CONGRATULATIONS!



GRADUATION EDITION FALL 2005

Organization is truly key

Being sure you have all your ducks in a row is vital

CAROLYN SCANDURA
FEATURES EDITOR

One of the most important skills anyone can master is the fine art of organization. There is no right or wrong way to organize but there are wrong ways to manage your time when it is running out. Being less than two weeks from the December graduation ceremony seems that it would qualify as a period in some people's lives when time is running out. Not enough time to prepare for final exams, not enough time to go to The Career Center for that mock interview you have been planning on doing all semester and definitely not enough time to spend time with the people who got you through college day to day, your friends.

Having someone else tell you that your time is running out and you need to buckle down is the last thing that a December graduate needs, what you really need are a few fresh ideas to help you get through the next few weeks with grace.

First and foremost, you need to

be sure that everything is in place for you to graduate on December 17, with the rest of your department. Contact the graduation office, just to be safe, and be sure that you have completed all of the required paper work, you know what time you need to be at the ceremony and there are no last minute fees or unpaid parking tickets that need to be taken care of.

Aside from the routine administrative items that must be taken care of, worrying about exams, papers and final group presentations can be hectic and if some sort of organization is not in place, important things can be missed. Try either making a to-do list, writing out sticky notes or using a month-overview planner. That will allow you to see when things are due, how long you have to do them and what other events must occur in that time period. Many people find it useful to plan events in order of pleasure. Not many people find pleasure in writing their 15-page history paper, but may find pleasure in holiday shopping. Put all of your tasks in order of what must be done and what you truly do not want to do. If you start with

see **GRADUATION** page A7

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Ed Pittman, Owner

Look to the Career Center for help

This student resource can be invaluable for students

CAROLYN SCANDURA
FEATURES EDITOR



The Career Center
701 E. Fifth St. Greenville, NC 27858
328-6050
ecu.edu/e3careers

The free eRecruiting service connects students and alumni with employers. Members of eRecruiting can search for jobs, internships, co-ops and employers can review résumés of those looking for work. Register with eRecruiting by completing the one-page registration form on their Web site and faxing it to 328-6425 or by returning it to the above address through the mail or in person.

possible through their extensive experience with employers all over the country as well as the technology they utilize to communicate with these employers.

One of the most valuable tools that The Career Center has to offer students is the mock-interview. This process allows students to go to the office, dressed in professional attire and sit with a trained professional and go through the typical interview for their chosen career. There are many career specialists on their staff, one of whom will be able to guide students through résumé writing, what kind of answers are appropriate for typical questions and what type of questions the student should ask an interviewer.

"After visiting The Career Center, I have felt better prepared in interview situations, more confident about my résumé and very connected with the work world," said senior Industrial Technology major Nicholas Walters.

"I am graduating on the December 17 and the help I received at The Career Center has been invaluable."

With graduation approaching quickly, this is a very busy time of year for The Career Center so appointments are necessary. Be sure to be prepared with questions, goals and any companies that you would like to be put in touch with. The Career Center is a great tool for students to utilize whether they are graduating this month, next semester or in the next few years.

*This writer can be contacted at
features@theeastcarolinian.com.*

Finding a good job is one of the most common worries of any student who is soon to graduate. There are so many paths to take, so many companies to choose from and so much preparation that must be done. More so, what about the problem of employers only wanting to hire people with experience but no one can get experience without being hired? Fortunately, ECU has a The Career Center to help students down the long hard road of job hunting.

If you have not already made contact with The Career Center, it is never too late. The center describes their primary focus as providing assistance and guidance to students and alumni in their career quest. One little known fact about The Career Center is that they are available to help students at any point in their college career, whether they are freshman, soon to graduate seniors or alumni. This resource, which is a department within the division of Academic Affairs, helps students to fine tune their job-hunting skills and increase their confidence in high-stress interview situations.

The Career Center uses a system they call e3, a combination of student exploration, experience and engagement in community resources. As described on their Web site, "Exploration is the foundation, Experience is the practical application and Engagement is the point where you take control of your destiny." Community resources range from members of the university, employers, agencies and other external populations such as other university populations. Through their well-connected network, The Career Center can keep many employers as their partners, which can help students to initiate opportunities in public, private, governmental and corporate sectors of work.

In a society like today's everyone is looking for instant gratification. So what can The Career Center do for you, right now? They provide workshops, programs and opportunities for students that will help improve and encourage career exploration, practical work experience and professional development. All of these capabilities are



Young Graduate Pirate Club Membership Application

Renewal _____ New Member _____
1st year _____ 2nd year _____ 3rd year _____



Year After Graduation	You Contribute	We Contribute	Total Gift
1	\$25	\$125	\$150
2	\$50	\$100	\$150
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Benefits

- Priority to purchase four (4) football season tickets, two (2) at a discounted rate.
- Priority to purchase two (2) basketball season tickets at a discounted rate.
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- Invitations to Pirate Club meetings, socials, golf tournaments, and tailgate parties.

