Welcome to the 2024 - 2025 Academic Year!

Dear Meredith Students,

We hope that you are looking forward to embarking on a wonderful and vibrant year at MC so that we can grow and learn together. We are busily preparing for the start of the new academic year and, as always, we cannot wait to see all Meredith students - new and returning - on campus.

This student newsletter highlights news and information as you plan for the 2024 fall semester. If you have any questions or need any assistance or support, please contact campus resources listed in the newsletter, in the campus directory or on the Meredith College website.

Best wishes for a successful year! Ann Gleason, Dean of Students

Office of Residence Life

Move-in for returning students living in Residence Halls will be on Sun., August 18th – Tues, August 20th from 10am-4pm in Vann 129; you can enter through the Vann door near Johnson Hall. If you would like to move in prior to Sunday, August 18th you must submit an early arrival request via google form 48 hours in advance. <u>CLICK HERE TO SIGN UP FOR EARLY ARRIVAL!</u> Once you have completed The Early Arrival Request form you will receive a confirmation email from Residence Life with check-in instructions. Below you will find the fees associated with early arrival dates (\$25 per night). The early arrival fees must be paid at time of key pick up via check or money order made out to Residence Life. No starter checks will be accepted. Student Advisors, O-Crew and RAs move in early but do not need to pay a fee. **Please remember to bring your campus CamCard with you when you move in!**

Early arrival dates and fees (returning students only):

Mon., August 12:	\$150 fee
Tues., August 13:	\$125 fee
Wed., August 14:	\$100 fee
Thur., August 15:	\$75 fee
Fri., August 16:	\$50 fee
Thur., August 15:	\$75 fee

Residents moving into The Oaks: Please reference the The Oaks Newsletter sent out by the Apartment Manager, Kelsey McKelvey, at oaks@meredith.edu.

For our newest MC students: Move in will be Saturday, August 17th with orientation being held August 17th-20th. Please reference the "Your Fall 2024 Housing Assignment" email that was sent from ResLife which includes your move in time slot, housing assignment, and informational newsletter about Residence Life and Orientation. Some students may arrive early for our pre-orientation programs. International Students and Fall Season Athletes will move in on Wednesday, August 14th. These students will receive additional information regarding move in and their schedule from their program.

Students living on 1st, 2nd, and 3rd floors Brewer, Faircloth, Stringfield and Vann can opt to loft their beds. Loft Kits are \$60 per year which includes the rental of the loft kit plus delivery to your on-campus room by the Residents Housing Association members! Your loft kit will be in your room when you arrive! You are responsible for assembling the loft kit. The \$60 will be added to your student account; payments will not be accepted in person or during move in. If you would like to reserve a loft kit, <u>PLEASE CLICK HERE!</u>

During your check-in time, you will receive your key and sign your housing contract. Please note only residents are able to pick up their key. Please arrive during your assigned check in time. If you have any questions or concerns, please email Residence Life at reslife@meredith.edu. The Residence Life staff will respond to you as soon as possible; please allow 24 hours.



FALL 2024

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Registration

Tuesday, August 20, 2024

Online pre-registration will close on Self-Service. Students who have not registered for any Fall classes by August 1 will need to make payment arrangements through the Accounting Office and then register for classes using the virtual Registration Card located on the Registrar Office website. Proof of payment (a notification from the Accounting Office) is required to register. (Note: Adding and dropping of courses on Self-Service will continue for those students who have already pre-registered.)

Tuesday, August 27, 2024

Last day to add or drop a class (no grade) in Self-Service. Requests to make retroactive changes in registration after this date require an appeal to the Academic Dean or Provost (as appropriate), or approval from an advisor to drop a class/classes with a grade of "W".

When you return to campus, welcome the new President of Meredith College, Dr. Aimee Sapp!

President Sapp brings more than 25 years of higher education experience at William Woods University in Fulton, Missouri, advancing from assistant professor to provost and chief academic officer. She has held the chief academic officer position since 2013. She holds a Ph.D. in communication from the University of Missouri, a master's degree in speech communication from the University of Northern Colorado, and a bachelor of science in sociology from William Woods College. She looks forward to meeting you!



