

# EIC★ESCAPADES

## Welcome New & Returning Students!

*Here's to making memories and growing on your journey with fun adventures & lots of learning to attain excellence in your chosen Allied Health Career!*

*Escapades: Acts or incidents involving excitement and/or adventure. Let's have fun growing, developing, and learning together, while working to attaining your degree(s), and obtaining employment in those fields.*



Eastern  
International  
College

### Stay Connected:

Like the Student Life Facebook page  
<https://www.facebook.com/EICStudentLife/>

Follow us on Instagram  
<https://www.instagram.com/easterninternationalcollege/>

### EIC Policy for Students

- ✓ Students must use their EIC email addresses:  
[firstname.lastname@eicollege.edu](mailto:firstname.lastname@eicollege.edu)
- ✓ Here's how to access and use your EIC email. Put the following link in your web browser:  
<http://www.eicollege.edu/life-at-eic/eic-e-mail.aspx>

### Emergency Notifications

- ✓ Be notified of school delays and closings.
- ✓ To sign up for E2Campus, put the following web address in your browser:  
<http://www.eicollege.edu/announcements.aspx>
- ✓ Information is also located on our website at [www.eicollege.edu](http://www.eicollege.edu)

### SCHOOL "COLLEGE" SPIRIT WEEK: (9/17 to 9/21)

**Monday - 9/17 - Ugly and Funny "Tie Day"** - Wear your tie and bring in a non-perishable food item for to help those less fortunate. Post photos on your Facebook and Instagram sites! Box in lobby.

**Tuesday - 9/18 - Smile & Compliment Day** - Provide everyone you meet with a smile and pay a compliment forward. Did you know that it takes more muscles to frown than it does to smile? This positivity is infectious and a great way to start networking.

**Wednesday - 9/19 - Selfie & EIC Logo Day** - Snap a shot of you and/or your group of friends with the EIC logo and post it on Facebook and Instagram.

**Thursday - 9/20 - Connect with Your Career Services Expert (CSE) Day** by emailing [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) and share your first/last name, program, and "HELLO" in the subject. Drop a line and share something you are looking forward to learning and share if you have any questions. Jennifer will respond back to each of you! This is a great networking contact!

**Friday - 9/21 - Funky, Crazy, & Silly Sock Day** - Wear your most outrageous socks today and post your photos on Facebook and Instagram! Also, bring in a lightly used jacket or winter jacket you no longer need or another clothing item to give to those that are economically challenged. Box is located in your campus lobby.

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## Tips to aid students in reaching their full potential

1. Take the time to read through and understand all aspects of your course syllabus. Share any questions you have to your professors. Always keep in mind that all questions are important: There are NO silly questions!
2. Apply yourself and do all of the assigned readings, assignments, and projects, etc. that are required from you. Take the initiative to look up additional information on the Internet to aid you with your textbook readings and read your chapters more than once, to aid with the retention of taught/learned materials.
3. Always keep in mind that “you get what you put in!” Think of the readings and work you receive from your professor(s) and act as you would to your future boss. When you apply yourself and do your best, future employers recognize that and you open doors for additional opportunities. Your

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*Learn the language of your industry by reading chapters more than once. This helps you articulate information and land the job in the job interview.*

*Attain President's or Dean's List and this goes on your resume!*

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## Institutional Mission Statement

Eastern International College is a student-centered and career-oriented institution of higher education dedicated to the professional development of its diverse student body. Through innovative curricula, leading-edge technology, experiential (hands-on) learning, and caring and responsible student services, EIC provides:

- Challenging health sciences curricula and environments that maximize student success by equipping and engaging students to critically appraise and apply the knowledge and skills necessary to succeed in their chosen profession, in the service of others, and in their communities.
- Scholarly faculty and dedicated staff who encourage and support diversity and promote excellence in reaching, learning, and service, as the college's primary focus.
- Academic programs that foster ethical and critical thinking informed and enriched by national standards and professionally accredited career competencies to ensure a quality collegiate experience.
- Leadership with innovative and responsible health science programs designed to anticipate and respond to healthcare market needs and provide the foundation for lifelong learning skilled in, and adaptable to, new information and technologies.