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Address _____

City _____ ST _____ Zip _____

Phone (H) _____ (W) _____

E-Mail _____ Birth Date _____

ECU Alumnus Year _____ Letter Winner (Sport) _____

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Exp. Date _____ Amount Charged _____ Matching Gift Form YES NO

Signature: _____ Years in Young Grad Program _____

Please Send Check To:
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Ward Sports Medicine Building, Ste. 304
East Carolina University, Greenville, NC 27858
Or Call 252.328.4540
Fax to 252.328.4664
Email to Michael Ward: wardmi@mail.ecu.edu or Lucas Stuckey: Stuckeyl@mail.ecu.edu

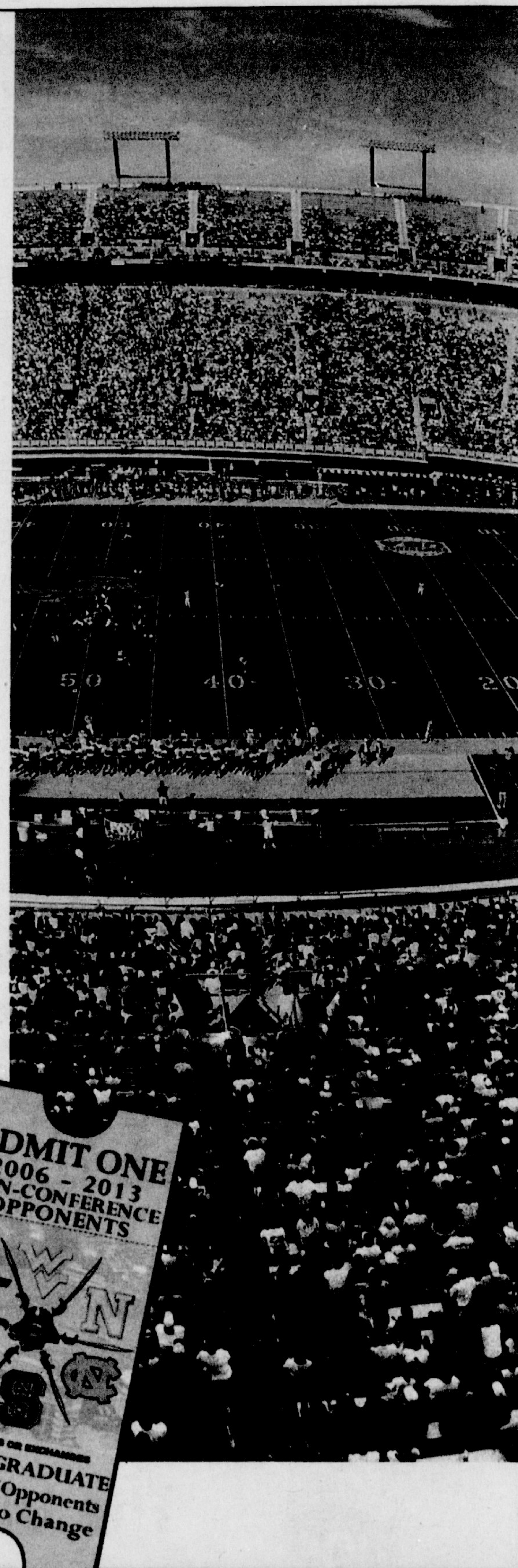
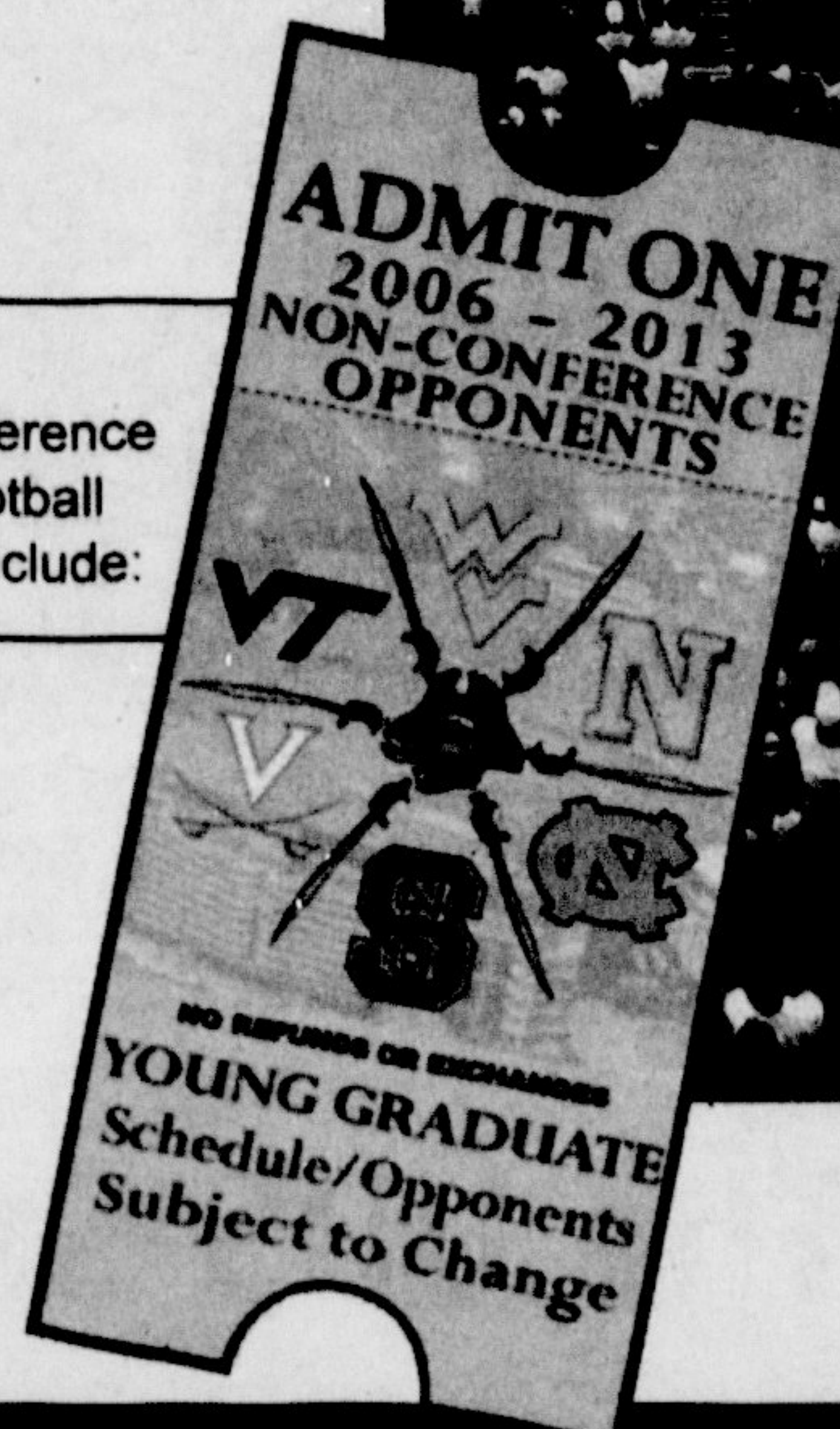
Interested in contacting Young Graduates to join Pirate Club in your area, please contact Michael Ward or Lucas Stuckey for further information on how you can help support.

