

HERE'S WHAT GOING STRONG LOOKS LIKE.

WELCOME TO MEREDITH



WELCOME TO MEREDITH AND THE CLASS OF 2027.

We're looking forward to getting to know you and helping you learn how to use your unique strengths to achieve your goals – while having fun along the way.

Read on to see what you can expect from your Meredith education – **and how it will help you become the strongest version of yourself.**



“IT WAS REALLY IMPORTANT TO ME TO FIND A SCHOOL THAT COULD BE A HOME AWAY FROM HOME AND PROVIDE ME MENTORS – BOTH ACADEMIC AND PERSONAL – TO GROW AS MUCH AS POSSIBLE DURING MY FOUR YEARS. MEREDITH DEFINITELY DID THAT.”

DELANEY RHODES, '20

English major
Fulbright Award Recipient



WHY MEREDITH?

You'll have a uniquely personal college experience that leads to strong outcomes - professionally and personally. And our emphasis on identifying and using your strengths further contributes to your likelihood of having a fulfilling life.

95%

of alumnae would choose Meredith again.

97%

of alumnae say they were professionally well prepared as a result of their Meredith experience.

99%

of alumnae rated the value of a Meredith College education as good, very good, or excellent



Hands-on learning is a critical component of your college experience – and it's an area where Meredith really shines. **97% of our students participate in one or more applied learning experiences such as internships, study abroad, or field experiences.**

How does that stack up with other colleges? Compared to other college students nationally ...



21% more seniors at Meredith frequently discussed career plans with faculty.



31% more participate in internships or field experiences.



15% more study abroad.



24% more conduct research with faculty.

COLLEGE IS A SIGNIFICANT INVESTMENT IN YOURSELF – ONE THAT PAYS OFF OVER YOUR LIFETIME.

Estimated median **lifetime earnings** for bachelor's degree recipients exceeded \$1.2 million (taking into account money borrowed to cover tuition, fees, and supplies), while high school graduates earn approximately \$800,000; those with professional and graduate degrees earn even more.

The **unemployment rate** for individuals with at least a bachelor's degree has consistently been about half of the unemployment rate for high school graduates.



Having a college degree is associated with a **healthier lifestyle** and increased civic engagement.

Source:
Education Pays 2019: The Benefits of Higher Education for Individuals and Society, by the College Board



THIS IS WHAT
STRONG
LOOKS LIKE.

STAYING STRONG & HEALTHY.

We understand students learn best when they are healthy. That's why we offer a supportive learning environment that includes a variety of meal plans with nutritious dining options and lots of opportunities to move and care for your body.



CAMPUS DINING

BELK DINING HALL

Belk Dining Hall is the main dining facility on campus with an all-you-care-to-eat buffet-style set up. There are options for every diet and appetite, including vegetarian, vegan, and gluten-free. Choose from traditional, home-style meals and grilled favorites, a full service salad bar, deli, soups, and more.

BEEHIVE CAFÉ

If you're looking for a more casual option, the BeeHive Café is a popular choice and a great place to use your dining dollars. There's a little something for everyone – Grille Works, Sandwich Shack, Chobani Bar, Chick-fil-A sandwiches, Starbucks, pizza, and more.

FOOD FOR THOUGHT

Cramming for an exam or need a quick break from a study session? Food for Thought, located in the library, offers plenty of convenient options, including sandwiches, chips, and healthy snacks. You also have your choice of coffee beverages and bottled drinks.

FITNESS CENTER

The Lowery Fitness Center offers a full range of weight machines, free weights, and cardiovascular equipment. Fitness center staff are available to introduce you to the center and use of the equipment. A variety of classes and free personal training can help you achieve your fitness goals.



GREENWAY

Meredith's campus is bordered by a beautiful greenway that runs to the N.C. Museum of Art and connects to the larger Capital Area Greenway System. Students often walk, run, or bike on the greenway.

GARDEN

The Dickson Foundation Community Garden gives students access to fresh produce, academic research, service, and training in sustainability, ecology, food security, and environmentally-sound food production. The garden provides a direct connection between garden activities, healthy nutrition, and academic courses.

RELAXATION ROOM

The Relaxation Room is a quiet place in the Counseling Center available to all students. It includes yoga and meditation tools, essential oils, coloring pages, weighted blankets, and a variety of comfortable seating options for reading, napping, or just chilling. The Counseling Center also offers a safe place to talk with licensed, professional counselors. All services are free, confidential, and include individual short-term counseling, crisis services, and psychological consultation.

HEALTH CENTER

Carroll Health Center provides confidential clinical care for minor illnesses, minor emergency care, disease prevention services, and health education and promotion for students. The Health Center has a physician, nurse practitioner, and a registered nurse on staff.

