

# HERE'S WHAT GOING STRONG LOOKS LIKE.

WELCOME TO MEREDITH



MEREDITH  
COLLEGE

GOING  
STRONG

# WELCOME TO MEREDITH.

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.

**96%**

of our alumnae would recommend Meredith to others.

**96%**

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

**98%**

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 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.

In addition, recent data shows **the employment rate for individuals with at least a bachelor's degree** is 86% but just 68% 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; *National Center for Education Statistics' Report on the Condition of Education 2022*



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, mind, and spirit.



## 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 great place to use your dining dollars. There's a little something for everyone – Burgers and Fries, Starbucks, Chick-fil-A sandwiches and nuggets, and more.

## 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 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.

## STUDENT HEALTH AND WELLNESS CENTER

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



# 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 \$39,597. 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 2028!

We're delighted to welcome you to the Meredith community. You should submit your non-refundable \$300 enrollment deposit on or before **December 1** through your admissions portal.



**Your Meredith email is your primary source of information once you've officially chosen Meredith. So be sure to check your admissions portal for information about how and when to set it up.**

## 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 New Student Orientation begins. **Watch your Meredith email and the New Student Orientation webpages for detailed orientation information.**



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





Upload your completed form in your admissions portal, scan and email to [admissions@meredith.edu](mailto:admissions@meredith.edu) or return by postal mail to

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

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

Your \$300 non-refundable deposit is due on or before **December 1**.

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 admission 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

UPON COMPLETION USE  
ENVELOPE  
TO RETURN TO:

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

**MEREDITH**  
COLLEGE

**GOING  
STRONG**

Detach here

## 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



# YOUR HEALTH AND WELLNESS AT MEREDITH

The Student Health Center provides students with high-quality, compassionate healthcare 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](http://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](http://meredith.edu/health).

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



**TIP:** Download the State-Required Immunization Form promptly as you'll need it signed by a healthcare provider. The form must be uploaded to the student wellness portal prior to the date above.

## Step 2: Fulfill the Insurance Requirement by Enrolling or Waiving with an Approved Plan

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 submitting a waiver with 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 each year 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](http://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.



# 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

deanofstudents@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

## STUDENT HEALTH AND WELLNESS 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

provost@meredith.edu  
(919) 760-8514

## REGISTRAR

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

## TRYING

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

## DISCOVERING

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 they're 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 just minutes from campus in the Research Triangle 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 170,000 college students in the Triangle area.

### SAMPLING

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

## BECOMING STRONGER THAN YOU EVER THOUGHT POSSIBLE.



#MCGOINGSTRONG

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admissions@meredith.edu | meredith.edu