To learn more about local Pirate Club Chapters throughout North Carolina please visit our website for community chapters and contacts, or contact the Pirate Club at 252-328-4540

The Pirate Club wishes to thank the more than 2800 Student Pirate Club Members for supporting ECU athletics in 2005-2006.

A special thanks to: Seth, Eric, Becky, Justin, Allison, Becky, JD, John, Trey, Melissa, Julie and Kate for making this a special year for the Student Pirate's!

Future
non-conference
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Visit us @ <http://www.ecupirateclub.com/studentpc.html>
For questions please call the Pirate Club Office today @ 252-328-4540

ADRIAN VAUGHN FISHER

Congratulations Adrian!
We are proud of your
accomplishment today.
It's time to celebrate.

Lots of love,
Mom and your family

BELINDA D. WHITAKER

During the years, we saw
your tears; During the rain,
we felt your pain;
But with God's grace,
you have finished the race.

Congratulations!
- The Family

SHANNON JONES

Congratulations Shannon!
2006 will be a great year!

Love,
Dad & Terrie & Poochie
Stacey, Phil, Carter, & Baby
Knotts
Mom, Wayne, & Melissa

JASHUN L. GADDY-GASKINS

Congratulations Jashun!
We are proud of you. You
did it with God's love and
your will power to succeed.

Love,
Mom & Dad

ANNA-ROCHELLE BARLETTA

Congratulations Master
Pirate! May the wind
beneath your sails lift you
up to your loftiest goals.

Love,
Jonathan, Mom and the Dees

JERRY CUCURULLO

Congratulations Jerry!
You worked very hard to
graduate in 3 1/2 years.
We are very proud of you.

Love,
Mom, Dad, Maria, Jimmy,
Gina, and Christina

ASHLEY NICHOLE HORNE

Congratulations Ashley!
You did it! We are so proud
of you! Let God lead you!

Love,
Mama, Daddy, Michelle, Jody

JENNIFER ELAINE ROSE

Jenny,
You have finished well!
Much good work is behind
you; great things are ahead
of you. Congratulations!

