



Eastern  
International  
College

## Take Time To Enjoy The New Season & Give Thanks To Others



As the new season has stepped in and the leaves have changed, it's a great time to reflect on our lives. The end of the year gives time to prepare and reflect for the new year and make a list of strengths and weaknesses to identify which areas of your life you would like to continue on the same path and which aspects you could enhance. Remember to recharge and take ownership of your path going forward as we are approaching the onset of a new year.

With Thanksgiving in a few short weeks, EIC would like to encourage you to do one to two additional acts of kindness and/or expressions of thanks to others. Just think how wonderful it could make another person feel. How powerful is that?

EIC is proud to have you as students, who represent us and our name stands 100% behind you as a student and eventually as a graduate. Thank you for the hard work and dedication that you put into your studies.

With Student Services, we have a specialized team to aid you with professional development, resume assistance, interviewing tips/tricks, mental health counseling, leadership skills, and much more.

- [Maria Billings](#), School Counselor & Professor
- [Jennifer Gonzalez](#), has rejoined EIC and excited to be back!

EIC is committed to providing you with the best student experience during your time here, as well as with lifetime placement assistance after you graduate.

## FRESHMEN

# Welcome to the EIC Family

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EIC wants to welcome our new Freshmen that started in September.

We are proud to have you as part of our EIC Family!

Please touch base with Student Engagement to get involved in Student Council, other clubs you would be interested in participating with, and sign up for professional development classes that will be emailed to you soon. All of these aspects can be added to your resume and can enhance your opportunities with employment.

Plus, if any of our team members in Student Services knows you well enough, we can write letters of recommendation for you, to aid you with obtaining the position of your dreams, upon graduation.

[CLICK HERE](#) Student Engagement is ready to assist!

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## Don't worry! EIC faculty and staff will have your back!

- 1 Start a 14 days quarantine process immediately.
- 2 Inform school as soon as the 14 days quarantine starts.
- 3 At day #7 get tested once and inform school the results.
- 4 Get Retested at day#15. If negative student can come back to school.

AND ALWAYS



Remote classes will continue as usual and labs will be arrange upon your return.

## EIC Welcomes Our New President Mr. Anthony Stanziani



Mr. Stanziani joined Eastern International College in July 2020. He has enjoyed a rewarding and successful career in higher education and is excited to lead EIC in the achievement of its mission - the professional development of its diverse student body. With his guidance and direction, the College's leadership team is committed to ensuring high-quality education and the success of its students as they embark on their journeys to rewarding careers in cardiovascular technology, diagnostic medical sonography, dental hygiene, and nursing.

## A Note from Anthony Stanziani, President

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Last week, thanks to Professor Cruz, I had the pleasure to spend a few minutes with the nursing students of (Adult Health I) at the Belleville Campus. It only took a few short moments to conclude that these students, who are representative of all EIC students, will make for great healthcare providers.

So many of our students are pressing through the challenges currently faced by our society and, while we have all been impacted by the pandemic, EIC students have demonstrated the tenacity to push through all the obstacles in their path. Some are working full time, raising a family and attending college, while others are seeking employment, taking care to make ends meet and attend college. Yet, others are single-parents struggling to meet some, if not all, of these challenges and more - homeschooling children, caring for elderly parents, studying remotely, and safeguarding themselves against the Coronavirus. The constant is that they are attending college and not losing sight of their educational goals and career objectives. In short,

EIC students are inspiring adults who, by example, provide all of us the fortitude to work our way to the other side of this pandemic.

Given my experience with the students of (Adult Health I), I look forward to meeting more EIC students and will close by encouraging you to never give up on your hopes and dreams. If you can dream it, you can realize it!

