SATURDAY, AUGUST 17

8:00 a.m. - Noon.  Residence Hall Move-in  
8:00 a.m. - 2:00 p.m.  STRONG Snacks  
   Free coffee provided, Breakfast and lunch items for purchase from Campus Dining  
11:00 a.m. - 1:30 p.m.  Family Lunch*  
   Meal plans accepted.  
   Cash, credit/debit card, and Camcard accepted.  $9 per person.  
1:00 - 1:45 p.m.  Commuter Student Check-in  
2:00 - 2:45 p.m.  Welcome Session for new students  
   Freshman Groups 1-22, all Transfer, Wings, Parents & Families  
2:00 - 2:45 p.m.  Meet & Greet with Student Advisers Freshmen Groups 23-45, Parent and Family sessions  
3:15 - 4:00 p.m.  Welcome Session for new students  
   Freshman Groups 23-45, Parents & Families  
3:15 - 4:00 p.m.  Meet & Greet with Student Advisers Freshmen Groups 1-22, Transfer, Wings, and Parent and Family sessions  
4:00 - 7:00 p.m.  Family Dinner*  
   Meal plans accepted.  
   Cash, credit/debit card, and Camcard account accepted.  $9 per person.  

Besides their student's residence hall, families and guests can use the following air-conditioned facilities to rest and relax: Belk Dining Hall, Cate Student Center, and Johnson Hall.

Campus Office Hours for Saturday, August 17

9:00 a.m. to 1:00 p.m.  
   Academic Advising (Park Center) • Admissions (Johnson Hall) • Dean of Students (Park Center)  
   Counseling Center & Disability Services (Carroll Hall)  
   After 1 p.m., Counseling Center On-Call can be reached through Campus Security (919.760.8888) or RD on Duty (919.612.6350)  
9:00 a.m. to 4:00 p.m.  
   Health Center (Carroll Hall) • Technology Services (Noel House)  
9:00 a.m. to 5:00 p.m.  
   Accounting (Johnson Hall) • Financial Assistance (Johnson Hall) • Meredith Store (Cate Center) • Registrar (Johnson Hall)  
   Residence Life is available through RD on duty (919.612.6350)  
10:00 a.m. to 4:00 p.m.  
   Camcard office • Parking & Security (919.760.8888)
**PARENT AND FAMILY SESSIONS**
*(choose one)*

**Sessions are offered:**

**2:00 - 2:45 p.m.**
*(for parents and family members of students in groups 23-45)*

**3:15 - 4:00 p.m.**
*(for parents and family members of students in groups 1-22 and Wings and Transfer groups)*

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**Study Abroad Opportunities**

Office of International Programs

*Elizabeth Yaros, Associate Director of International Programs*

*Ledford Hall, Room 101*

Find out more about the wide range of study abroad options available to your student. Related topics, such as financial cost, safety, and academic credit, will also be covered.

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**Parenting a College Student:**

**The Student & Parent Perspective**

*Beth Meier, Director of the Counseling Center*

*Kresge Auditorium, Cate Center*

Come hear advice on what parents and families can do to help their students succeed at Meredith.

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**Parents of Student Athletes**

*Jackie Myers, Athletics Director*

*Science & Math Building, Room 162*

Representatives from the Meredith Athletic Department will provide information and answer questions regarding NCAA Division III and USA South Athletic Conference regulations and other items pertaining to first year athletes.

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**Meredith Dining Meet & Greet**

*Dining Services Staff*

*Cate Center Alcove, across from Campus Store*

Dining Services will provide information about campus dining at Meredith. Topics will include the hours of operation for Belk Dining Hall and the BeeHive, the process for purchasing dining dollars, accommodations for dietary needs, and opportunities for edible care packages. The drop in session will also address ways that parents and students may obtain information about menus. And be sure to pick up refreshments while visiting!
ACADEMIC NUTS & BOLTS

CLASS LOAD
A usual freshman class load is between 15 and 17 hours, meaning your student will be attending class between 15 and 17 hours per week with an anticipated study time of two to three hours for each hour in class. In general, an average load of 15.5 credit hours per semester will allow students to graduate in four years.

CLASS ATTENDANCE
The effect of class attendance on a grade is clearly specified, in writing, by an instructor at the beginning of a course. Regular and prompt attendance in class is always important. Missed announcements and assignments are often the result of skipping class.

WITHDRAWALS
Should it become necessary for your student to withdraw from the college and terminate her enrollment prior to the completion of the semester, she must have a conference with a member of the Dean of Students staff and, if necessary, a staff member in the Office of Financial Assistance.

CAMPUS SERVICES

Campus Mail
The campus mailroom is located on the first floor of the Cate Center. It is not an official U.S. Post Office but can be used to purchase stamps and mail packages. Services are available 8:00 a.m. to 5:00 p.m., Monday through Friday.

