



**What Is EIC Thankful For?**

**Eastern International College  
is thankful  
for our students,  
dedicated faculty and staff members!**

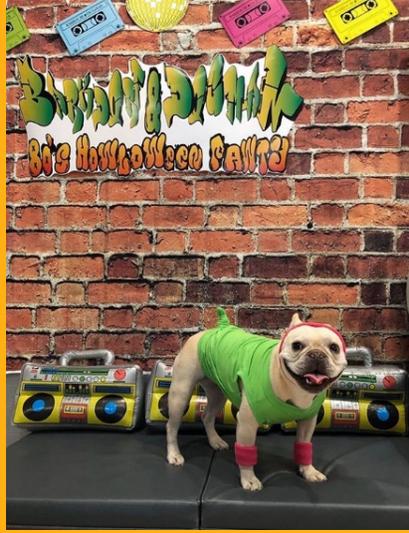
**What are you thankful for?**

Click here and share what you are thankful for and we will display your answers on Instagram and Facebook

**CONTEST RESULTS**

for the  
**Pet Costume Photo Contest**

**Congratulations to this year's winner, the entry  
that received the most "Likes"**



**Thank you to all who participated and submitted photos. Here are some of the other adorable entries for you to enjoy.**



**Do you ever feel like it's a challenge creating a "work / school / life" balance?**



## Creating a Balance

by Kimberly Morse

Director of Student Services, Academic Support, and Advising

Adulting is hard. Between work and caring for our families, we all have many challenges creating a balance that we are able to effectively manage. Often, we realize that we do not have the work/life balance we desire. In these times, we look at other professions to discern those that help us feeling fulfilled, while allowing us to have a greater work/life balance. This is where the decision to return to school occurs: we are not satisfied with our lives as they are. This creates the motivation for persons to pursue an education that was once let go for one reason or another.

This creates an additional challenge to the work/life balance, when we add in school. While work demands may not go away, especially since financial responsibilities do not go away, the addition of school requires top priority. Seeking a degree to better your future is an important decision, and one that is fulfilling once completed; however, the path to get to graduation is not always easy. This is where creating a balance between work/school/life comes in to the picture. Typically, adults work full-time, which amounts to 40 hours weekly. Then, there are the family responsibilities, which can vary depending on personal circumstances.

When the added responsibilities of school are included, it can create a difficult conflict. Especially with a campus-based program that requires clinical or externship responsibilities. Students are expected to attend class during the scheduled hours, complete any and all homework that is assigned to them, as well as complete any other required components (i.e. group work, studying, etc.). These responsibilities can throw off the delicate work/life balance. Many of our students admit that they struggle with the work/school/life balance. Often, it is recommended that our students either do not work, or work part time throughout their academic career due to the rigor and requirements of the programs offered at EIC. This is not always possible.

Some ways to navigate this challenging balance is to first set priorities. Only you, the individual, can determine your priorities and the order that they must be in. EIC expects that students make school their number one priority. Therefore, the expectation is that work will be scheduled around your class schedule.

Try to work in a location that provides flexible scheduling and schedule your work on days that you are not on campus. Complete homework on lunch breaks. Study while on the train. Make sure you are handing in work on time.

Unfortunately, school requires sacrifices. If it is important, you will make the necessary sacrifices in order to be successful. Do not watch the latest episode of the best show ever. Join the people who have never seen an episode of Game of Thrones, for example. You can always binge watch it on Netflix after you've graduated. It's okay to not see the latest blockbuster movie in theaters.



You will miss hanging out with friends. Conversely, while you are accomplishing the needed tasks to be successful in your education, you will make new friends. These people will become your lifeline throughout your academic journey and become a part of your support system.

Have a strong support system at home. This is essential. Have people in your life who value your success as much, if not more so, than you do. These people will be willing to help you succeed. Have them help you with childcare, when needed. Have them help you with cooking meals, or studying, or giving you the break you may need. Make sure your boss and colleagues are supportive of your academic pursuit. Having these people on your side can be essential to your success, especially as some of these people will be the ones to switch shifts with you or cover your shift so you can study for finals.