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## Student Portal



### Follow These Directions Before Accessing & Creating Your Account

1. Input [www.eicollege.edu](http://www.eicollege.edu) in your web browser; select "Registrar" on the tool bar and then choose "Student Portal" from the drop down list.
2. Click on the Campus Portal that you attend and the link takes you to "Student Login."
3. If you haven't registered yet, click "register" to register yourself to be able to access the "My EIC Portal" service. You will need the following information to set up your account:
  - User Name (example: your first and last names)
  - Create a Password
  - Confirm Password
  - Use the Student ID NUMERICAL DIGITS on your ID TAG (This is the number in the official student ID issued to you) to create this student ID for your account. You cannot access the "My EIC Portal" without this ID number.
    - **For Jersey City Students:** Your student ID is 2010JCXXXX(the four digits located on your ID card) MUST be entered like this not the ID format on your badge (example: 2010JC0009)
    - **For Belleville Students:** Your student ID is 2010BEXXXX(the four digits located on your ID card) MUST be entered like this not the ID format on your badge (example: 2010BE0009)
  - Date of Birth
  - Email
  - Secret Question & Secret Answer
5. After setting up your account, enter your User Name and Password in the Student Login Space and you should be able to access your grades and other pertinent information.

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## September Monthly Awareness Topics:

1. **Alzheimer's Awareness** – Did you know that every 3 seconds, someone in the world develops dementia? If you would like to learn more information and facts, please visit: <https://www.worldalzmonth.org/frequently-asked-questions/>
2. **Sepsis Awareness** – Did you know that every 2 minutes someone dies from sepsis, in the U.S.? Sepsis is a body's extreme response to an infection. For more information, visit: <https://www.cdc.gov/sepsis/what-is-sepsis.html>
3. **National Cholesterol Education Month** - Did you know that more than 102 million Americans have cholesterol levels that are above the healthy level? For more information, visit: [https://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm)

## Employees, Staff, & Faculty:

Eastern International College's team of employees, staff, and faculty are here to help you!

Get started with your **Career Services Training** by emailing [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) to secure your appointment. Appointments are booked on a first come, first served basis.

**Tutoring:** Reach out to your professors! For math related courses, ask Professor Hong about Google classroom tutoring that is available.

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## Resource Center

### Citation Tools for Writing APA Paper:

- ✓ <http://www.bibme.org>
- ✓ <http://www.citationmachine.net>
- ✓ <http://citefast.com>

### Link to EIC's APA Template:

- ✓ <https://www.dropbox.com/s/qe9flg3u8alwdp8/EIC%20APA%20Template%20050418.dotx?dl=0>

### Scanning Practice:

- ✓ Scanning schedules are located on the bulletin board of your campus' library and also at the front desk with the receptionist.
- ✓ If you don't use the skill, you can lose it!
- ✓ Be sure to practice to have better opportunities in perfecting your skills and for when you have "working interviews" where employers test your scanning abilities.

### Library:

- ✓ Check out your campus' library.
- ✓ Eastern International College's Librarians are knowledgeable and helpful.

### Leadership Opportunities:

- ✓ Join & get involved with Student Council.
- ✓ Interested in creating and leading a new club? If so, contact [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) for assistance in creating.
- ✓ Being a leader aids you because it goes on your resume and can help you with employment. It's also a way to give back to your community.



### Career Services:

- ✓ What workshops or professional development would you like to see offered through career services?
- ✓ Are you interested in learning how you can be a master at interviewing, rising above your competition?
- ✓ Send your resume to [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) to have your resume viewed by your career services expert.
- ✓ Don't wait till graduation; build your relationship with career services early within your journey at Eastern International College.
- ✓ Look out for job fairs, recruitment days, and job postings on Facebook at "[EIC Jennifer](#)." Be sure to follow the directions and submit your resume!