With Respect and Love,
Mom & Dad

A. PAIGE PHILLIPS

Congratulations Paige!
I am so proud of you.
I love you so much,
Mom

LEIGH ANNA JONES

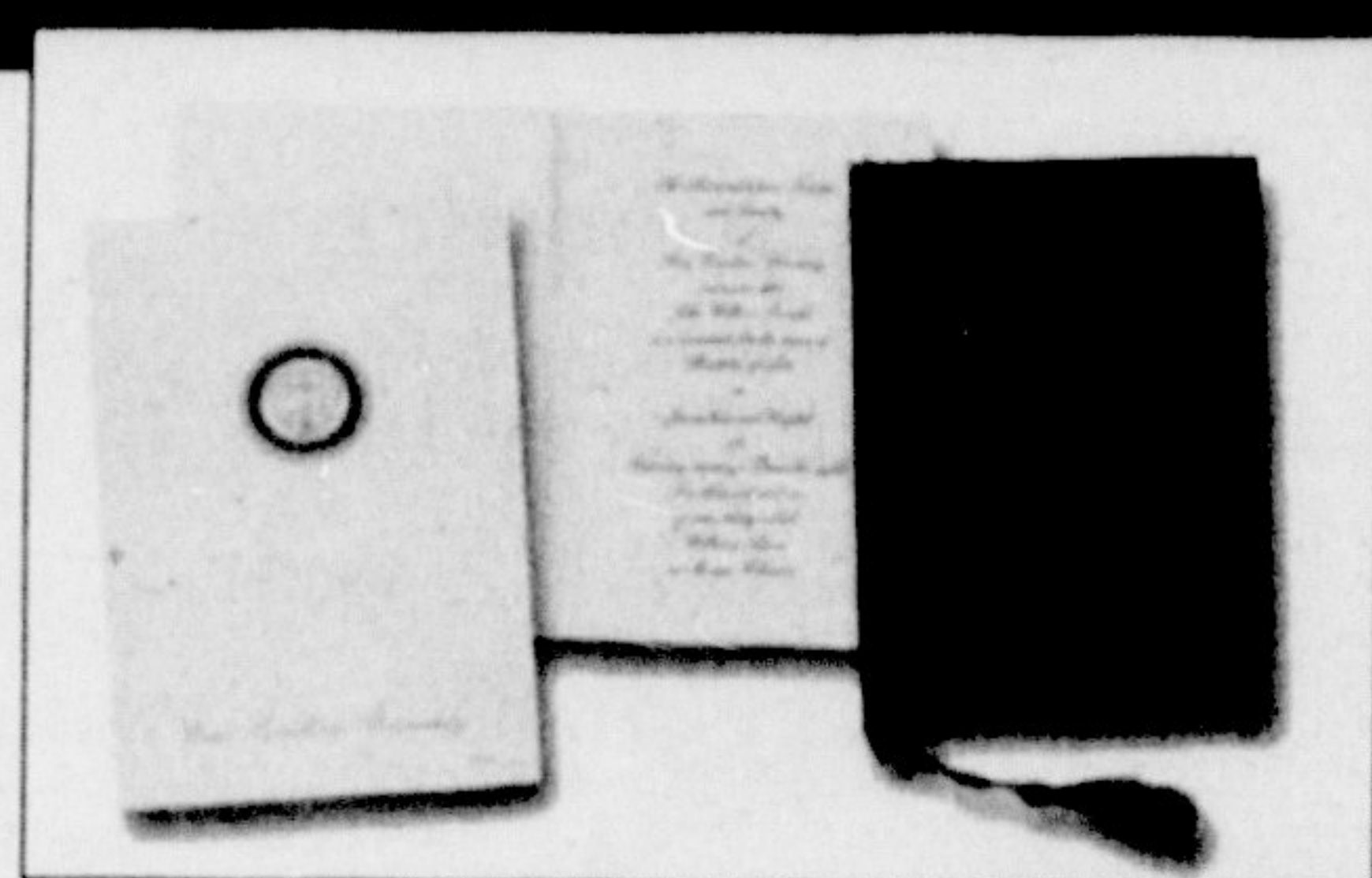
Congratulations
Leigh Anna!
We will truly miss you.
Good luck with your
future plans.
The East Carolinian

MICHAEL JOHN ROSE

Congratulations Michael!
We are so very proud of
you!
Love,
Mom & Dad

CHRISTOPHER RYAN TURNBULL

Congratulations Chris,
We knew you were
special since the day you
were "delivered". We are
very proud of you.
Love,
Mom, Dad, Trav & Foly



Graduation

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The ECU Student Media says
CONGRATULATIONS
 to all Fall 2005 graduates.

MARY PAIGE HOWELL



Congratulations!

We're so proud of your
 ECU Volleyball success and
 your teaching abilities!

We love you!

Mama, Daddy, Trudi, & Matt

Graduation from page A2

that item, use some energy on concentrating and just getting it done, all of your other tasks will seem much less stressful.

No matter how much you have to do, one of the most important parts of stress and time management is saving some time for yourself. Whether it be taking the time to watch Nip/Tuck or going to the gym, these little breaks from all of your responsibilities can really help relieve stress. If you are really in a time crunch, try combining those pleasure activities with another required task. Watch your favorite television show and wrap holiday gifts or go to the gym and study while you are on the exercise bike. The old saying, "kill two birds with one stone" definitely applies here.