Regards,  
Anthony A. Stanziani  
President



Stacy Appiah, Wajeedah Bolds, Nadeen Braithwaite, Tanya Hamlett, Lianne Hanna, Francesca Lopes, and Jeannerys Martinez, and Ralitsa Miteva all were excited to meet Mr. Anthony A. Stanziani, President of EIC

## Financial Aid

# 2021-22 FAFSA IS HERE!

APPLY ONLINE USING  
2019 TAXES AT  
[FAFSA.ED.GOV](https://fafsa.ed.gov)

OR CONTACT THE FINANCIAL AID  
OFFICE FOR ASSISTANCE

[Click Here For More Information Regarding FAFSA](#)

# Financial Aid Wants You To Take the Challenge

## It's National Scholarship Month!

# TAKE THE CHALLENGE

NOVEMBER IS NATIONAL SCHOLARSHIP MONTH. MAKE IT YOUR GOAL TO APPLY FOR AT LEAST 1 SCHOLARSHIP THIS MONTH. TAKE THE CHALLENGE AND APPLY FOR 10!



## NATIONAL SCHOLARSHIP MONTH CHALLENGE



### RESEARCH YOUR OPTIONS



### CREATE A SCHOLARSHIP LIST



### APPLY WITHIN THE DEADLINE

Check out the **Scholarship** tab on the *Financial Aid* section of the College's website for helpful links to search sites and options

Go to **Fastweb.com** to create an account that will help match you with eligible opportunities

**NURSING STUDENTS:** Navigate to **Discovernursing.com** to see Nursing-specific scholarships as compiled by Johnson & Johnson

## ATTENTION NURSES: NCLEX REVIEW

Hello Spring & Summer Graduate Nurses!

### NOTICE FROM THE NURSING DEPARTMENT

The nursing department wants you to keep an eye out for further information regarding the NCLEX Review exam schedule and dates. Information will be sent out via the EIC Mobile App and email.

EIC is currently working on identifying a competitive cost via research and review; therefore, the amount is TBD (to be determined)

Check your email and the mobile app!!!

[CLICK to Email for BV Information](#)

[CLICK to Email for JC Information](#)

# Monthly Health Awareness October



[Learn More By Clicking Here](#)

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## Emotional Wellness Month & Maria's Corner

[Click to Arrange & Phone Call or Meeting with Maria Billings, School Counselor](#)

[Click To Read The Full Article, which Includes Great Tips Below](#)

### Top 7 Tips for Improving Emotional Wellness

AUTHOR: Angus Whyte

#### Identify Your Emotions

Learn to recognize, define, and describe your emotions. This is truly the first step. You need to be able to identify what you feel in order to manage and process those feelings in a healthy and productive way.

#### Express Your Emotions

Once you learn to name your emotions, the next step is expressing them in a healthy and productive manner. This means that if you're happy about something or someone, share that emotion. And if you're unhappy about someone or something, share that, too – but of course, do it in a kind, compassionate, and respectful manner.

#### Manage Stress

Stress can lead to negative emotions. In order to manage stress, it's important to cover the basics: eat healthy food, get adequate sleep, and move your body or exercise daily. These three habits are the foundation of both physical and emotional wellness.

## Learn Mindfulness

Meditation, yoga, and tai chi are what most people think of when they hear the word mindfulness. But did you know that mindfulness is a state of awareness, rather than a set of esoteric practices? Mindfulness means slowing down and paying attention to your internal and external life as it is in the moment without judgment. This means that mindfulness can happen anywhere, and any time. You can take a mindful walk. You can cook and eat mindfully. If you are mindful while doing it, then that activity counts as a mindfulness activity.

## Find Balance

If your work stresses you out, find a way to get more personal time or family time. And if your family stresses you out, find a way to get more alone time or time engaging in hobbies. If anything you do threatens to overwhelm your emotions and take control of your thoughts, then find a simple, actionable way to address it – and restore balance to your life.

## Find Purpose

You may find meaning or purpose in your work, your family, your hobbies, or your passions. Your meaning or purpose may be spiritual, or it may be secular. It may be neither, or it may be both. Whatever form it takes, experts on wellness say that having a reason to get up in the morning improves emotional wellness.