Academic Calendar Fall 2024

Register or drop/add classes Tuesday, August 20

Classes Begin Wednesday, August 21

Last day to drop or add a Course Tuesday, August 27

Autumn Recess Saturday, October 5 – Tuesday, October 8

Mid-Term Friday, October 11

Last Day to withdraw, request LOA or drop a class with grade of 'W' Wednesday, November 6

Thanksgiving Recess Wed, November 27 – Sun, December 1

Last Day of Class Wednesday, December 4

Reading Days Thursday, December 5

Final Exams No exams on Saturday Fri, December 6 – Fri, December 13

Last Day of Fall Friday, December 13

Student Success Center

The Meredith College Student Success Center (SSC) provides students with academic support services, including success coaching, academic planning, and peer tutoring, which promote equity, reinforce and extend learning, and move students toward timely graduation. The SSC partners with students, faculty, and staff across campus to increase student satisfaction and success. The SSC conducts workshops on study skills, time management, research and writing skills, Google tips, and GPA calculation.

The SSC has offices for academic planning and success coaching on the first floor of the Cate Center. The Learning Center, also part of the SSC, is located on the lowest level of Carlyle Campbell Library. The Learning Center provides free peer-tutoring services that empower students to become more confident and capable learners. The Center offers tutoring in subjects such as world languages, mathematics, science, writing for all content areas, and more; its services include both one-on-one appointments and group sessions, offering a variety of learning dynamics. Each tutor is not only an experienced and successful student but also has been specifically trained to accommodate individual learning styles and needs.

Staff in the SSC are the following:

Tina Romanelli, Director, <u>cromanelli@meredith.edu</u> Steven Lemmons, Associate Director, <u>islemmons@meredith.edu</u> Bri'Yahn Ritchie, Melissa Stanley, and Samantha DiStefano, Success Coaches William Christy, Learning Specialist and Tutoring Coordinator, <u>wachristy@meredith.edu</u> Lilly Wood, Administrative Assistant and Testing Facilitator, <u>Irwood@meredith.edu</u>

Locations of services: Academic Advising Park Center, First Floor (919) 760-8062

Success Coaching Park Center, First Floor (919) 760-8318

Tutoring in the Learning Center Lower floor of the Carlyle Campbell Library (919) 760-2800

Testing in the Learning Center Lower floor of the Carlyle Campbell Library (919) 760-2800



FALL 2024

Fall Events

Student Organizations & Services Fair August 21, 2024

MC Block Party August 23, 2024

SPLASH! into Service (On-Campus) September 7, 2024

Sizzlin' September Street Fest September 20, 2024

Fall Fest October 1, 2024

Com Service Project November 1, 2024

Corn November 2, 2024

White Iris Ball November 22, 2024

Class event information will be communicated to class members through the Class Email Groups.

Student Leadership & Service

What can you gain by participation in one of Meredith's 100+ student organizations? You can gain career-related hands-on experience, learn and practice leadership skills, develop relationships, and have fun. Be sure to attend the Student Organizations and Services Fair on Wednesday, August 21st from 5-7pm at the Meredith Mall. Meet organization and department representatives to ask your questions about what they have to offer you.

You'll also want to look for information regarding some of our leadership development and service programs like the Emerging Leaders Seminar and SPLASH! Into Service. If you will be serving as an officer in one of Meredith's student organizations this coming year, you are asked to attend one of the Officer Training Workshops on September 4th and 6th. Look for more details in August.

MC Connect is Meredith's student involvement website. Visit MC Connect to join student organizations and learn about events.

• Online: meredith.presence.io

• Phone App: MC Connect at Meredith (Free App Download available on Google Play or in the App store)

Calling all change-makers!