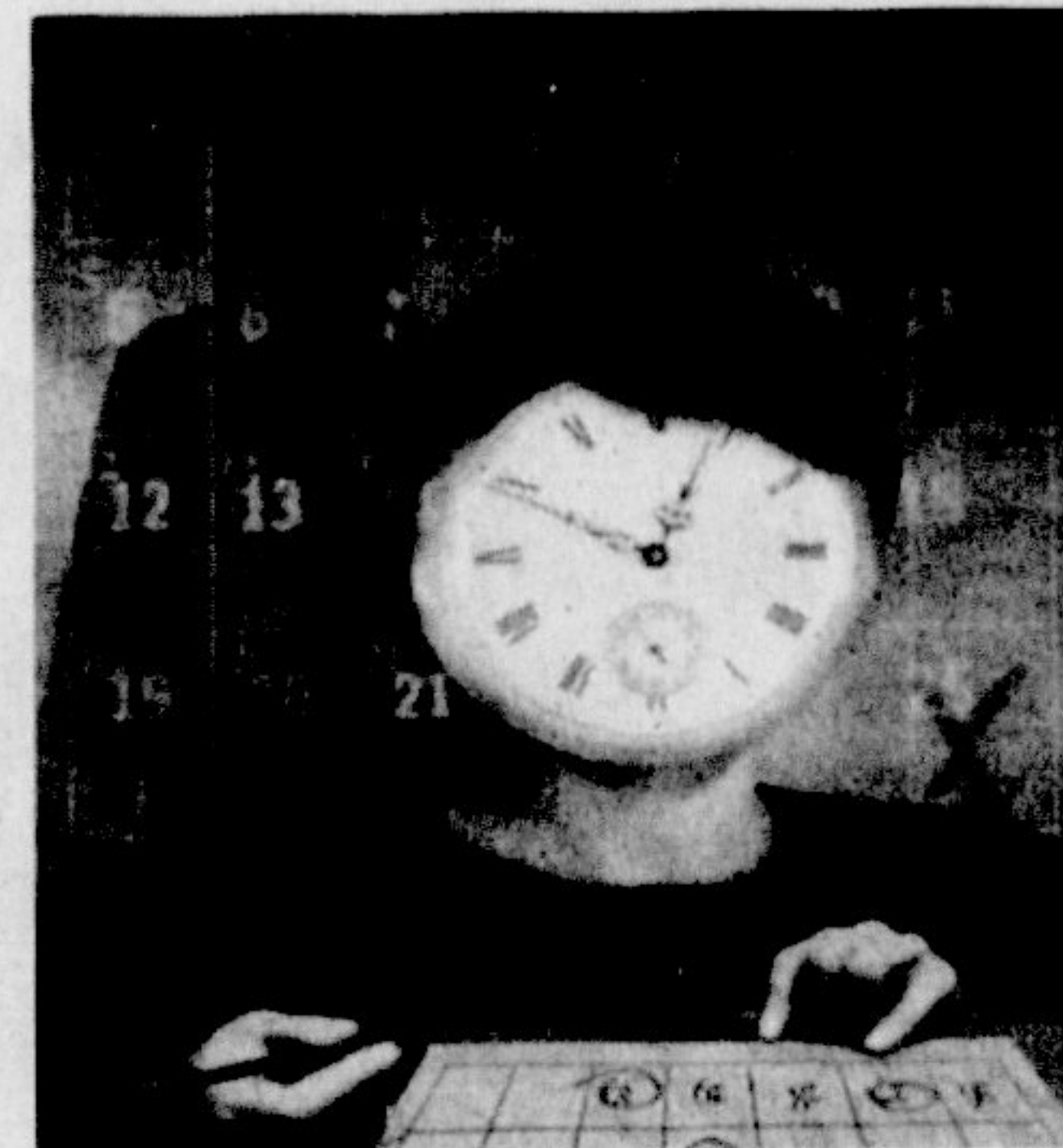
If you feel like everything is getting out of hand and you are going to have a nervous break down, be sure to stop what you are doing, take a break and breathe. There are many relaxation-breathing techniques that really can help calm your nerves. Try looking on the Internet for some tips and trick on how to relax. Stress can drastically decrease your productivity and

so can sleep deprivation.

One of the most popular comments heard out of any student's mouth is, "I'm just so tired." College students often do not get enough sleep and it can affect all of their everyday tasks. When planning your day, be sure you plan enough time in there for sleep. If you don't you will end up dragging your feet all day and getting less done that you needed to. Taking those extra two hours to sleep will not only make you feel better, but will also increase how much you get done. If you are having trouble getting to sleep, again use the Internet as a resource. There are many Web sites that can help you find new ways to calm your mind so that you can sleep.

Everyone has so many things to do at this time of year, getting it all done seems impossible. Searching for jobs, perfecting your résumé, going to work, studying for exams and still managing to perform the human tasks of eating and sleeping can seem impossible, but taking a few minutes each day to plan your time and prioritize your tasks can be a great tool not only in the upcoming weeks; but for the rest of your life.

*This writer can be contacted at
 features@theeastcarolinian.com*



krt campus

Tar River Estates



*Would like to extend a heart-felt congratulations to our graduating seniors!
 Best wishes and good luck on your future endeavours. You have helped make our community
 a great place to be and we have enjoyed having you as residents. You will be missed.*