WE'VE GOT YOUR BACK.

College can be one of the most exciting times in your life. It's also a time of profound change, which means having a strong support system is essential to not just surviving your first year, but thriving. At Meredith, your support system is broad and deep.

ACADEMIC

Our faculty are committed to helping you reach your academic and professional goals. They'll guide you toward internships, research opportunities, and other applied learning experiences. Skilled academic advising will help ensure you graduate on time while leaving room to explore your interests. And a range of academic support such as free tutoring and coaching help you manage the level of rigor you'll find in college-level courses.

LIFE

Developmentally, the college years are a time of dramatic growth and self-discovery. Our counseling center provides a safe place to talk with professionals about personal issues such as stress and time management, relationships, anxiety and depression, and more. Success coaches give students a go-to person for any issue they may face while at Meredith. If you are a student with a disability, a dedicated disability services counselor will be important to your success. We value diversity and self-advocacy, and strive to create accessible and inclusive environments on campus for all.

WORK

As early as your first year, you can collaborate with experts in the Office of Career Planning and

prepare for life beyond graduation. Mentorship programs, mock interviews, and career fairs are just a few of the resources we offer. And through Meredith Mentors, you can connect digitally with alumnae/i who are already working in your fields of interest, across the country, and around the world.

PLAY

Clubs, organizations, athletic teams, campus events, and more all provide opportunities to get involved, explore your passions, meet new people, and build your network of support. And you have the opportunity to be paired with a more experienced Meredith student who can answer your questions about life on campus.

FINANCIAL

Please remember to submit your Free Application for Federal Student Aid (FAFSA) to maximize your funding options. Last year, the average amount of financial aid awarded to first-year students was \$37,569. Our financial aid staff will help you and your family develop a plan to pay for college – and that support doesn't stop once you're enrolled. We understand circumstances can change, so we're here to support you throughout your four years.



HOME IS WHERE THE HEART IS.

RESIDENTIAL STUDENTS

Living on campus during your college years is a once-in-a-lifetime opportunity to build strong connections to campus life and make friends. You'll also have easy access to a range of amenities, from free laundry facilities to a state-of-the-art fitness center.

Six residence halls are available for on-campus housing. Attractive and comfortable, most rooms are arranged in suites of two with adjoining bathrooms. Each room has a standard twin-sized bed, dresser, desk, and closet for each resident. Laundry rooms are available on each floor at no cost.

The Oaks Apartments for upper-level students are completely furnished with living, dining, and bedroom furniture and full-size appliances including washers and dryers. All bedrooms in the apartments are designed for single occupancy.

COMMUTER STUDENTS

Commuter students comprise a valued part of the Meredith community. Specialized programs and other resources keep our commuter students informed and connected to campus life.

- **First-Year Commuter Orientation** – connect with other commuter students, learn about special commuter programs, and get practical information about your parking pass, meal plan options, and more.
- **Commuter Events** participate in events that celebrate our commuter students.
- **Association of Meredith Commuters** an organization that fosters participation and helps ensure commuter students stay connected to campus.

GET OFF TO A STRONG START.



OFFICIALLY RESERVE YOUR SPACE IN THE CLASS OF 2027!

We're delighted to welcome you to the Meredith community. **Early Decision students** will submit a non-refundable \$300 enrollment deposit on or before December 15. **Early Action and Regular Decision students** will submit their non-refundable \$300 enrollment deposit on or before May 1, National Reply Day.

STARTSTRONG

All new first-year students are required to attend summer pre-orientation (exceptions allowed for international students living abroad). Participation creates a strong foundation for successfully transitioning from high school to Meredith and graduating on time. You'll start to explore your top strengths – your first action as part of StrongPoints®, Meredith's advising and personal coaching initiative. You'll also speak with an enrollment counselor to help create your fall course schedule and begin establishing new connections with your classmates.

Watch your mail and email in early spring and months following for registration information.

NEW STUDENT ORIENTATION

Make friends and become acquainted with campus life. You will get to know your student advisor and your academic advisor – both will be your guides as you attend activities designed to prepare you for success at Meredith. Students living on campus will move into the residence halls the day before New Student Orientation begins. **Watch your Meredith email in mid-summer for detailed orientation information.**

SUMMER SYMPOSIUM

Held in conjunction with selected StartStrong sessions, Summer Symposium is a two-day, overnight experience designed to promote self-awareness, appreciation of cultural differences, and foster a sense of community among incoming first-year students.

Watch your email for additional information or call the Office of the Dean of Students at (919) 760-8631.



Log into your admissions portal to pay your enrollment deposit and complete important next steps. Or, learn more at meredith.edu/admitted-students.