## Seek Connection and Support

Human beings are social creatures. In general, we thrive in communities where we feel loved and supported. For millennia, we lived in small family groups or groups of families that provided this support. We still do, although in the modern world many people live alone. Whether you live alone or with family, it's possible to feel lonely and disconnected. When that happens, our emotional wellness suffers. To maintain your emotional wellness – yes, even if you're a hermit-type – we recommend seeking groups of people where you feel accepted, loved, and supported.

This list is far from complete. But if you follow these seven tips, we're sure your emotional wellness will improve, if it needed improvement. And if your state of emotional wellness is in a good place, then these tips will help it stay there.

**Key an eye out for "Maria's Corner," where our school counselor offers insightful tips to help your mind, soul, and mental health, in subsequent issues of the EIC Escapades Student Newsletter.**

**Welcome Our New**



## Dean for Both Campuses, Dr. Toni Williams

[Click to send Dr. Williams a Message](#)

### Dr. Toni Williams' Bio

As the wife of a United States veteran, I have had the opportunity to teach and lead in Illinois, North Carolina, South Carolina, Indiana, and New Jersey. The opportunity to work in different environments has had a tremendous impact on my leadership skills and abilities to comprehend major academic and organizational difficulties.

I hold an Ed.D in Leadership and Management from St. Thomas University, a Master's degree in English from Fort Hays State university, a Bachelor's degree in English from Thomas Edison State University, and an Associate's degree in Education from Burlington County College.

I strongly support volunteerism and have spent several years volunteering in schools with a high population of socioeconomic disadvantaged students. In 2006, I conducted organizational research that focused on bringing awareness to the educational gap of GED and Adult High School Learners. As a result of my research and actions, I was able to attain a grant to help students transition to college or the workforce. In 2009, I volunteered at the local high school and worked with more than 100 at risk high school students in jeopardy of not graduating. I was bestowed a plaque by Governor Beverly Purdue for my volunteer work. In 2018, after witnessing a great need for women to further their education, I put together a women's conference where women openly discussed their journey to spiritual fulfillment, received free medical screenings, met with educational professionals, and were offered scholarships.

It is with great hope that I can continue to make a difference while working as the Dean of Academic Affairs at Eastern International College.

# CREATIVE FACES DAY (Halloween) October 30, 2020

Thank you to all who participated in our on campus event!  
It's awesome to have fun together!



EIC's Belleville Staff Rocking It Out!



What a fun mask!  
Professor Yraida Lipski, DH



Love the skeleton mask!  
Professor MaryLou Nicoletti, DH



Awesome Shirt!  
Professor Nicoletti,  
sporting her  
Halloween spirit.

## Welcome Our New Campus Manager, Belleville: Mayra Sanchez



I joined EIC on October 12, 2020, and am originally from Caguas, Puerto Rico. My experience encompasses over eight years of diverse education experience in education management, with progressive responsibilities for campus operations. I am a firm believer of continuously learning and broadening my horizons in all facets of education; therefore, I am, currently, pursuing a doctoral degree in Educational Leadership.

For me it is an honor to collaborate with Eastern International College so that more people can acquire a career and become the professional leaders that our country needs. My commitment is to guarantee the excellence of our education, faculty, student services and a quality environment that will make all students, faculty, and staff feel like part of a great family.

In difficult times, like the impact and crisis caused by COVID-19 to education, we must focus on alleviating the effect in the future and trust that our efforts and dedication will be for the good of all of us.

Cordially,  
Mayra Sanchez  
Campus Manager, Belleville

[To Send a Message to Mayra Sanchez, click here](#)

**Mandatory Career Services Session**

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## Have you signed up yet?