L.E.A.D. MC (Learn, Empower, Advance, Discover) is Meredith College's premier leadership development program, and we want YOU to participate! The L.E.A.D. MC Program believes any student can be a leader. Through a series of engaging workshops and personal reflections, we seek to spark the beginning of students' leadership journeys. This program centers the Social Change Model of Leadership through five engaging 90-minute workshops. During each workshop, students will learn about one of the leadership model's "C's for Change" and develop a specific NACE Career Readiness Competency. Workshops will also welcome guest facilitators You can learn more about the program on the L.E.A.D. MC Webpage. Interested students should complete the Interest Form.



Graduation Rates

Meredith College is pleased to report graduation statistics for the students who entered as *full-time, first-time* freshmen in Fall 2017. In compliance with the Student Right-to-Know (SRTK) Act of 1990, the report reflects the percentage of students who complete within six years (150% of the normal time to completion). However, it is significant to note that most Meredith graduates do not take six years to earn their baccalaureate degrees. Meredith has also chosen to report its four-year and five-year average graduation rates for full-time, first-time students.

The Meredith College goal is for the 4-year and 6-year student graduation rate to surpass the median for both NCICU schools and schools nationally with a baccalaureate Carnegie classification. In recent years, Meredith has consistently exceeded this goal.

	Fall 2017 Cohort	4-Year Averages (2014-2017)
Number of Entering Students	394	432
Graduating in 4 or fewer years	57.9%	60.5%
Graduating in 5 or fewer years	63.5%	65.1%
Graduating in 6 or fewer years	65.0%	66.2%

Office of Research, Planning and Assessment, updated June 2024



2024 Summer Reading Program

This year's summer reading theme is "Strong Voices: Empowering Student Citizenship." The program will be built around a central text, *The Bill of Obligations,* by Richard Haass. We hope that this very straightforward and clear discussion of basic expectation for American citizenship will help demystify the democratic process for students, assist them in conducting constructive conversations, and encourage them to enact positive change in their communities. Students are also encouraged to access the <u>Summer Reading Program web site</u> for additional information.

First year students will meet in their advising groups the week of September 16, 2024 to discuss the book and related materials, and we plan to have speakers the week before and on Constitution Day. We hope that member of our campus community will read the book, view the supplementary materials, and participate in events connected to the program.

FALL 2024

Office of Career Planning



2nd Floor Cate-Park Center Monday-Friday, 8:00am - 5:00pm career@meredith.edu (919) 760-8341

OCP'S RESOURCES

- Individualized career counseling
- Career-focused strengths development
- Career-focused assessments
- Resume, cover letter, professional document writing
- Interview prep & mock interviews
- Job & internship search strategies
- Networking strategies (including connections with alumnae)

- Employer events (career fairs, networking nights, career treks)
- On-campus recruiting
- Graduate school preparation & guidance
- Major and/or occupational exploration & selection
- LinkedIn strategies
- Classroom/organization presentations

ANGELS SUITED FOR SUCCESS

Angels Suited for Success is a personalized, professional and career development certificate program open to all Meredith College students.

- Develop essential career competencies sought out by employers
- Build confidence talking about your strengths and experiences
- Connect directly with professionals and grow your network

NACE CAREER COMPETENCIES



OCP'S WORKBOOK

Check out OCP's Career Planning Workbook to learn more about career resources and to begin



developing your career plan!



FOLLOW US ON INSTAGRAM @ocp_meredith

HANDSHAKE

Schedule appointments with career counselors, search for jobs and internships,



register for events, and more!

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WHO ARE WE?







The StrongPoints office is dedicated to empowering students to become their best selves through a comprehensive range of services and activities. We provide personalized coaching, guidance on utilizing strengths in various contexts, and support for financial literacy to foster personal growth, leadership, and success among our students.

- One-on-one strengths coaching
- Guidance on using strengths in interviews
- Strategies for relationship building
- Using strengths in a team
- Financial workshops
- Financial one-on-one coaching

Schedule an appointment with a coach!