YOUR HEALTH AND WELLNESS AT MEREDITH

The Meredith College Student Health Center provides students with high-quality, compassionate health-care to promote responsible health choices and support student success.

Step 1: Complete Your Student Health Forms

Once you've submitted your non-refundable \$300 enrollment deposit, log into your admissions portal and request your MyMeredith account and Meredith student email.

After you've created your MyMeredith account you will use your Meredith email and password to access your student health forms at meredith.studenthealthportal.com under "My Forms."

A list of required forms and a video guide can be found by selecting the "Student Forms and Resources" button at meredith.edu/health.

Students entering in the Fall: **July 1 deadline**
Students entering in the Spring: **December 1 deadline**



TIP: Download your Personal Medical Form and State-Required Immunization Form promptly as you'll need to schedule a physical with a healthcare provider and get their signature.

Step 2: Fulfill the Insurance Requirement by Enrolling or Opting Out

Many Meredith students have health insurance, but for those who do not, an injury or illness could affect their ability to remain in school. For that reason, **the College requires students to show proof of comprehensive medical insurance.** This requirement can be met by an approved policy that the student already has or by purchasing the BlueCross BlueShield (BCBS) policy through the College.

All full-time undergraduate students must take action in the portal annually by either enrolling in Meredith's BCBS insurance or opting out by completing a waiver in the Meredith BCBS insurance portal. You must complete this process annually while enrolled at Meredith.

Go to meredith.edu/health and select "Insurance Information" for insurance requirements, current rates, enrollment deadlines, coverage details, and step-by-step instructions on navigating the BCBS portal and waiver.



TIP: If you enroll in the BCBS plan, be aware payments are divided into semester charges with 5 months of coverage (August-December) charged in the fall and 7 months (January-July) in the spring. Please complete your enrollment early so you receive your insurance card in a timely manner.





Be sure to also complete and return the Photography Release Form.

ENROLLMENT DEPOSIT FORM – Officially reserve your space in the class.

Your \$300 non-refundable deposit is due as follows:

- on DECEMBER 15 if you are admitted Early Decision
- on or before MAY 1, National Reply Day, if you are admitted Early Action or Regular Decision
- Deposits can be made online by credit card or ACH transfer. You may also send a check or money order by postal mail.

To pay your enrollment deposit online, log into your admissions portal.

To pay by check or money order:

- Provide all information requested on this form.
- Attach a check or money order payable to Meredith College.
- Mail the form and attached check or money order to:

Meredith College
Office of Admissions
3800 Hillsborough Street
Raleigh NC 27607-5298

The non-refundable deposit is applied to the first semester cost of attendance.

Please complete the following:

Name _____

Mailing Address _____

City/State/ZIP _____

Email _____ Telephone # _____

Residence Status: Residence Hall Commuting

For Early Decision candidates only:

I accept the offer of Early Decision admission and plan to enroll at Meredith College in August 2023. In compliance with the Early Decision Plan agreement, I have now withdrawn my applications for admission (if any) at other colleges.

Signature _____ Date _____

Detach here

UPON COMPLETION USE
ENCLOSED ENVELOPE
TO RETURN TO:

Meredith College
OFFICE OF ADMISSIONS
3800 Hillsborough Street
Raleigh, NC 27607-5298

MEREDITH
COLLEGE

GOING
STRONG



Upload your completed form in your admissions portal, scan and email to admissions@meredith.edu or return by postal mail to

Meredith College
Office of Admissions
3800 Hillsborough Street
Raleigh, NC 27607-5298

PHOTOGRAPHY RELEASE FORM

Photographers and videographers will be photographing and filming Meredith College students', guests', and visitors' activities **throughout students' undergraduate and graduate years**. The photos and videos may be used in various Meredith publications and presentations, including brochures, advertisements, magazines, newspapers, and online features, to promote Meredith and its programs and events.

By signing below, I hereby voluntarily and irrevocably grant to Meredith College, its officers, employees, trustees, faculty, licensees, successors and assigns (collectively "Meredith") the right to (1) take or use any and all photographic images, video or audio recordings and/or multi-media that may contain my name, image, likeness, voice, and statements (collectively, "Photos"); and (2) use, re-use, copy, modify, adapt, distribute, publish, display, perform, exhibit, create derivative works from and otherwise exploit such Photos in perpetuity, in any media, by any means, methods and technologies now or hereafter known, including by posting on the Internet, for Meredith's educational, marketing, promotional, and other business purposes.

I understand and agree that the Photos may be used with or without identifying me, or any other form of attribution and that I will receive no payment or other consideration for posing or allowing Meredith to use the Photos.

I hereby voluntarily waive any and all rights to inspect or approve use, distribution, transfer, display or other exploitation of the Photos, and to any royalties, proceeds or other benefits derived from the Photos.

