

Advice from One International Student to Another



Compiled by Shae-Lynn
Henderson and the Meredith
International community

Travel and Packing Advice

By Shae-Lynn
Henderson



Preparing Clothes for the Seasons

Weather

North Carolina will vary between quite cold and typically hot and humid.

- On average, in warm seasons, it averages around 89(°F) or 32 (°C).
- During cold seasons, temperatures typically reach lows of 33 (°F) which is about 1 (°C).
- However, in rare cases, temperatures can reach highs of 95 (°F)/ 35 (°C) and lows of 20 (°F)/ -7 (°C)

Luggage

Most travellers will be allowed two checked bags and a carry on with a backpack.

- One suggestion would be to use case for summer clothing and the other for winter
- For winter, layers are definitely recommended.
- An umbrella/ raincoat and even rain shoes are all a good idea

The Seasons

Typically:

- NC is hot (summer clothes) from Aug-late Oct/ early Nov.
- From Nov-mid Feb/ early March is cold enough for winter clothing
- March through the to Jul will be hot and is the official summer





Let's Pack Effectively!

Packing effectively will help you have space for the necessities. Let's explore what's a good idea to bring and what you can get shipped.

Pro tips

- Besides daily clothing, it might be a good idea to bring some clothing items that celebrates your home and culture for special events. For example, the international association has held fashion shows in the Spring for international students

Decorations

- Photos
- Stuffed toys to decorate bed
- Small posters
- Ornaments that remind you of home

Other

- Journals
- Some of your favourite books
- keepsakes





Some Good Items To Ship/Buy in NC

01	Linen/sheets/pillows	You will want to select a twin size for all sheets and linen. Pillows are based on preference
02	cutlery/plates/bowls/cups	There are many packages available that will include multiple sets of everything needed. Again, preference of items dependent on how much/little you rely on BDH
03	Desk Lamp/trash cans/Brita	A desk lamp is great for using at your desk for work. The best recommendation for trash cans is to have a small desk trash can and a bigger trash can for waste products. One trash can for the bathroom is also a good idea
04	Stationary	Pens, pencils, calculator, rulers, pencil cases, highlighters, sticky notes, note pads. Anything you think is necessary, and it is one less stop at a store.
05	towels/shower curtains/bath mats	Discuss this with potential roommates, but again, it might be helpful to just have it prepared.

How to Ship!



1

Find a store you like.

Amazon and Walmart are two popular online stores for having good options and quick delivery



2

Place Order

The best recommendation is to do this as far in advance as possible to help you prepare. Keep it all in your cart and pay once you are confident you have everything



3

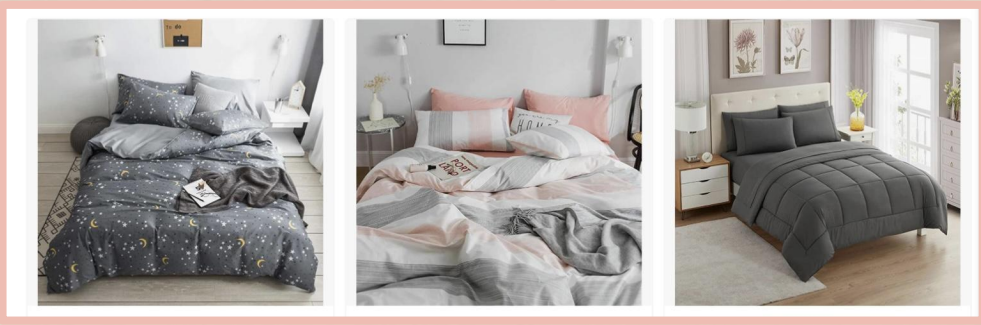
Delivery



Delivery Address:
3800 Hillsborough Street
Raleigh NC
27607

Deliveries can be picked up from the mailroom in the Cate Center





Some Keepsakes From Students



Advice About Classes and Academics



By Shae-Lynn, Nafissa,
Atiqua, Wanjiru

Major and Class Crash Course

Crash Course: How to College is a helpful area to help you navigate your college experience. This video is filled with a lot of info packed into 10 minutes. Some of it may not be completely relevant to Meredith College, but it gives a really nice overview of majors, prerequisites and other helpful class information.



Things To Know About Academics

If you speak a second language/know a second language well enough to level out of the language exam then you can register this as your language requirement and not need to take any language credits.

It is a good habit to check your progress on Self Service when choosing the classes you want to take to make sure that they count towards your major or general education classes. (Especially if you decide to change classes during the first or second week of classes).

College can get stressful sometimes. Don't forget to take some time to yourself every once in a while, maybe by taking a walk around campus, walking to Hillsborough street, or doing anything that you find relaxing or fulfilling!

We All Need To Practice Time Management

Highly recommend google calendar as you can access your schedule from any device. There's also an app called TimeTree where you can put your schedule on and share it with friends or family so you can plan time to call or hang out outside of everyone's schedules.

Apply to campus jobs early. You can always appeal for more work hours as long as it stays within 20 hrs per week. Campus jobs are willing to work with you and arrange it around your schedule. Be sure to manage your time wisely and save time for doing school work and time for yourself as well.

A Page for Exam Time!

1. Plan it out

- Start by listing out what courses need the most attention so that you can dedicate more time to them. For such courses, dedicate the study sessions when you are most energized during the day.

2. Write, speak, repeat

- Say you've read a section of your notes. Take some time to summarize what you've learnt in a few sentences without referring to the notes. After doing this, explain the material to yourself out loud. This is called active recall, and it helps you to not only master what you've studied but also identify any gaps you have in your knowledge. If it's Math, redo the examples you've done in class using this active recall strategy.


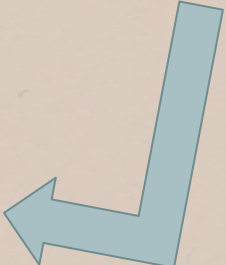
3. Ask

- Utilize the resources around you to fully comprehend the information you are studying. Examples of such resources include your professors, the Learning Center, or YouTube videos

Need Something To Help with the Stress?



L16 THE UNIVERSITY OF
SHEFFIELD



Square
breathing
exercise to try!

Getting Involved at Meredith/Raleigh



By Shae-Lynn, Lauryn,
Nafissa, Atiqua

How to do More:

Meredith traditions are a great way to engage with the Meredith community and especially with peers (people in the same class year as you). Participate as much as you can.

Buses are currently free around the Triangle and you don't need to get the bus pass. This is a great way to get around and explore the Raleigh area alone or with friends.

If you are feeling homesick, try to do some activity and engage with the community. It might not work for everyone, but it might be a good idea since it helps you feel at home here at Meredith

Check your emails for announcements about events happening on campus and how to participate in them. There is always things announced on Halo Happenings and from Class President Emails.



Good Luck!!!

-Meredith International
Students