Finally, reach out to the support systems at EIC. Develop relationships with upper classmen, they've been in your shoes. Take the time to meet with the counselor and seek help when needed. Do not go through this journey alone. Reach out for help. People may not be able to solve all your problems, but they can help you balance out your life. The goal is to graduate and get that better future. Don't lose sight of that.



**Relationship building is key to your success. Tap into all the resources and support that are available to you.**

**These relationships may be the competitive advantage you need to land you your first job or a promotion after graduation**

When you have breaks from school, take them. Relax. Unwind. You need the time to re-energize. Get that massage. Then remember what it is you are working so hard to accomplish. Don't lose sight of your goal.



Re-energize, relax and let your mind be free of all your responsibilities and take a moment to enjoy nature. It's a little breather before you jump



Re-energize and take time to smell the roses. Life is beautiful and there is so much to see. Don't let it pass you by. Immerse yourself in the

## President's List Luncheon for Summer 2019 Honorees

President's List Honorees were invited to attend a luncheon in their honor. If you were not able to make this luncheon, we hope to have you attain the President's List next semester.

The students that attended on Friday, October 25th, were from the Nursing and Dental Hygiene programs. We networked, laughed, and enjoyed the lunch that EIC supplied. It was a fun time.

The students honored were Jessica Durand, Tiffany Garner, Jocinda Kmetec, Jocinda, Kensay Nelson, Lorraine Ofori Boakye, Hima Patel, Amna Syed, and Shreya Sharma.

Congratulations to all of our President's and Dean's List Students. We are looking to see you on next semester's list! Keep up the great work! EIC is proud of you!



Some of our Dental Hygiene students from the President's List Luncheon posed for some photos.

**A BIG THANK YOU**  
**to Dr. Essam and his DMS class for helping to**  
**make our 10/18/19 BV job fair successful!**



Dr. Essam's DMS Class

EIC is thankful to all of our wonderful employer partners who attended our job fairs and

to all of the graduates and students who attended. The employers were provided lunch by EIC and it was great to see and hear of students/graduates who got interviews from the job fairs.

## October 3rd in JC & October 18th BV Job Fairs Thank you to all who attended



NYC Health + Hospitals, which has many doctor's offices associated and approximately 10 hospitals in NYC

They were hiring DMS, CVT, RNs and MAs.

Peace Care, St. Ann's was hiring for Nurses



United Medical: Barnabas Health Medical Group was hiring for MAs and RNs. They had lots of administrative types of positions open, too.

They were impressed with the CVT and DMS individuals who stopped by to visit the job fair.



Wellcare provides services for those in need of medical health assistance.

**Wellcare provides free healthcare resources.**



Wellcare



Preferred Home Health Care



Preferred Home Health Care was looking for RNs, CNAs, and CHHAs.



Alliance Community Healthcare was looking for Dental Hygiene, RNs, and MAs



Always Homecare was looking for Nurses and Administrative Staff. Our RN graduate Nicole Hernandez looked fabulous in her suit. She did a great job networking!



Lincoln Park just hired one of our nurse and is excited to hire more.



Sanitas Medical Center prefers those that speak Spanish, but will hire those that are not bilingual. They were looking for mostly RNs and MAs and might have room for some sonographers

Be sure to come to the next job fair! When you attend, you get face-time with employers and the opportunity to pay it forward. The more people we have attending the job fairs means that the companies will come back and attend future job fairs to accommodate you closer to your graduation date. If there are not enough students/graduates, the employers do not come back.



Summit Home Care has many nurse positions across the State of New Jersey as well as in NYC

## Monthly Health Awareness for November

### Diabetes Awareness

Learn more about Diabetes

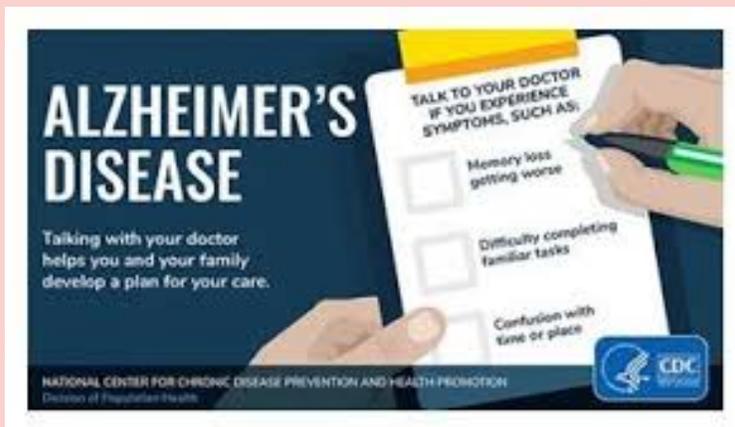
#### Get Involved & Fight Against Diabetes