I hereby voluntarily release and discharge Meredith from, and shall neither sue nor bring any other proceeding against Meredith for, any claim or cause of action, for defamation, violation of any moral rights, invasion of right to privacy, publicity or personality or any similar matter, or based on or relating to any use, publication, distribution or other exploitation of the Photos.

This release is effective on the date written below and will remain in effect indefinitely unless otherwise agreed in writing by Meredith or me. This release is also voluntary, and my failure to sign and deliver it to Meredith will not impact my enrollment status..

If you are (i) under 18, (ii) under 19 and a resident of Alabama or Nebraska, (iii) under 21 and a resident of Mississippi, or (iv) under the age of majority in your country of residence, a parent or legal guardian must also read and sign this release.

By signing below, I represent that I have read and understand the contents of this Release.

Signature

Parent/Legal Guardian Signature

Printed Name

Printed Name/Relationship

Date

Date

Detach here



IMPORTANT CONTACT INFORMATION

ACADEMIC ADVISING

advising@meredith.edu
(919) 760-8341

ACCOUNTING

accounting@meredith.edu
(919) 760-8363

ADMISSIONS

admissions@meredith.edu
(919) 760-8581

CAMPUS CHAPLAIN

pardues@meredith.edu
(919) 760-8347

CAMPUS POLICE

awhite@meredith.edu
(919) 760-8888

CAMPUS STORES

(Books, Apparel, Merchandise)
meredith.edu/online-stores
campusstore@meredith.edu
(919) 760-8545

CAREER PLANNING

career@meredith.edu
(919) 760-8341

COLLEGE PROGRAMS

jacksonj@meredith.edu
(919) 760-8556

COMMUTER LIFE

deanofstudents@meredith.edu
(919) 760-8521

COUNSELING CENTER

counseling@meredith.edu
(919) 760-8427

DEAN OF STUDENTS

gleasona@meredith.edu
(919) 760-8521

DINING SERVICES

campusdining@meredith.edu
(919) 760-8656

DISABILITY SERVICES

disabilityservices@meredith.edu
(919) 760-8427

DIVERSITY PROGRAMS

deanofstudents@meredith.edu
(919) 760-8521

FINANCIAL ASSISTANCE

finaid@meredith.edu
(919) 760-8565

HEALTH CENTER

healthcenter@meredith.edu
(919) 760-8535

INTERNATIONAL PROGRAMS /STUDY ABROAD

studyabroad@meredith.edu
(919) 760-2307

ORIENTATION

fye@meredith.edu
(919) 760-8521

PARKING

creechc@meredith.edu
(919) 760-8888

PROVOST'S OFFICE

provost@meredith.edu
(919) 760-8514

REGISTRAR'S OFFICE

registrar@meredith.edu
(919) 760-8593

RESIDENCE LIFE

reslife@meredith.edu
(919) 760-8633

STRONGPOINTS®

strongpoints@meredith.edu
(919) 760-8341

STUDENT LEADERSHIP

studentactivities@meredith.edu
(919) 760-8338

STUDENT SUCCESS CENTER

success@meredith.edu
(919) 760-8554

TECHNOLOGY SERVICES

techserv@meredith.edu
(919) 760-2323



GOING STRONG MEANS...

FINDING

your people on campus, in one of the more than 100 diverse clubs and organizations that run the breadth of interests, affinities, and causes.

SUDDENLY

becoming hyper-aware of whether your class year is Odd or Even (who knew it mattered, but it really does!).

TRYING DISCOVERING

to identify the professors and staff who appear in Alice in Wonderland, performed once every four years since 1924.

three gorgeous North Carolina seasons: beautiful falls, short winters with a touch of snow, and mild springs.

WALKING, RUNNING, OR BIKING

the extensive greenway system that runs through Meredith's campus.

STRIKING

up a conversation with a stranger because she's wearing a black onyx ring.

KNOWING

you can travel two hours in either direction and be at the beach or mountains.

ENJOYING

the best of both worlds: a vibrant city AND a lush, green campus.

INTERNING

at a world-famous company 10 minutes from campus in Research Triangle Park or downtown Raleigh.

CHEERING

on one of your (new) favorite college or professional teams - Raleigh has been named the #3 Sportiest City in the U.S. by Men's Health magazine.

MINGLING

with more than 100,000 college students in the Triangle area.

SAMPLING

Raleigh's thriving food, music, and arts scene.

BECOMING STRONGER THAN YOU EVER THOUGHT POSSIBLE.



#MCGOINGSTRONG

OFFICE OF ADMISSIONS

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(919) 760-8581

admissions@meredith.edu | meredith.edu