

Looking Toward College

June 20-23, 2017

A residential seminar for high school women at Meredith College, Raleigh, N.C.

Decisions

Goals

Relationships

Making Decisions and Setting Goals

A map is always helpful if you are going somewhere new. Begin the journey to your future by learning techniques for setting goals and reaching your objectives.

Values Clarification

This workshop will help you explore attitudes, choices, and relationships. Think about what you want from your future college studies, your social life, and your career as you consider the question, "What do I care about most in life?"

Career Planning

Explore the possibilities of life after college in this session about the world of work. Your career interests may help you determine which college you should attend.

College Selection

Selecting the right learning environment is very important. Group and individual sessions will help you find the answers to questions such as "How do I apply to schools that interest me?" and "Which college would be best for me?"

Seminar Cost: \$395

This includes air-conditioned room, meals, programs, workshops, information packet, social activities, and t-shirt.

The seminar fee is to be paid in full when registering. If cancelled three weeks prior to the start of camp, a refund will be issued for the full amount minus a \$35 administrative fee. Less than three weeks prior, no refund will be issued.

Study Skills

This session will help you understand the academic demands of college so you can develop effective study skills and time management techniques.

Communication Skills

Learn effective ways to express your feelings, actively listen, and stand up for your rights without infringing upon the rights of others. You will have an opportunity to develop these important skills that will help you succeed in college and in today's world.

And There's More...

In addition, panels and informal meetings with college faculty, staff, and students will provide you with an opportunity to discuss social relationships (friends!), residence life (fun!), career decisions (future!), and more. Social activities and time to enjoy the recreational facilities at Meredith complete your four-day stay on our campus.

Seminar Staff

Director

Ann Gleason, M.Ed.
Dean of Students

Instructors

Heather Bower, Ph.D.
Director, Meredith Teaching
Fellows Program

Cheryl Jenkins, M.Ed.
Director, Student Leadership
and Service

Heidi LeCount, M.S.
Director, Office of Residence Life

Tomecca Sloane, M.Ed.
Assistant Dean of Students

Sarah Wild
Career Counselor

Caitlyn Riner
Residence Director

Danna Markoff
High School Guidance Counselor

Looking Toward College 2017 — June 20-23, 2017

Participant's Full Name _____ Preferred Name _____

Address _____ Email _____ Cell _____

City, State, Zip _____

Parent Name _____

Telephones: (Home) _____ (Work) _____ (Cell) _____

I am a rising: ☐ Sophomore ☐ Junior ☐ Senior in high school T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

High School Attending: _____

Roommate choice (if any): _____

For more information or to pay by credit card, please call 919-760-8521.

Please enclose the \$395 seminar cost. Make checks payable to Meredith College and mail to:

Meredith College, Office of the Dean of Students, 3800 Hillsborough Street, Raleigh, NC 27607-5298

MEREDITH
COLLEGE

Meredith College admits qualified women students without regard to race, creed, national or ethnic origin, sexual orientation, age, or disability.

Decisions, Goals, Relationships

Young women face few decisions more challenging than what to do after high school. At Meredith College, we believe it is helpful for high school women to have the opportunity to explore what college life is “really like.” For the 39th year, we’re offering this seminar to help rising sophomores, juniors, and seniors examine their values and increase their skills in decision making, goal setting, and preparing for college success. We invite you to join us at Meredith this summer for four days that could make a difference in your life.

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OFFICE OF THE DEAN OF STUDENTS

3800 Hillsborough Street

Raleigh, NC 27607-5298

meredith.edu

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