Did you know there is type I and type II diabetes? [Learn more](#)



### Alzheimer Disease Awareness

Did you know that more than 5 million people have Alzheimer's?



**Pulmonary  
Hypertension  
Awareness Month**

[Learn More, click here](#)



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## **Mandatory Career Services Session**

Have you signed up yet?

**You do not need to wait till graduation and can join when you are a Freshman, Sophomore, or Junior**

What will I learn?

- How to create and make a standout resume.
- Interviewing tips and tricks.
- What the HR professionals will not tell you.
- How to not only attain the job, but to maintain it and how to leverage your opportunities for pay raises and/or lead positions.
- The do's and don'ts of interviewing.

**At the end of this workshop, you will have the tools  
needed to become a  
MASTER AT INTERVIEWING**



Jennifer, Director of Career Services and Student Life, has witnessed students who utilize their full "tool-box" of career services tips and tricks beat out the competition. She has seen an entry level graduate get the job over others with more experience and higher education. The key is in your confidence and your mini-stories. Come learn more so she can aid you in becoming a master in the interview process.

**Session Schedule**

11/15/19 - Jersey City: 1:00 p.m. to 4:00 p.m.

11/26/19 - Belleville: 10:00 a.m. to 1:00 p.m.

11/26/19 - Jersey City: 3:00 p.m. to 6:00 p.m.

Career Services Workshops are given approximately once a month. Sign up by clicking the button below and indicate which session you would like to attend. Workshops seats are booked on a first come, first served basis. You will receive an email back with a confirmation that your seat is secured for the workshop.

Schedule Your Session

## Student Nurses Association



Tiffany Chi, President of the Student Nurses' Association, provided our nursing students with a wonderful presentation in September.

EIC is thankful to **Tiffany Chi** (photo right) for taking time out of her busy schedule to provide an informative presentation on the added value to being a part of the National Student Nurses' Association.

It also looks good on your resume. Employers want to see that you are involved with your industry associations.

It also shows that you are "in the know" and always keeping abreast of the information in your field.

Get involved today!

Contact Megan Pennington to learn more



## RAMP NJ: Substance Abuse & Nursing

The EIC Nursing Department is hosting Terri Ivory, Director of RAMP-NJ on

Monday November 18th from 12:00-1:00 pm in Jersey City. The Recovery and Monitoring Program (RAMP) was established in 2003 as an alternative to discipline program for nurses struggling with substance use and abuse.

Ms. Ivory's, one hour, riveting presentation will educate you on the substance abuse epidemic in NJ, as well as provide helpful strategies for you or someone you know, who may be in need of this assistance. We hope to see you on November 18 at 12:00 p.m. in the Jersey City Lecture Hall on the 2nd floor. Q&A will follow.

Learn more on RAMP on their [website](#)

## Flu Shot Challenge



EIC Students!!

We are holding a Flu Shot Challenge!!!

The goal is to get 100% of EIC students to have the flu shot by December 20th!

Studies show that increased levels of stress (think Finals week!) actually decreases your immunity! This leaves you susceptible to illnesses, like the flu. The last thing anyone wants is to be battling the flu AND taking finals.

Vaccination is the first and most important step to protect you and others from the flu. And flu vaccines have been proven to be safe.

