## PUBLIC HEALTH (Worksite Health Promotion) First Semester Registration Information Packet



### How do I register for classes?

Never fear! This packet includes directions for registering for your first semester at ECU!

- 1. Make sure you follow the instructions exactly.
- 2. Do not wait until your Orientation to register.
- 3. At your Orientation, an Academic Advisor will review your schedule.
  - a. If a schedule change is needed, you can do so through the first week of the fall semester.
- 4. Courses fill up quickly, so register for your classes as soon as possible.
- 5. If you were an Early College or Dual Enrollment student, make sure you submit a **final**, **official** transcript from your community college/university in addition to your high school transcript.

### **Registration Key Terms**

Academic Advisor: The staff member who will guide you through your degree. Academic Advisors

assist with course registration and degree planning, among other duties.

Add/Drop Period: A grace period at the beginning of each semester when you can add or drop a

course without penalty.

<u>Course Load</u>: The number of courses you are taking a semester.

<u>Credit Hour:</u> You may also see this referred to as "semester hour credit." Each course is

assigned a number of credit hours that measures the instruction and learning for

that course.

Full-Time: To be enrolled as a full-time student, you should register for at least 12 credit

hours a semester.

General Education: Requirements outside of your major that are chosen to give you a broad, "well

rounded" education.

Orientation: Required session/event where you will learn about campus resources, how you

are expected to behave on campus (also known as a code of conduct), and will

meet with an Academic Advisor.

<u>Pre-Requisite:</u> Course or placement you must complete before taking a course.

<u>Semester:</u> Measurement that divides the academic year into 15-16 week terms. The main

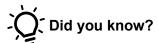
semesters are Fall (August through December) and Spring (January through May); however, there are also shorter semester (8 week) options for some

courses, as well as the Summer semester (May through August).

Semester Hour Credit: A semester hour credit is how college courses are measured. It is defined by the

Federal Student Aid Handbook as "one hour of classroom or direct instruction, plus a minimum of two hours outside class work per week, for fifteen weeks" (the

length of a semester).



• If you want to complete your degree within 4 years, without enrolling in summer courses, you should register for *at least* 15 credit hours for the fall (and spring) semester.

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## Step One:

Click <u>HERE</u> to open a step-by-step, screenshot tutorial on how to register for classes.

## **Step Two: Choose your Fall Courses**

For financial aid, insurance, and tuition purposes, you will likely want to register for at least 12 hours minimum although we recommend 14-16 hours to stay on track for graduation during your first semester. Please choose from first semester options below to create a schedule equaling 14-16 credit hours.

Biology Requirement (choose one)	BIOL 1050/1051: General Biology with Lab or BIOL 1100/1101: Principles of Biology I with Lab 4 credit hours
ENGL 1100: Foundations of College Writing  Or  Humanities: General Education	Choose one of these general education courses to take during your first semester. You will be able to take the other course during your spring semester. Click HERE for list of Humanities options.  3 credit hours
PSYC 1000: Introductory Psychology	General Education Social Science and required for major  3 credit hours
SOCI 2110: Introduction to Sociology	General Education Social Science and required for major  3 credit hours
HLTH 1000: Health in Modern Society	General Education and required for major  2 credit hours
Nutrition Requirement (choose one)	NUTR 1000: Contemporary Nutrition or NUTR 2105: Nutrition Science  3 credit hours
General Education: Social Science, Humanities, or Fine Art	Click HERE for list of general education courses.  Suggested courses include:  ART 1910 (Art Appreciation) DNCE 1000 (Introduction to Dance) HDFS 1103 (Individual, Family, & Romantic Relationships) HIST 1051 (American History Since 1877) MUSC 2207 (The Enjoyment of Music) PHIL 1110 (Introduction to Philosophy) POLS 1010 (National Government) SOCI 1010 (Race, Gender, Class)

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SOCI 1025 (Courtship and Marriage) SOCI 2110 (Introduction to Sociology) THEA 1000 (Introduction to Theatre)

3 credit hours

Optional:
COAD 1000:
Student Development &
Learning in Higher Educ

This is a freshman seminar course designed to assist students with their transition to ECU.

1 credit hours

### Step Three: What else do I need to know?

- Remember, the schedule you create now does not need to be perfect. We will double-check everything at orientation and make suggestions if needed. As long as you are registered for 14-16 credit hours from option above, you are doing great!
- If there is a course you want to take, but it is closed, add yourself to a wait list. Wait list instructions are <a href="HERE">HERE</a>. Even if you are on a waitlist, please be sure to register for an alternative or back-up course so that you are registered for at least 14-16 credit hours. You can always drop these alternate courses if you get into your waitlist course.
- Advisors are only an email away!
  - Email <a href="mailto:hhpadvising@ecu.edu">hhpadvising@ecu.edu</a> from your ECU student account for assistance. Our Academic Advisors get a lot of emails and have a lot of students to help, but their goal is to return your email within two business days.

#### **Step Four: Use Your Resources**

- General Education Course Options: Click <u>HERE</u>.
- Math Course Placement Information: <a href="https://math.ecu.edu/placement/">https://math.ecu.edu/placement/</a>
- Registration Errors Explained: https://advising.ecu.edu/registration-errors/
- Registration Tutorials: <a href="https://registrar.ecu.edu/preparing-to-register/">https://registrar.ecu.edu/preparing-to-register/</a>