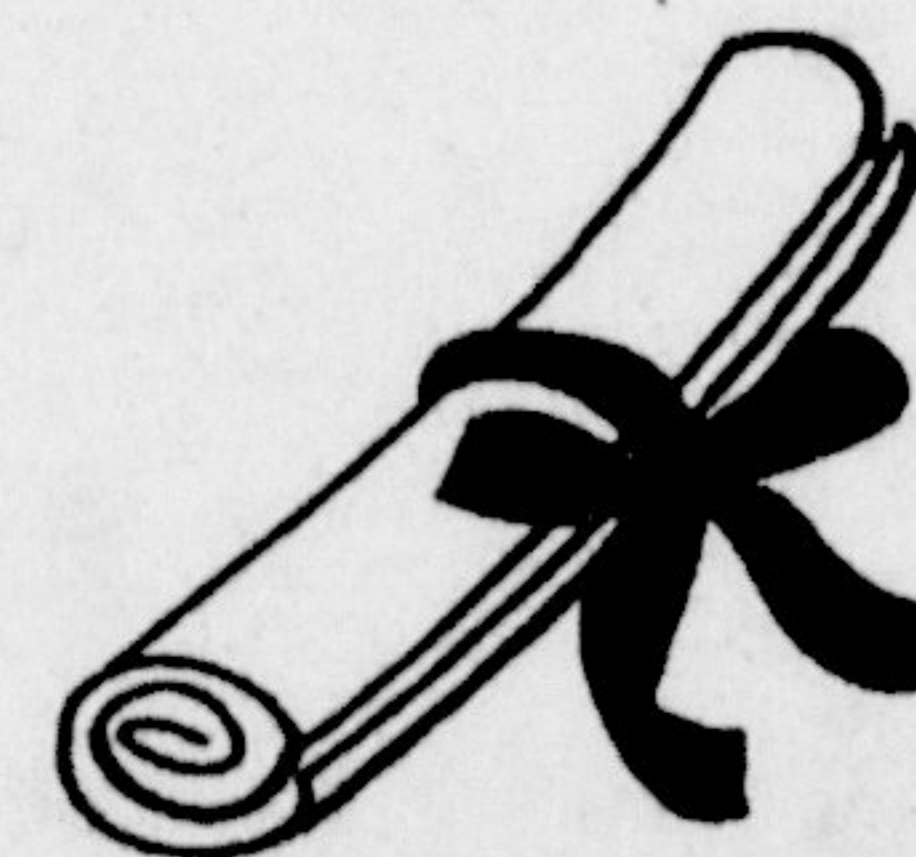


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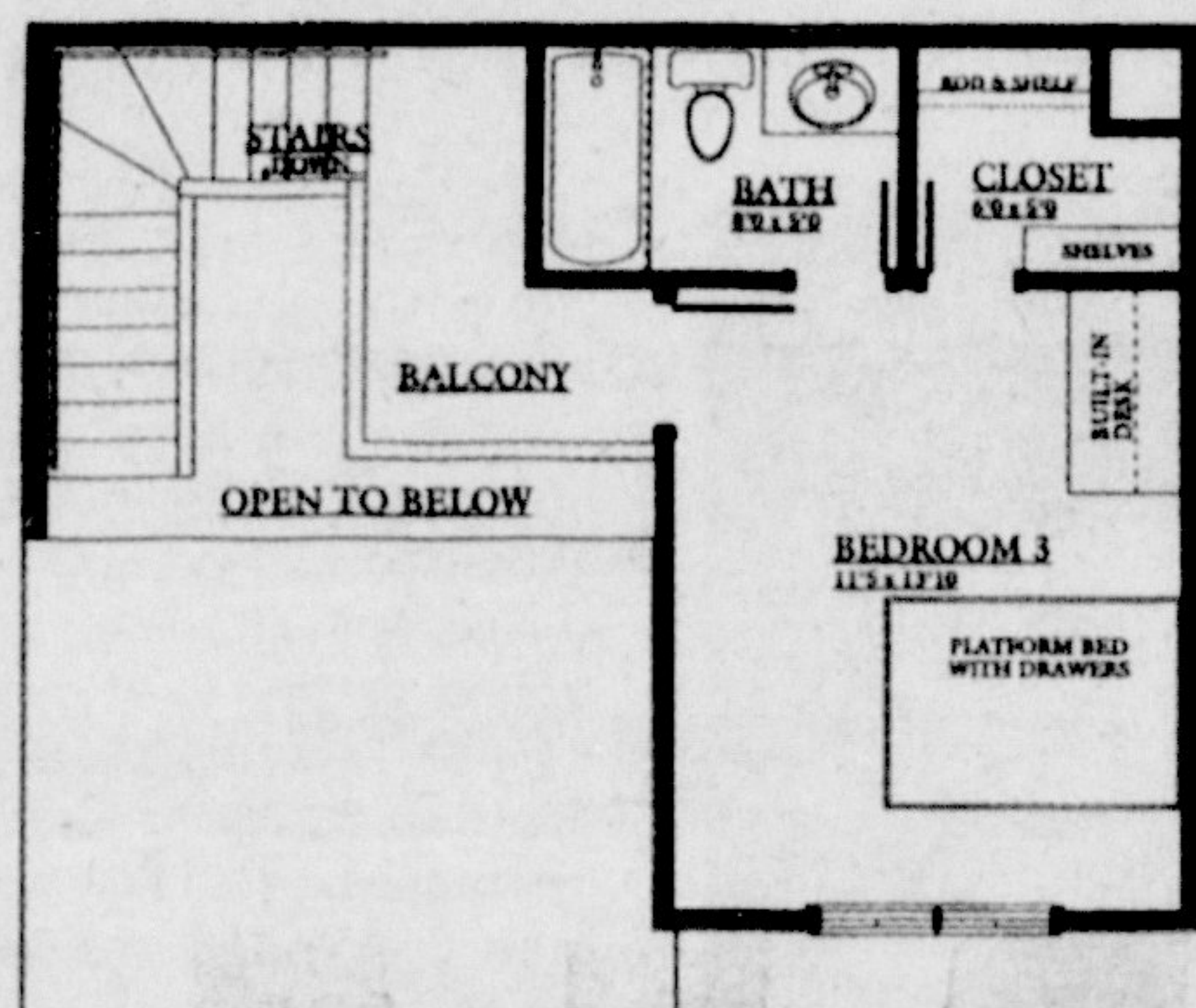