FALL 2024

Counseling Center & Disability Services

Contact us for an in-person or telehealth appointment by:

- Sending us a message via the Meredith College Student Wellness Portal
- Emailing CounselingCenter@meredith.edu or DisabilityServices@meredith.edu
- Calling 919-760-8427
- Located in Student Health Center, 2nd Floor room 208

Appointments are available between 8 a.m.-5 p.m. (M-F)

Counseling Center

Counseling services are free and confidential for all students. All of our mental health providers are licensed or supervised by licensed mental health professionals.

Students seek counseling for support with:

- Coping with emotion and using emotion effectively to create positive change
 - Stress and anxiety
 - Depression and lack of motivation
 - Adjustment issues
 - Relationships
 - Self-esteem
 - Body image, disordered eating
- Racial Injustice
- Trauma, loss, and more

The Counseling Center also provides the following in-person and telehealth crisis services:

- 1:00 p.m. crisis hour: available Monday–Friday
 - Come by Room 208 in the Student Health Center or call 919-760-8427 to access crisis assistance M–F
- On-call: Available 24/7 during the fall and spring semesters
 - Reach the counselor on-call by calling:
 - Campus Police at 919-760-8888
 - Or the RD on Duty at 919-612-6350
 - Ask for the counselor on-call
 - Be prepared to share your name and phone number
 - The counselor on-call will call you using the phone contact you share

Other crisis resources

- National Suicide Prevention Lifeline, 800-273-8255
- National Suicide Prevention Lifeline chat at https://suicidepreventionlifeline.org/chat/
- Wake County Alliance Behavioral Health, 1-800-510-9132
- Mobile Crisis Team, 877-626-1772
- 911 or 988

Non-emergency resources

Call NC Warmline to speak with a peer, 855-733-7762 - available 24/7



Disability Services

Disability Services facilitates equal access to learning and student life for students with disabilities:

- A certification process for students with disabilities (www.meredith.edu/disability)
- Coordination of accommodations in classes, housing, facilities, and more
- Counseling and support for disability management and self-advocacy
- Assistive technology

How do I become certified for disability services?

See <u>www.meredith.edu/disability</u> for details.

- 1. Submit an Application for Accommodations using the <u>Meredith College Student</u> <u>Wellness Portal</u> (https://meredith.studenthealthportal.com/)
- 2. Submit <u>documentation</u> of the disability
- 3. Meet with a disability counselor
- 4. Request accommodations through the <u>Student Wellness Portal</u> every semester

Find us on:





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STUDENT HEALTH CENTER

We hope that you had a wonderful and restorative summer!

Meredith College Student Health Center provides confidential health care services by appointment. Our services include: clinical care for minor illnesses, injuries, consultation for chronic illnesses including collaborating with your home health care providers, wellness services including STI testing and birth control, and health promotion and disease prevention education.

Please call ahead to schedule an appointment with one of our providers.

9:00 a.m. to 4:00 p.m. Monday-Friday by appointment only

Call (919) 760-8535 to schedule an appointment.

For non-clinical questions, please send us a message through the <u>Student Wellness Portal</u>. To review costs, services, forms, and what to do when the Student Health Center is closed, please visit our website: meredith.edu/health.

INSURANCE: Action deadline **ALL students** is **Wednesday, September 11**th **at 5:00 p.m. EDT.** To enroll in the health insurance or waive the **\$1,695.00** Fall charge with your own comparable insurance, please visit **studentbluenc.com/meredith**.

STUDENT HEALTH RESOURCES: Don't know who to ask about a question? Do you need help finding ways to navigate college life, eat healthier, stay fit, or relax this semester? Check out <u>meredith.campuswell.com</u> for ways to stay well in and out of classes.

Follow us on Instagram @LiveWellMC and our peer educators on Facebook @MeredithCollegePEARLS





Meredith Campus Dining

At Belk Dining Hall, you'll find an abundant variety of fresh foods, prepared your way each day. Our team stands ready to serve up a changing menu of specialties cooked to your liking! Daily features include traditional, home-style meals and grilled favorites. In addition, soups, a full-service salad bar, deli, Vegan/Vegetarian, Restaurant Rotation, and freshly made desserts. We also customize menus for specific students (vegetarians, vegans, & gluten-free) just to name a few.

