This week brings exciting information from the University Writing Program and Writing Across the Curriculum. Listen to the video below as Dr. Kerri Flinchbaugh explains how the University Writing Program is here to make your writing and teaching lives a little easier.
The Writing Across the Curriculum (WAC) Academy is a six-week institute held each spring semester. This academic year, the WAC Academy begins January 24, 2025. If you are interested or have any questions, please reach out to Dr. Kerri Flinchbaugh or Dr. Will Banks.
On Location – Center for Communication Excellence

Did you know that ECU has a center designed to help you become a more confident, effective, and professional communicator? Located on main campus in 205 Joyner East, the Center for Communication Excellence can help you with a variety of communication needs, including creating and practicing class presentations, presenting research concisely, creating effective PowerPoint slides, navigating difficult conversations, developing leadership skills, and so much more!

The Center for Communication Excellence offers both individual and group consultations via face-to-face or virtual appointments.

Get to know the Center for Communication Excellence by watching the video below.
**New Faculty Check Points – Safe Zone Training**

Safe Zone Training is an opportunity to talk, ask questions, and learn about sexuality and gender in an educational and non-judgmental environment. Safe Zone creates a network of allies who are willing to discuss sexual orientation, gender identity, and gender expression with students.

Training is offered throughout the year on both the Main and Health Science Campuses. Sessions are three hours and include a student panel who share experiences as members of the LGBTQ community on campus.

Interested in completing Safe Zone training? Visit the [Dr. Jesse R. Peel LGBTQ Center website](#) to register.
Community Attractions - Community Fitness

Last week we went On Location with the ECU recreation center. This week, join us for a look into fitness opportunities located within our broader community.

The ECU Health Wellness Center provides exercise and personal training, access to equipment, aquatics, nutrition consultations, and children’s programs. Visit their webpage to learn more about individual, couple, and family memberships.

Operated by the Greenville Recreation and Parks Department, the Greenville Aquatics and Fitness Center is a membership exercise and wellness facility that offers strength training and cardio equipment, a heated indoor pool with swim lessons, pickleball, and a basketball gym. Be sure to check out their membership page if you are interested in joining for a week, month, quarterly, or yearly.

Our community also offers more specialized fitness opportunities, such as personal training, group fitness classes, boxing, swimming, pilates, yoga, and dance.

Directions to websites used in this newsletter:
1. Writing Center - https://writing.ecu.edu/
2. Center for Communication Excellence - https://communication.ecu.edu/cce/
3. LGBTQ Center - https://lgbtq.ecu.edu/
4. ECU Health Wellness Center - https://www.ecuhealth.org/services/wellness-prevention/ecu-health-wellness-centers/
5. Greenville Aquatics and Fitness Center - https://www.greenvillenc.gov/government/recreation-parks/aquatics-fitness-center

As a reminder, you can visit the NFO 2024 Road to ECU website to view the New Guides released each week as well as access previously released content.
**REDUCED SPEED AHEAD**: If you haven’t already, please complete the [NFO 2024 Survey](#).

Please reach out if you have any questions by replying to this email or emailing [ofe@ecu.edu](mailto:ofe@ecu.edu). Stay tuned for next week’s new guides.

- The New Faculty Orientation (NFO) 2024 Team!