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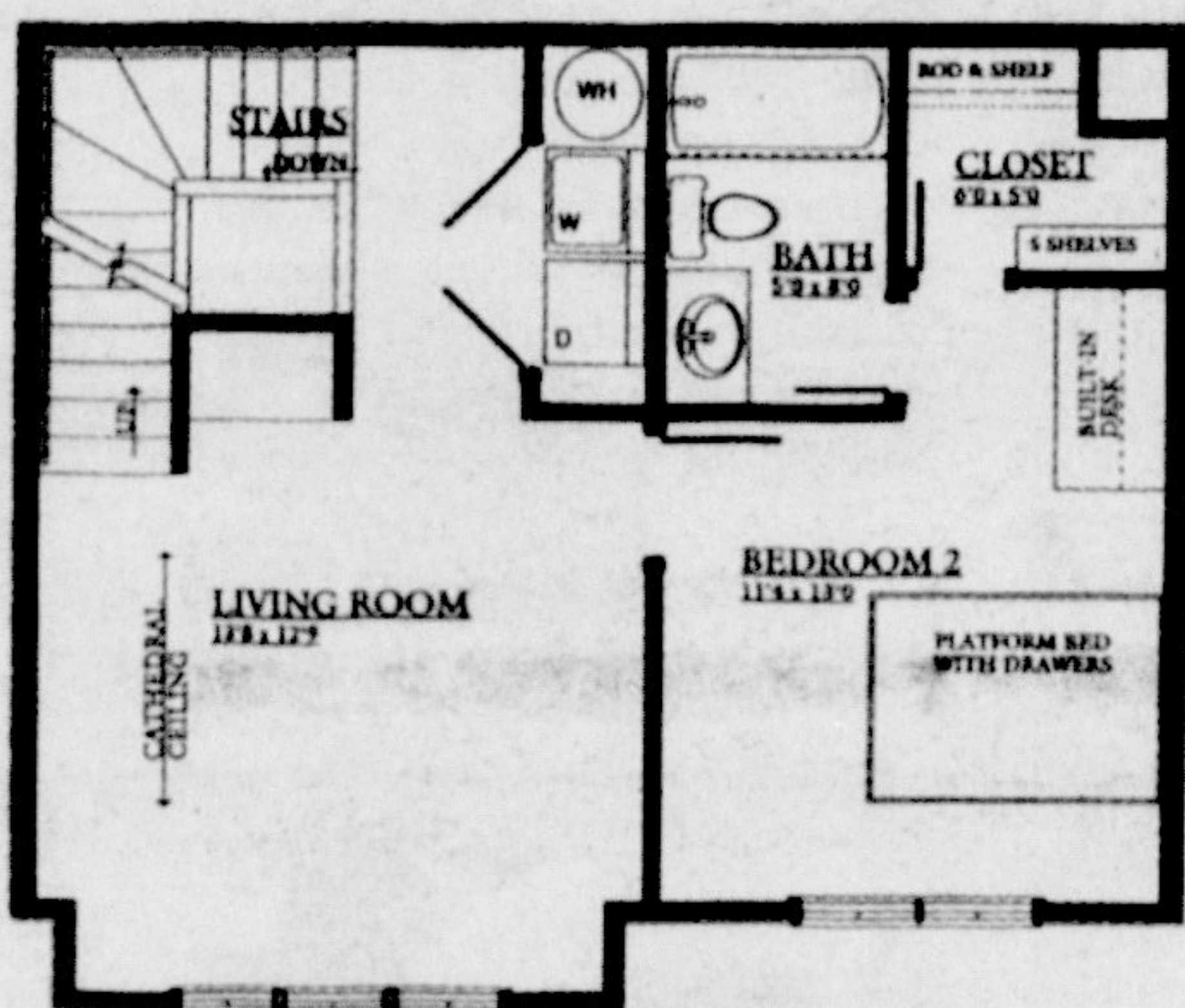
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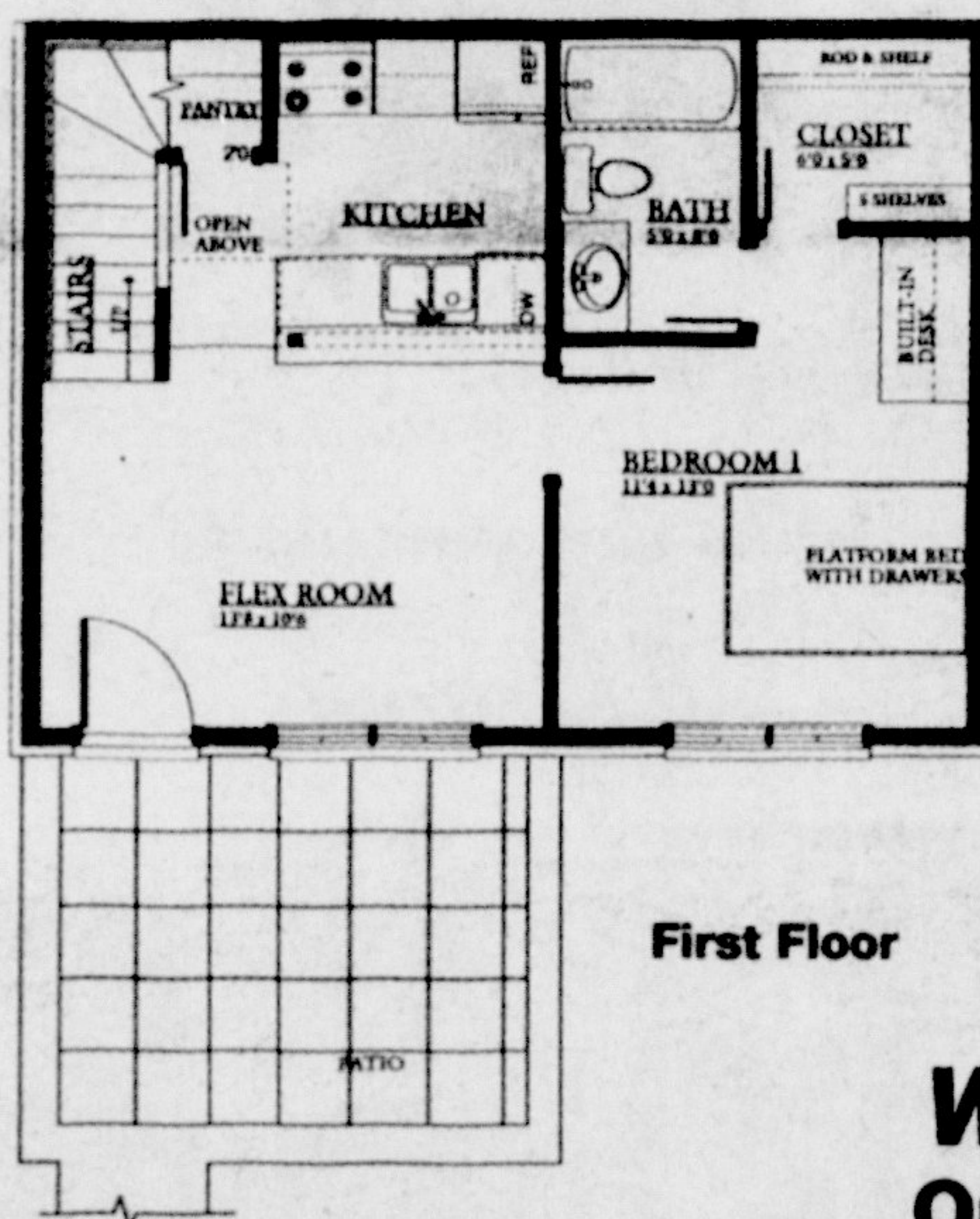