Follow us on Instagram at Meredith_Dining for special events and updates.

Tips for Navigating the Dining Hall

- Meal plan members must present their Cam Card (student I.D.) to enter Belk Dining Hall.
- Student must swipe in each visit. If you do not have your card, you will be asked to go and get it. Students may not use another student's CamCard to swipe in to Belk Dining Hall.
- Guests of students must pay at the entrance to the Dining Hall to gain access.
- Not on a meal plan? Commuter and Oaks students may purchase a meal plan (see below or visit our website for more details). Credit card and Dining Dollars declining balance are also accepted in all our locations.
- Food, dishes, and glassware are not to be removed from the dining hall. Personal dishes and cups may not be used in the dining hall because of health department regulations.
- For more information, please visit our website at <u>www.meredith.campusdish.com</u>.

Belk Dining Hall Hours of Operation

Monday – Friday Breakfast: 7:30 a.m. – 9:30 a.m. Continental Breakfast: 9:30 a.m. – 11:00 a.m. Lunch: 11:00 a.m. – 2:00 p.m. Late Lunch: 2:00 p.m. – 4:45 p.m. Dinner: 4:45 p.m. – 7:30 p.m. Saturday and Sunday Continental Breakfast: 8:30 a.m. – 11:00 a.m. Brunch: 11:00 a.m. – 1:30 p.m. Saturday Dinner: 4:45 p.m.– 7:00 p.m. Sunday Dinner: 4:45 p.m.– 7:30 p.m.

The BeeHive Café

The BeeHive is a great place to hang out, study and relax before or after class. It's located on the upper level of the Cate Center. You can use a credit card or your Cam Card for purchases.

Beehive Café Hours of Operation

Monday – Thursday: 7:30 a.m. – 8:00 p.m. Friday: 7:30 a.m. - 4:30 p.m. Saturday – Sunday: CLOSED *Proprietary brands may operate on different hours

Dining Dollars

Dining Dollars work like a bank debit card and are used for purchases in the BeeHive Café. If your Dining Dollars run low, just add to your account with cash, check, money order, or charge to your student account. When you want to replenish your Dining Dollars, go to the Accounting Office in Johnson Hall or visit our website <u>www.meredith.campusdish.com</u>.

Meal Plans

Whether you're eating on campus every day or just a few times a week, you could be saving money with a meal plan. Many options help you choose the plan that offers the best value for your busy schedule. Excellent service and clean environments make dining more pleasant and convenient locations on campus mean you don't have to give up your parking space. A meal plan might just make dining the most relaxing part of your day! Commuter Meal Plans provide you with a set allotment per semester of all-you-care-to-eat meals in Belk Dining Hall PLUS Dining Dollars to spend in the BeeHive Café. Additional blocks of 10 meals may be added at any point in the semester if you're running low. Your CamCard identifies you as a meal plan member and must be presented at each meal. All students residing in the apartments and commuters are eligible for these plans. Instagram: @Meredith_Dining

Jayme Aimalefoa

Dining Services Director

919-760-8377

jmaimalefoa@meredith.edu campusdining@meredith.edu

Study Abroad

Study abroad is an essential component of the Meredith academic experience. Earn academic credits abroad and gain valuable skills for careers in the global workforce. Study abroad sparks the development of independence, confidence, self-awareness, and appreciation of cultures. Meredith offers both semester and summer programs throughout the world and the key to studying abroad is to start planning early!

The Office of International Programs (OIP) provides regular study abroad workshops and one-on-one advising to help students find the semester or summer program that best aligns with academic, career, financial, and personal priorities. Brochures and application materials for upcoming summer and semester programs will be available in Lux 124 and at http://meredith.edu/OIP in late September. Connect with the OIP via email at internationalprograms@meredith.edu and on Instagram @MCGoGlobal.