MYTH	FACT
I will get the flu from the vaccine.	The vaccine can't give you the flu. The flu vaccines given with a needle do not contain live viruses.
Healthy people don't need to be vaccinated.	Even healthy people are at risk from getting the flu. They may end up missing class, work, or other obligations. Getting the flu shot can also help prevent people from spreading the virus to others.
I don't need a flu shot every year.	The influenza virus can change and mutate each year. You need a flu shot each year to make sure that you have the best protection possible against the flu.
I can't get that sick from the flu.	During the 2017-18 flu season in the U.S., there were an estimated 48.8 million influenza illnesses, 22.7 million influenza-associated medical visits, and 959,000 influenza-related hospitalizations, and 79,400 deaths.

You can get your flu shot at your local physician's office, any pharmacy, a walk-in urgent care facility,

or you can find a flu shot clinic by [clicking here](#)

**The Department of Health (DOH) is tracking our participation.**

**Let's make it count and put our school's best foot forward.**

Once you have gotten your flu shot, take the survey below.

Click on this button to take the survey!



# THANK YOU

to our  
Jersey City Student Council

JC did a nice job decorating the bulletin boards in October! EIC is thankful to you for your time, donations, and decorations.



Our Jersey City Student Council decorated the student lounge bulletin board and one of the bulletin boards on the second floor in the nursing wing.

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## Student Council-Student Government needs your help

### BELLEVILLE

EIC's Belleville Student Council is asking for your help to bring in one or two non-perishable food items and place it in the decorative box in the lobby.

### JERSEY CITY

EIC's Jersey City Student Council wants you to donate to help the less fortunate in our community. There are many folks who don't know where their next meal will come from and are faced with economic adversity. We can be a positive force in their lives.

Let's increase our giving and if we each bring in one item, we can all certainly have a very nice and large donation to provide to help our community members in need.

Let's pay it forward  
and show our thanks  
for this "giving month"  
of Thanksgiving!

## Please D O N A T E

Eastern International College presents

 **THANKSGIVING**  
*turkey and canned*  
**FOOD DRIVE**  
October 15th- November 15th

Please help us by donating non-perishable food items to help benefit those in need this holiday season  
All the donations will go to community members in need

*Make a Difference!*  
**DONATE**

**DROP OFF LOCATIONS:**  
EIC Main Lobby (by the security desk)

Please contact any e-board member of the EIC student council with any concerns

 251 WASHINGTON AVENUE, BELLEVILLE, NJ, 07109

*Jersey City Student Council is hosting a*  
**Canned Food Drive**

We are looking for non-perishable items to donate to local shelters for the holiday season!

SOUP  
CRACKERS  
SPAGHETTI  
CANNED VEGGIES  
RICE/OATS  
PUREED FOOD



**COLLECTING ITEMS UNTIL NOVEMBER 19th**

**BELLEVILLE**  
Student Council Board

**JERSEY CITY**  
Student Council Board

**BOARD ADVISOR & MENTOR**

Cherita Morgan

**PRESIDENT**

[Maguarite \(Maggie\) Mattsson](#)

**BOARD ADVISOR & MENTOR**

[Steven Chea](#)

**VICE PRESIDENT**

[Lisa Campanelli](#)

**BOARD ADVISOR & MENTOR**

[Kaitlyn Brauer](#)

**SECRETARY**

Amanda Bury

**PRESIDENT - VACANT**

**VICE PRESIDENT**

[Joanne Ekpeni](#)

**SECRETARY: VACANT**

(Acting - Steven Chea & Joanne Ekpeni)

**TREASURER: VACANT**

**STUDENT AMBASSADOR**

Stephanie Valesse

**STUDENT AMBASSADOR**

Malcolm Ekpeni

**STUDENT AMBASSADOR: VACANT**

\* If you are interested in joining, please reach out to Steven Chea, Kaitlyn Brauer, and Joanne Ekpeni for more information.

**Next Meeting: BV**

**Monday, November 4th**

**1:00 p.m. to 2:00 p.m.**

We will be voting on the President position and others. If interested, have a small 3-5 min. speech ready.

**TREASURER: VACANT**

**STUDENT AMBASSADOR**

Stephanie Valesse

**STUDENT AMBASSADOR**

Malcolm Ekpeni

**STUDENT AMBASSADOR: VACANT**

**STUDENT AMBASSADOR: VACANT**

\* If you are interested in joining, please reach out to Maggie Mattsson and Lisa Campanelli for more information.