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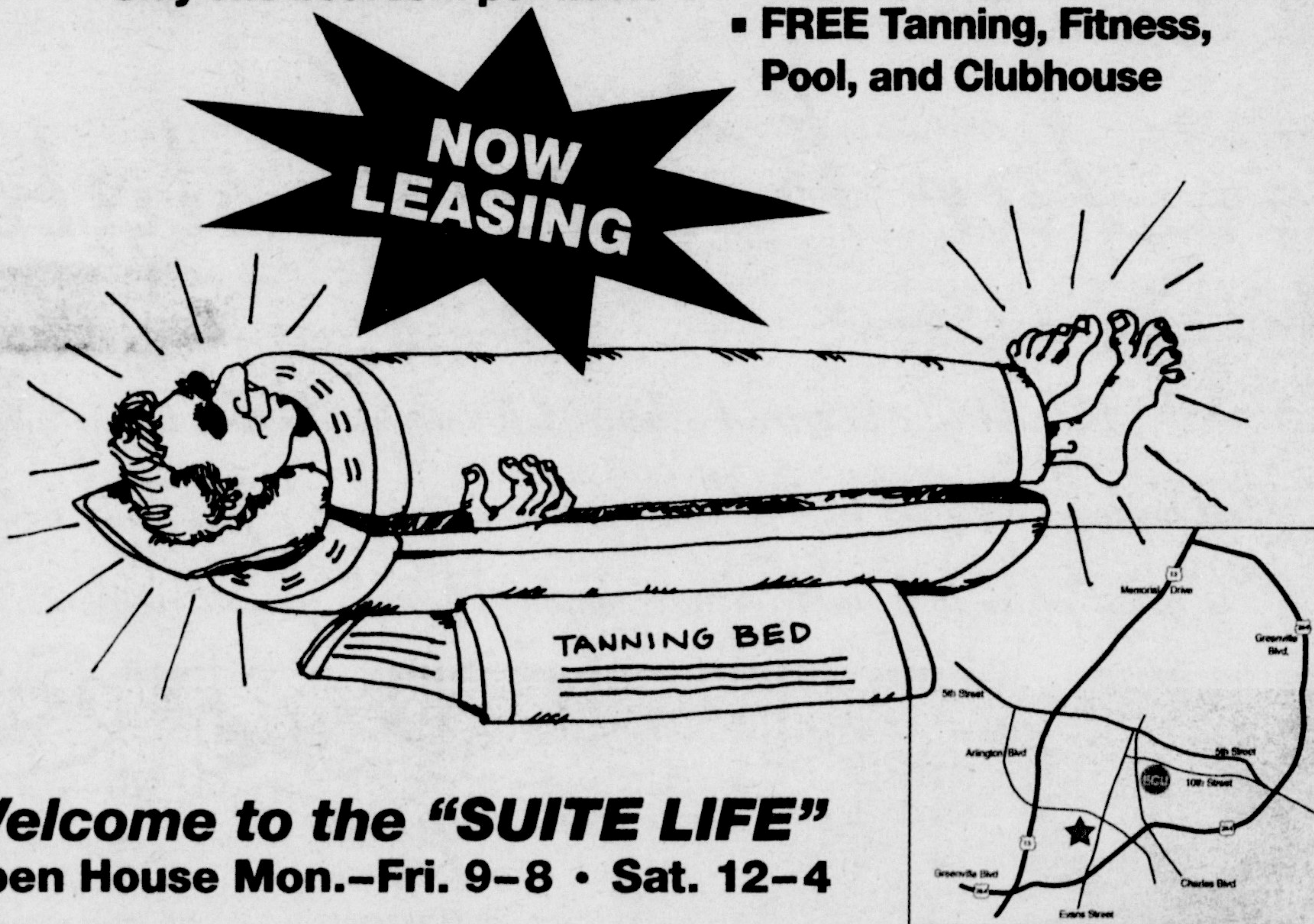
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