

Mindset for Academic Success (Mindset) is an academic recovery program designed for second semester freshmen who have received below a 2.0 GPA in their first fall semester at East Carolina University.

Program Overview

The Mindset for Academic Success program assists students in identifying their academic standing and understanding the potential consequences of their probation status. Mindset students build academic skills and awareness of procrastination, consequences of missing classes, stress and time management, motivation, study skills, exam preparation skills. Mindset introduces goal-setting techniques to help students improve academic standing and make connections to campus resources offered at ECU.

Additional Services offered to Mindset participants include:

- Individual meetings with PASC professional staff member
- Peer success coaching services
- Priority access to tutoring support services
- Voluntary service activity reports and parent meetings
- Starfish early alert monitoring for academic issues
- Supervised Study Hall
- Federal work study job opportunities



Program Formats

The Mindset for Academic Success program is offered in two formats; face to face by enrollment in PASC COAD 1000 course sections or a six-week online course in Canvas. Both formats include the assignment of a success coach. Online Canvas modules and COAD 1000 course topics include faculty relationships, growth mindset, literacy and textbook reading skills, cognitive study strategies, effective notetaking, graphic organizers, learning styles, time management, setting goals, exam preparation techniques, and dealing with test anxiety.

Student Participants

PASC staff recruit student participants following grade submission at the close of the fall semester. 60 students are accepted into the face to face program and up to 100 students are accepted into the Canvas online program. Students enrolling in COAD 1000 Mindset sections must have failed COAD 1000 in their fall semester or never enrolled in COAD 1000. Students participating in the online program are eligible despite successfully completed COAD 1000 in their fall semester. All participation in Mindset is voluntary and participation in the online program is not offered for course credit.

Program Completion

Upon completion of the Mindset program students receive a certificate and letter of completion. Students are encouraged to share these documents with campus and personal contacts including ECU Financial Aid.

Mindset for Success Outcomes

Grade Point Averages

In the past two years students participating in the face to face program have lower starting GPAs than the online cohort. Average student GPA at the start of the Spring 2018 semester ranged from 1.3 online students and 1.19 face to face students. In 2019 the average student GPA was 1.50 for online students and 1.16 for face to face students. In the 2019 spring Mindset, student participants raised their GPA by an average of 53% for online students, and 30% higher for face to face students.

Sophomore Year Persistence and Retention

In 2018 Mindset students returned to their Sophomore year at a rate of 83.3% for online students, 77.3% for face to face students as compared to the campus retention rate of 81%.

In 2019 Mindset students returned to their Sophomore year at a rate of 78% for online students, 66% for face to face students as compared to the campus retention rate of 82%

(Retention Data Source: IPAR dashboard <https://www.ecu.edu/cs-acad/ipar/research/Retention-dashboard-v2.cfm>).

Refer a Student

Students, parents, faculty, and advisors are encouraged to refer students to the Mindset program. All referred students will be contacted by PASC staff who are available to meet with interested students in person or by phone. Referrals for student participants can be sent to Amber Arnold at arnolda19@ecu.edu.

To complete an application to join Mindset for Academic Success Spring 2020, visit <http://tinyurl.com/ECUPASCsuccess>.