**Next Meeting: JC**

**Tuesday, November 5th**

**12:30 p.m. to 1:30 p.m.**

# Maria's Counseling Corner

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**10 Tips  
to Help You Combat**

# College Anxiety

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## **1- Break everything down into small steps. I call this "wood-chucking" things.**

Don't think about the whole picture of your academic life. Take small steps on your way to achieving college goals. As you complete each step you build momentum!

## **2- Talk yourself up!**

In your head, you hear sentences you say to yourself. Say positive things. Tell yourself you're confident, successful, and happy. Tell yourself you can face anything.

\*\*\*\*For those of you that have taken the Career Services Workshop, this is the same as doing your "Kooky Mirror Techniques!"

## **3- Let go of past failures.**

You can't change the past, but you can keep it from affecting you now. Limit how much you reflect on these times. Accept that they happened. Get help if you need support going through this process and make an appointment with [Professor Maria Billings](#).

## **4- Practice meditation or deep breathing exercises.**

Meditation or deep breathing exercises will help you calm your nervous system. Search online or on YouTube to learn all kinds of meditation and breathing exercises.

## **5- Take up a relaxing hobby.**

Select a hobby that interests you without stressing you. Read, collect something, write poems, play an instrument, etc. Choose a hobby that helps you focus on the present without worrying about anything else around you.

## **6- Exercise regularly.**

Select an exercise you enjoy and do it! Your exercise routine doesn't have to be intense or high impact. You don't have to do it every day, but try to exercise 3 times per week.

## **7- Create a support system of trustworthy people.**

These could be friends or family. You can also turn to counselors, psychiatrists, or other mental health professionals. Consider joining a support group.

## **8- Talk to your professors.**

If your anxiety stems from work or you have in class, let that professor know how you are feeling. Professors will try to get you the academic help you need to do well in class.

## **9- Keep track of how you feel.**

Anxiety has many causes, but specific things do trigger it. Keep a journal or log where you list the things that stress you. It helps you recognize situations that cause anxiety.

## **10- Realize that you are not alone in experiencing college anxiety.**

Many of the students around you are living with anxiety. Don't be afraid to talk about your experiences. This is how you find people who can support you.

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## Message from the Registrar & Bursar Offices

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### Office of Registrar

Spring 2020 Registration begins on November 11, 2019. The final step in the registration process is getting a print-out of your official schedule from the Registrar's Office.

## Office of Bursar

Friendly Reminder! Clearance from the Bursar Office is necessary for official registration. If you have any questions regarding tuition payments, please see the Financial Aid Offices: [Belleville](#) / [Jersey City](#).

[Click Here to Email Registrar / Bursar with any questions](#)

## Job Search on Indeed



It's time to learn about the kinds of jobs that are available to people with your educational background and how the job market for different industries is evolving.

[Learn More](#)

## Attention Nurses

The Sonsiel Nurse Hackathon is a great way for students to network, problem solve, build critical thinking skills, and put yourself in the presence of people in the medical field.

# SONSIEL NURSE HACKATHON

SPONSORED BY JOHNSON & JOHNSON



Hyatt Regency Hotel, New Brunswick, NJ



Join us for  
the weekend of

**NOVEMBER  
15 - 17, 2019**

#### HACKATHON PURPOSE:

Champion nurse-led innovation by bringing together nurses for a weekend dedicated to collaborative problem solving to improve human health, in partnership with Johnson & Johnson and SONSIEL.

#### HACKATHON WHAT:

A 3-day event that brings Nurses and people from other professions together to take on human health problems by creating solutions in a supportive setting with colleagues and mentors.

#### WHO SHOULD ATTEND:

Nurses, Recent Graduates, Healthcare Professionals, Engineers, Healthcare Venture Investors, Angel Fund Investors, Developers, Designers, and Entrepreneurs.

#### WHY ATTEND:

An opportunity to bring your ideas, form a team and develop a product or service for the great-good in healthcare.

Registraton & Full Details: [www.SONSIEL.com](http://www.SONSIEL.com) - under the events page.