### Counseling:

- ✓ Interested in valuable tips and resources or need someone to talk to?
- ✓ Contact Professor Maria Billings anytime at [maria.billings@eicollege.edu](mailto:maria.billings@eicollege.edu)

## Students Reaching Full

### Potential [cont. from page 2]

Eastern International College professors will notice, too.

Think about it . . . If you were an employer, would you rather hire the A/B student or the D/F student? Spread your wings and take advantage of every opportunity afforded to you. Study a little bit each night!

4. Be Culturally Competent: Remember to always be tolerant of all people and apply the same when participating in any online or in person class discussions. Treat everyone as you would want to be treated and do not utilize any disparaging remarks against any ethnic groups, cultures, economic statuses, etc., because you do not know your classmates' backgrounds, circumstances, and/or experiences. Diversity aids us all in learning other viewpoints and cultures. This, in itself, will provide you with skills you will need in the workforce.
5. Be sure to participate in class regularly, complete all your assignments, and submit them in a timely manner. This is part of your grade.

# STUDENT COUNCIL

## MEETING DATES

### BELLEVILLE

- ✓ Meetings are held in the cafeteria!
- ✓ Future meetings will be posted on our website and in future EIC Escapades.

### JERSEY CITY

- ✓ Meetings are held in the student lounge on the 3rd floor.

### BOTH CAMPUSES

- ✓ Meeting dates to be decided for both campuses. If you are interested in being part of the Student Council, email [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) to be notified of meeting dates.



## BELLEVILLE CAMPUS

*Gillian Wendowski*  
President

*Cherita Morgan*  
Vice President

*Julia Rodriguez*  
1<sup>st</sup> Ambassador

*Steven Chea*  
2<sup>nd</sup> Ambassador

*Shakira Lopez*  
3<sup>rd</sup> Ambassador

*Open Vacancy*  
Secretary

*Seeking additional applicants*

## JERSEY CITY CAMPUS

*Lori Giordano*  
President

*Alyssa Flowers*  
Vice President

*Joseph Delices*  
Treasurer

*Open Vacancy*  
1<sup>st</sup> Ambassador

*Open Vacancy*  
2<sup>nd</sup> Ambassador

*Open Vacancy*  
Secretary

*Seeking additional applicants*

## Networking with Career Services, Peers & Instructors

**What is networking?** Networking is when you build and make connections with other professionals. Networking is one of the most important functions in adulthood. Now that you are in college, you want to ensure that you are building great professional relationships, which are bridges to aid you in your journey of success in your chosen Allied Health field. Once you graduate, you will continue networking as you move forward in your career.

**Networking with peers:** Your peers may be working for a company you want to work with in the future and will have been in class with you; therefore, they can promote how you would be a perfect fit to join the company. Keep in mind all your connections can provide assistance/opportunities for you!

**What is a letter of recommendation?** This is a written letter that an individual writes about you pertaining to your work ethics and what makes you stand out as a superstar for employment. Your behaviors, demonstrated abilities, and anything that can be stated about you, in a positive frame, can be projected within a letter of recommendation.

**Networking begins with your professors.** A great place to start is with your professors. When you show them that you have excellent classroom conduct and time management with completing and turning in your assignments, you create an opportunity for yourself to ask each of those professors for “letters of recommendation” and/or to act on your behalf as a reference for employment.

If you are showing your professors these demonstrated abilities, they can vouch for you as a result of you being on time, participating in class, carrying phenomenal attendance, and always doing the right thing!

**Networking with your Career Services Expert:** Jennifer M. Gonzalez, Ed.S., Director of Career Services and Student Life, is part of your support system at Eastern International. She is ready to be a mentor for you and can also vouch for you in similar ways that your professors can. Additionally, she has networking connections to assist you with attaining employment in your trained field.