Important opportunities to learn more about studying abroad: Study Abroad Fair: Sept. 24th, 5:00-7:00 p.m. in BDH Courtyard Study Abroad 101 Workshops: Sign-up at <u>http://meredith.edu/OIP</u> Study Abroad Funding Workshops: Sign-up at <u>http://meredith.edu/OIP</u>



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Campus Resources

Dean of Students Ann Gleason deanofstudents@meredith.edu

Asst. Dean of Students Daphne Davis deanofstudents@meredith.edu

Co-Directors for First Year Experience Chrissie Bumgardner & Lisa Brown bumgardner@meredith.edu Imbrown@meredith.edu

Director of Career Planning Dana Sumner career@meredith.edu

Director of Student Success Center Tina Romanelli cromanelli@meredith.edu

Director of Health Services Dr. Mary Johnson healthcenter@meredith.edu

Director of Residence Life Amanda Morales reslife@meredith.edu

Director of Counseling Center & Disability Services Beth Meier counselingcenter@meredith.edu

Director of Student Leadership & Service Cheryl Jenkins leadershipandservice@meredith.edu

Director of StrongPoints Emily Caldwell ekcaldwell@meredith.edu

Campus Chaplain Stacy Pardue pardues@meredith.edu

Athletics Director Shannon Yates smyates@meredith.edu

Director of Financial Assistance Kevin Michaelsen finaid@meredith.edu

Registrar Shelly McMahon registrar@meredith.edu

Title IX and Sex-Based Discrimination

The Meredith College community will not tolerate sex-based discrimination and harassment which also violate Title IX of the Education Amendments of 1972 (the College's policy includes the newly issued-regulations effective starting August 1, 2024). Refer to <u>www.meredith.edu/title-ix</u> for access to the Title IX Policy and for information about student rights under federal and campus policies, reporting, and campus and community resources. For <u>confidential</u> on-campus resources, contact the Counseling Center at 919-760-8427, Health Services at 919-760-8535, or College Chaplain at 919-760-8347. To file a Title IX Complaint, contact Title IX Coordinator Pamela Davis Galloway at 919-760- 8760 or Deputy Title IX Coordinator Ann Gleason at 919-760-8521.



Don't Steal That Idea. . .

At Meredith, we ask you to write papers and to submit other creative work. We also ask you to use the works of others including articles, art work and ideas and creations of others. It is important that you understand your rights and responsibilities. Visit this page

(http://infotogo.meredith.edu/copyright) to see Meredith's copyright and intellectual property policies and to learn more about plagiarism and how to avoid stealing the intellectual property of others. On this page, you can also review the frequently asked questions to learn more about the laws that govern these along with specific examples.

Reminder:

IN THE EVENT OF CAMPUS EMERGENCIES, COLLEGE CLOSINGS AND DELAYS, **MC ALERT** MESSAGES WILL BE SENT TO STUDENTS, FACULTY AND STAFF. STUDENTS MAY SIGN UP TO RECEIVE MC ALERT NOTIFICATIONS VIA VOICEMAIL, TEXT, EMAIL AND DEVICES FOR THE HEARING IMPAIRED. GO TO STUDENT SELF SERVICE TO REGISTER FOR THIS IMPORTANT ALERT SYSTEM.

TO IMPROVE COMMUNICATION ABOUT CAMPUS ACCESSIBILITY, WE ARE EXPANDING THE USE OF <u>MC ALERT</u>, <u>OUR EMERGENCY NOTIFICATION SYSTEM</u>, TO SEND TEXT AND VOICE MESSAGES TO SUBSCRIBERS DURING BUSINESS HOURS ABOUT KNOWNACCESSIBILITY BARRIERS. YOU CAN OPT-IN TO THE ACCESSIBILITY NOTIFICATIONS WHEN YOU SIGN UP FOR MC ALERT OR ADD THIS NEW LIST IF YOU HAVE ALREADY REGISTERED IN THE PAST.