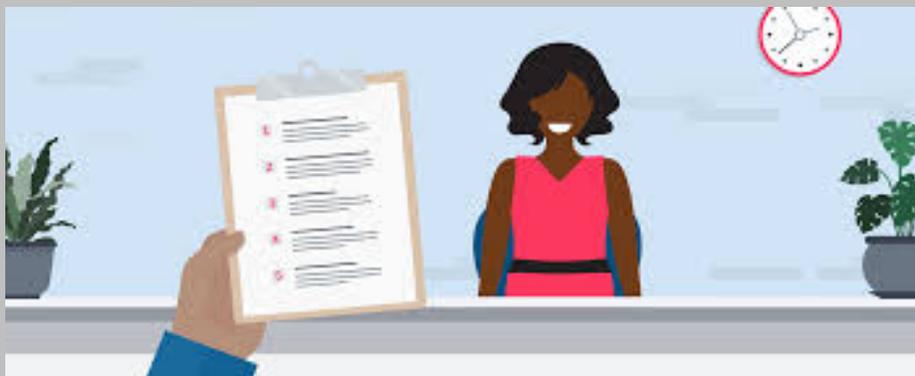
This three hour virtual workshop is needed in addition to completing your career services paperwork as part of your mandatory graduation requirements.

**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!**



EIC has witnessed students who utilize what they are taught in this session, rise above their competition. We have also seen entry level graduates land jobs over others with more experience and higher education. The key is in your confidence and your mini-stories. Come

learn more so we can aid you in becoming a master in the interview process.

## **Virtual Career Service Session Schedule**

Wednesday, November 11th: 6:00 p.m. to 9:00 p.m.

Thursday, November 19th: 5:30 to 8:30 p.m.

Thursday, December 3rd: 6:00 p.m. to 9:00 p.m.

The Career Services Workshops are usually given once a month at each campus, but due to COVID, we are providing virtual workshops.

You will receive the career service paperwork and the resource booklet prior to the date of your class.

You may click below to

[Schedule Your Session](#)

## **ATTN: Upcoming Nursing Grads**

### **Are you considering continuing your education?**

EIC has a RN to BSN Completion Program

Work to obtain your BSN, while you gain experience as an ADN.



Eastern  
International  
College

**Bachelor of Science in Nursing Completion Program**

**RN to BSN**

*(Program offered 100% online)*

# RN to BSN

Online courses are delivered in an asynchronous format, meaning you have the week to complete your work and engage with your online classroom. Online classes are more work than face to face classes, so it is important to understand the course workload and make the right decision for you. For a six-credit course, you should allow for approximately 30 hours of work per week.

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## Program Outline:

The RN to BSN Program is designed for registered nurses who want to earn a Bachelor of Science in nursing degree. The curriculum provides opportunities for a nurse to develop critical thinking skills, cultural communication competence, decision-making skills, evidence-based practice, leadership skills, and incorporate research in practice and patient advocacy. The curriculum contains 36 quarter credits of levels 300 and 400 General Education courses and 54 quarter credits of 102 nursing courses. The curriculum outline is below:

### Program Major Courses

Course Number	Course Title	Quarter Credits
NUR 301	Health Promotions	6.0
NUR 302	Nursing Informatics	6.0
NUR 303	Population Center Healthcare in the Community	6.0
NUR 306	Advanced Health Assessment	6.0
NUR 307	Nursing and Evidence- Based Practice	6.0
NUR 406	Leadership in Nursing	6.0
NUR 407	Health Policy	6.0
NUR 409	Inter-Professional Collaboration in Healthcare	6.0
NUR 410	Nursing Excellence: Focus on Innovation (Capstone)	6.0
<b>TOTAL MAJOR CREDITS</b>		<b>54.0</b>

### General Education Courses

Course Number	Course Title	Semester Credits
SOC 301	Cultural Diversity	6.0
ENG 303	Research Design and Writing	6.0
MATH 300	Basic Statistics and Microsoft Excel Applications	6.0
HEA 402	Global Health	6.0
HEA 403	Women and Health	6.0
PHI 401	Bioethics	6.0
<b>TOTAL GENERAL EDUCATION CREDITS</b>		<b>36.0</b>
<b>TOTAL PROGRAM CREDITS</b>		<b>90.0</b>

### Our Community

The community at Eastern International College is a wealth of diversity. Our students have a passion for the healthcare profession.

[CLICK HERE to learn more](#)

## Student Council-Student Government

Student Engagement is back and has missed you!