Questions: Email Faith at [info@sonsiel.com](mailto:info@sonsiel.com)



Nurse Exhibitors: If you are a nurse and have a product or service that you wish to exhibit at our event please email Faith for details, [info@sonsiel.com](mailto:info@sonsiel.com)



SONSIEL Society of Nurse Scientists Innovators Entrepreneurs & Leaders

**Prizes  
AWARDED.**

Registration & Full Details

Email Faith at Sonsiel with Questions

## HOW CAN THIS EVENT HELP YOU WITH YOUR CAREER?

This can possibly assist you with your future employment as a result of meeting employers at the event. Ask for business cards from the people you meet here and send each new contact a small email note afterwards.

## MAKE YOURSELF STAND OUT!

During an interview, this experience is a great way to articulate to employers how you had the opportunity to brainstorm, contribute ideas, and be a change agent.

If you are interested in attending

If you are interested in attending click here to notify EIC

## Upcoming Events & Dates to Remember

Monday, November 4th

**BELLEVILLE STUDENT COUNCIL MEETING**

1:00 p.m. to 2:00 p.m. - Student Lounge, 2nd floor

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Tuesday, November 5th

**JERSEY CITY STUDENT COUNCIL MEETING**

12:30 p.m. to 1:30 p.m. - Student Lounge, 2nd floor

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Thursday, November 14th

**Last Day to withdraw from classes**

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Thursday, November 18th

12:00 p.m. Lecture Hall, 2nd floor

**RAMP Presentation**

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Friday, November 15th

Jersey City Campus - Extra Career Services Class  
1:00 p.m. to 4:00 p.m.

**Career Services Session (Mandatory to Graduate)  
Class is usually provided once a month**

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Thursday, November 28th & Friday, November 29th

**COLLEGE CLOSED: THANKSGIVING**

## Resources

**Belleville Main Office: 973-751-9051**

**Jersey City Main Office: 201-216-9901**

If you have any questions for specific departments, please click on the names below and you will be prompted to email them. Eastern International College cares and wants to ensure that you have a fabulous experience. Let us answer your questions.

Advisement - Jersey City  
[Kim Morse](#)

Bursar  
[Tina Hamilton](#)

Campus Director - Belleville  
[Dr. Mustafa](#)

Campus Director - Jersey City  
[Agnieszka Drupka](#)

Career Services  
[Jennifer Gonzalez](#)

College Dean (& Advisement)  
[Dr. Julius](#)

Default Management  
[Evelyn Pimentel](#)

Counseling  
[Maria Billings](#)

Financial Aid  
[Iren Brodskiy](#)

IT & eLearning  
[support@eiccollege.edu](mailto:support@eiccollege.edu)

Nursing - Belleville  
[Reginald Dimailig](#)

Nursing - Jersey City  
[Dr. Rosales](#)

Registrar  
[Tina Hamilton](#)

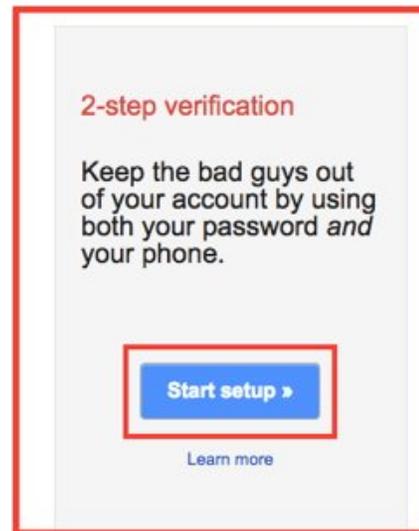
Student Life / Affairs  
[Jennifer Gonzalez](#) and [Kim Morse](#)

Student Nurse's Association  
[Dorothy Rolling](#)

## Tech Update: Cybersecurity Important Reminders

Don't get locked out of your EIC email. Be sure to turn on your two factor authentication and add a recovery email or phone number to your account. These simple steps help to keep your account secure. Of course, always remember to fully log out of your account when using a public computer.

Need help doing this? Something not looking as it should? Email [support@eiccollege.edu](mailto:support@eiccollege.edu)



EIC | 201.216.9901 | [www.eiccollege.edu](http://www.eiccollege.edu)

STAY CONNECTED