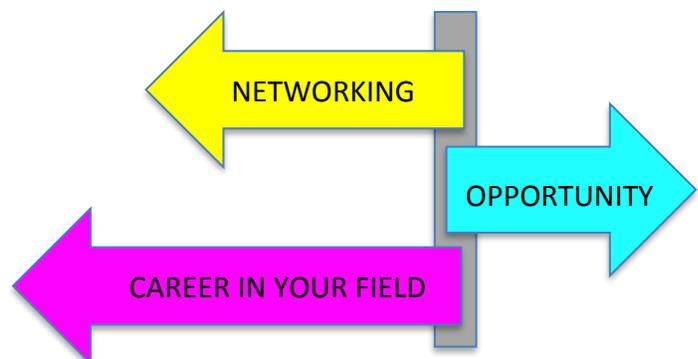
Ms. Gonzalez has over seven years of experience in all facets of career services and connecting students and graduates with employers. She will be a valuable networking connection for you. Therefore, make an appointment to meet with her at [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu), for your Career Services SESSION.

**What is a Career Services SESSION?** It is a two-hour SESSION where your Career Services Expert provides you with training that will put you above your competition. Furthermore, you will be able to be a “master at interviewing!”

Ms. Gonzalez is looking forward to conversing with you throughout each of your semesters and being one of your networking contacts.

The entire EIC team wants to wish you fabulous escapades at Eastern International College. We are excited to be a part of your support system!

***Connect on Facebook to EIC Jennifer for Career Services and to EIC Student Life, too.***



## DIVERSITY SPOTLIGHT

In our ever changing and evolving world, it is important to understand and be accepting of those that are not like us. The beauty is realized in building relationships with various people.

**Different backgrounds:** During your time at Eastern International College, learn about different cultures and backgrounds. You will find that this will enhance your emotional intelligence as you grow and develop into medical professionals. Furthermore, it is fascinating to understand how others think and why they behave the way they do.

**What is emotional intelligence (EI)?** *The dictionary defines "EI" as "the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically."*

When you have the capacity to not only care for and aid patients and their families, but to be able to really connect with them in an interpersonal and empathetic way, it provides you with the availability to increase the organizational branding of the company that you are working with. You then become "in-demand," with these types of soft skills, together with delivering exceptional customer service and satisfaction. This is something all employers are looking for.

**Training & Development:** Career Services will be providing a workshop in 2019 called "**Intercultural Competence**." If interested, please email [JenniferM.Gonzalez@eicollege.edu](mailto:JenniferM.Gonzalez@eicollege.edu) and put "Diversity Workshop" in the subject line with your first/last name and the program you are training in. Attendance for this workshop goes on your resume under "professional development."

Start taking the steps today to enriching your life and treating everyone as an individual by appreciating and recognizing the beauty in the differences we have.

## STUDENT SUCCESS STORIES

Let us feature you and share your success. This would be a great topic to share in your interview; the fact that you were featured in the monthly college newsletter. Share your story via email and if your "story of success" is chosen, you would need to sign a waiver for the story that will be shared in an upcoming "EIC \* Escapades" issue.

We will be working together to give back to our communities and we want to hear your ideas! If there is a cause that you are passionate about, reach out to your student council representatives. You may also drop an email to JenniferM.Gonzalez@eicollege.edu. Take the opportunity to take on leadership roles with experienced facilitators from the Eastern International College that will help you along the way.

For more information on "Student Council," please see page 5 of this month's newsletter.



**At EIC, we want to hear your ideas and thoughts!**



[www.eicollege.edu](http://www.eicollege.edu)

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**EASTERN INTERNATIONAL COLLEGE**

684 Newark Avenue, Jersey City, NJ 07306  
251 Washington Avenue, Belleville, NJ 07109

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