**ARE YOU INTERESTED IN STUDENT COUNCIL?**

**Want to demonstrate leadership?**

**Are you involved in your community?**

**Do you want to be a part of student governance?**

## Did you know being involved positively impacts your resume?

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Networking and letting the Student Service Department see you making a difference can aid you in your career, since we can write you a letter of recommendation if you demonstrate excellence in leadership!

Get involved today!

Many of our board members have graduated. We are looking to fill seats for both campuses.

The board meetings are once a month.

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### **JERSEY CITY BOARD MEMBER**

#### **PRESIDENT**

**Lisa Campanelli, DH**

- **Seeking to fill the Vice President's Student Ambassadors, Secretary, and Treasury positions.**

### **BELLEVILLE BOARD MEMBERS:**

- **Seeking to fill all positions**

**Take the First Step to Becoming a Leader([click here](#))**

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## **Upcoming Events & Dates to Remember**

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Wednesday, November 11th

**CAREER SERVICES SESSION (Mandatory for Graduation)**  
Virtual Class

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Thursday, November 19th

**CAREER SERVICES SESSION (Mandatory for Graduation)**  
Virtual Class

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Friday, November 20th

**LAST DAY TO WITHDRAW FROM CLASSES**

Thursday, November 26th & Friday, November 27th

## THANKSGIVING BREAK: SCHOOL CLOSED

### Tech Update: Online Learning Tips & Cybersecurity

EIC semester students, like many students everywhere, have had to adjust to distance learning for their lectures due to Covid-19. Of course our online completion students are already working in a fully online environment.

#### What are some good tips when working from home that will benefit EIC's students?

Be mindful of **your space** where you are connecting from, having a dedicated, quiet space where you can work uninterrupted is ideal. Headphones help improve the quality of sound and will reduce feedback when you are speaking as well.

Check on your **WiFi/ Wired Connections**. If your connection is poor (slow, distorted sound or video), check in with others who might also be using your WiFi. If there are many users/ other connected devices, perhaps communicate when your lecture times are so your bandwidth isn't being used to say to download a large video file by someone else in your home. Another option could be to connect via a desktop computer or a network cable to your laptop. This connects you directly to your wired Internet connectivity in your house and avoids WiFi drops that can happen. If that isn't a realistic option, sometimes just relocating yourself closer to your router will improve your WiFi reception.

Always keep a **backup** of your work. Working in Google Drives ensures you have a backup of your work saved in the Cloud. If you are working in other file formats, like Word, PDF or PowerPoint, you can always save a copy in your MyDrive. More details and tips here: <https://www.businessinsider.com/google-drive-tips-and-tricks#color-code-your-folders-11>

Keep it up with the **updates**. Always make sure your computer (PC or laptop system) has the newest security patches or updates.

Always **restart** your computer and exit unused applications before an important event (like a test) to best utilize your computer resources and avoid unwanted distractions.

## STUDENT SERVICES

EIC's staff is excited to be of service to you. Please see below for a variety of our student service contacts.

Academic Advising  
[Dr. Toni Williams](#)

Literacy Services  
[Kelsey Gallagher](#)

Admissions  
[Paul Noel](#)

Disability  
[Dr. Julius Wangiwang](#)

Bursar / Registrar - BV  
[Karen Lopez](#)

Financial Aid  
[Ashley Kende](#)

Bursar / Registrar - JC  
[Tina Hamilton](#)

Scheduling  
[Dr. Toni Williams](#)

Career Services  
[Jennifer Gonzalez](#)

Security Services  
[Agnieszka Drupka](#)

Counseling  
[Professor Maria Billings](#)

Student Council/Gov't  
[Jennifer Gonzalez](#)

Default Management  
[Evelyn Pimentel](#)

Student Life & Activities  
[Jennifer Gonzalez](#)

Library  
[Kelsey Gallagher](#)

Technology / Information  
Services (IT)  
[support@eicollege.edu](mailto:support@eicollege.edu)

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

STAY CONNECTED