ADDRESSING MAIL TO YOUR STUDENT?
USE THE FOLLOWING FORMAT:
Her Name
Room Number & Building
Meredith College
3800 Hillsborough Street
Raleigh, NC 27607-5298

Student Account Billing
Students can review their accounts in real time using their Net ID and password they received from Technology Services. Students may also establish a proxy for parents or other third parties to view or pay the student account online.

Log in to http://advisor.meredith.edu to view or pay on the account or set up proxy. For more information, visit the Account Office website:
http://www.meredith.edu/on_campus_services/accounting/billing_and_payments/

MC ALERT
In the event of campus emergencies, MC Alert messages will include information about campus emergencies, college closings or delays. Students may sign up to receive emergency information via voicemail, text, email, and devices for the hearing impaired. Please encourage your students to go to WebAdvisor to register for this important service.

Campus Security and Parking
Meredith College is patrolled 24 hours a day by college security and police officers. Campus officers use radio phones while patrolling the campus, investigating complaints, regulating traffic, controlling parking, and supervising the fire prevention program. Meredith College is closed to the public at 11:00 p.m. daily. In an emergency, students are able to alert security of the location and problem.

Students may have cars on campus. Parking stickers are $200 for the academic year for residents and $125 for commuters. During the first week on campus, students with cars must purchase a parking sticker and obtain a map of where to park from the Campus Police and Security office. Students should take responsibility for obeying parking regulations and for taking appropriate safety precautions. Each person must be alert to her own personal safety.
### NUMBERS TO REMEMBER

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Vice President for College Programs</td>
<td>Dr. Jean Jackson</td>
<td>919.760.8556</td>
</tr>
<tr>
<td>Provost and Senior Vice President</td>
<td>Dr. Matthew Poslusny</td>
<td>919.760.8514</td>
</tr>
<tr>
<td>Dean of Students</td>
<td>Ann Gleason</td>
<td>919.760.8521</td>
</tr>
<tr>
<td>Assistant Dean of Students</td>
<td>Tomecca Sloane</td>
<td>919.760.8631</td>
</tr>
<tr>
<td>Director of Residence Life</td>
<td>Heidi LeCount</td>
<td>919.760.8633</td>
</tr>
<tr>
<td>Campus Chaplain</td>
<td>Donna Battle</td>
<td>919.760.8346</td>
</tr>
<tr>
<td>Co-Directors of First Year Experience</td>
<td>Chrissie Bumgardner, Holly Weakland</td>
<td>919.760.8521</td>
</tr>
<tr>
<td>Director of Athletics</td>
<td>Jackie Myers</td>
<td>919.760.8198</td>
</tr>
<tr>
<td>Director of the Counseling Center &amp; Disability Services</td>
<td>Beth Meier</td>
<td>919.760.8427</td>
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<tr>
<td>Director of Academic Advising</td>
<td>Alex Davis</td>
<td>919.760.8428</td>
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<tr>
<td>Director of Student Leadership &amp; Service</td>
<td>Cheryl Jenkins</td>
<td>919.760.8427</td>
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<tr>
<td>Director of Financial Assistance</td>
<td>Kevin Michaelsen</td>
<td>919.760.8565</td>
</tr>
<tr>
<td>Director of the Health Center</td>
<td>Dr. Mary Johnson</td>
<td>919.760.8338</td>
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<tr>
<td>Director of Retention &amp; Student Success</td>
<td>Brandon Stokes</td>
<td>919.760.8318</td>
</tr>
<tr>
<td>Director of StrongPoints</td>
<td>Candice Webb</td>
<td>919.760.2255</td>
</tr>
<tr>
<td>Director of Career Planning</td>
<td>Dana Sumner</td>
<td>919.760.8428</td>
</tr>
<tr>
<td>Director of Financial Assistance</td>
<td>Kevin Michaelsen</td>
<td>919.760.8565</td>
</tr>
</tbody>
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### TIPS FOR BEING AN INVOLVED AND SUPPORTIVE PARENT!

- **DO** Share in your student’s enthusiasm and excitement.
- **DO** Expect homesickness (if your student lives on campus) and times when college life seems overwhelming.
- **DO** Encourage your student to accept responsibility and become her own problem-solver.
- **DO** Expect change and give her space to grow.
- **DO** Listen, write, call, Skype, and send care packages—discuss what would work best in keeping the communication lines open.
- **DO** Find new interests to help you let go.
- **DO** Encourage your student to get involved on campus and to participate in weekend programs, traditions and events.
- **DON’T** rush to the rescue. Encourage and support, but let her handle concerns and issues. If she needs additional support, remind her of on-campus resources and offices available to her.
- **DON’T** Encourage coming home often. Students make smoother transitions and are happier if they stay on campus long enough to make friends and get involved.
- **DON’T** Expect many texts, letters or phone calls. Sometimes students get caught up in a whirlwind of activity and forget to stay in touch.
- **DON’T** be surprised if she changes her mind on her major and career interests.