

BECOME **EVEN** **STRONGER.**

A GUIDE TO GOING STRONG AT MEREDITH
FOR TRANSFER AND WINGS STUDENTS



WELCOME TO MEREDITH.

Congratulations on your admission to Meredith College! When you choose the Meredith community, you'll find a community whose focus is YOU - your goals, your dreams, and how you can use your unique strengths to reach your goals.

RESERVE YOUR SPACE

To reserve your space and register for classes, submit your non-refundable \$300 enrollment deposit on or before **June 15**.



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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.

99%

of alumnae say Meredith prepared them well to earn an additional degree or certification.

97%

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

99%

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 really 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.

The **unemployment rate** for individuals with at least a bachelor's degree has consistently been about half of the unemployment rate 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

FREQUENTLY ASKED QUESTIONS

Q: DO I HAVE TO DECLARE A MAJOR RIGHT AWAY?

A: No. Students declare their major when they are prepared to do so. All students are encouraged to discuss possible majors with their advisers and professors, and by visiting the Office of Career Planning. Once you choose a major you will initiate the major declaration process with the department adviser.

Q: AM I REQUIRED TO TAKE A PLACEMENT TEST?

A: You may be required to complete English Composition and/or Foreign Language placement testing. Students required to take placement tests will receive notification as well as instructions for accessing the assessments. Second degree students are not typically required to take placement tests.

Q: WHAT IF I DIDN'T COMPLETE A COLLEGE TRANSFERABLE MATH COURSE?

A: The Director of Wings will work with you to develop an individualized college mathematics preparation plan as needed based on your mathematics background.

Q: WHY DO I TAKE GENERAL EDUCATION COURSES?

A: Core Connections, Meredith's general education program, helps you become "career ready" by acquiring the skills expected by employers. If you were admitted to Meredith with an Associate of Arts (AA), an Associate of Science (AS), or an Associate of Fine Arts (AFA) degree from a North Carolina Community College, and you qualified for the articulation agreement, your general education requirements are considered complete, with the possible exceptions of foreign language

and health and physical learning requirements. General education requirements may also have been met through coursework completed at other colleges; refer to your Preliminary Transcript Evaluation. Additionally, articulation agreements are in effect for Teacher Education and NC community college students studying psychology or sociology. Second baccalaureate degree students have previously met all general education requirements.

Q: CAN I DROP A COURSE?

A: You may drop a course within the first five days of the semester and receive a refund, if applicable. After the drop period ends, you may withdraw from a class at any time, without academic penalty, through the last day to withdraw with a grade of "W" as listed in the Academic Calendar. Students who have questions about their billing should contact the Accounting and/or Financial Assistance Office.

Q: WHEN WILL I GRADUATE?

A: You will work with your academic adviser to create a plan for finishing your degree. A minimum of 124 credit hours are required to earn a bachelor's degree from Meredith. Wings first-time freshman students enrolled full-time often complete a degree in four years. Transfer students complete their degree according to transfer credits awarded, credits required to complete the degree, and hours earned at Meredith each semester. Second-degree students enrolled full-time may complete a second degree in as little as one year.

Q: CAN I TAKE CLASSES AT OTHER COLLEGES?

A: Many Meredith students take classes at community colleges or area colleges and universities. Full-time students may take courses

through Cooperating Raleigh Colleges (CRC). If you wish to take classes at another institution, contact the Office of the Registrar.

Q: IF I'D LIKE TO ENHANCE MY STUDY SKILLS, WHO SHOULD I CONTACT?

A: The Office of Academic Advising offers individualized assistance with developing study skills. All students have access to free tutoring through the Learning Center. Adult students can participate in virtual weekly chats to help them successfully acclimate to Meredith and connect with other Wings students.

Q: HOW DO I REGISTER FOR MY COURSEWORK?

A: Information on how and when to register online for your classes will be discussed during your pre-registration conference with your academic adviser.

Q: WHEN AND HOW DO I GET MY MEREDITH EMAIL ACCOUNT?

A: After you submit your deposit, you will receive an email from Technology Services that contains your username and password for your Meredith Gmail address and your NetID and password. You can reach Technology Services at (919) 760-2323 or techsupport@meredith.edu.

Q: WHAT CLUBS AND ORGANIZATIONS CAN I JOIN?

A: There are more than 100 student-led organizations on campus. Adult students may wish to participate in WINGS (Women in New Goal Setting). To learn more, contact the Office of Student Leadership and Service at (919) 760-8338 or studentactivities@meredith.edu



Attending a women's college empowers us all to work together and open doors for one another. The goal-oriented women at Meredith kept me motivated and reminded me of what I came here to do."

KRYSTEE CHASE, '18

BUSINESS ADMINISTRATION MAJOR

**UNIVERSITY OPERATIONS
SPECIALIST, LENOVO**

ADVISING & REGISTRATION

After officially reserving your space in the class, you will be contacted with information to schedule a pre-registration advising conference with faculty or staff advisers. You will discuss your academic plans and determine the best course selection for the upcoming term. You will also receive instruction on how and when to register for classes.

GET OFF TO A STRONG START

New Student Orientation begins on August 20, 2022. You'll learn important information about making a successful transition to Meredith, meet your student adviser, and meet other new students – all important connections to make as you prepare for success at Meredith. New Student Orientation is required for all new students. Classes begin on August 24, 2022.

CAMPUS RESOURCES

Meredith will be your new home away from home. Listed here are some of the services available to you. Find more information at meredith.edu/current-students.

CAMCARDS

Your CamCard is a student identification card, a debit card, a meal card, and a residence hall entrance card. Deposit money in your student account to use the CamCard for purchases in the Beehive, vending machines, and for printing photocopies.

CAMPUS SAFETY

Campus police and security officers regularly patrol campus to provide security and access to campus facilities. Access to campus is controlled after 11 p.m. Residence hall door locks must be activated by student CamCards.

COUNSELING CENTER

The Counseling Center provides a safe place to talk with licensed, professional counselors about challenges that college students may face. All services are free, confidential, and include individual short-term counseling, crisis services, psychological consultation, and disability services.

FITNESS CENTER

The Lowery Fitness Center offers a full range of weight machines, free weights, and cardiovascular equipment. A fitness center worker is available to introduce you to the equipment and answer your questions. A variety of classes and free personal training can help you achieve your fitness goals.

FOOD SERVICES

We offer a variety of meal plans to fit your eating habits and lifestyle. Commuter students can use the CamCard to purchase meals in the dining hall and Beehive or purchase a commuter meal plan.

HEALTH SERVICES

Carroll Health Center provides confidential health care services including clinical health care for minor illnesses, minor emergency care, health consultations, and disease prevention. Residential fees for students cover costs of services in Meredith's Health Center. Commuter students pay the Health Center fee, \$100 per semester, to receive services.



Take a virtual tour of campus.

PAYING FOR COLLEGE

Meredith is committed to partnering with students to make a top-ranked education affordable.

FINANCIAL ASSISTANCE

To be considered for state, federal, and Meredith's need-based financial assistance, U.S. citizens and permanent residents should submit the Free Application for Federal Student Aid (FAFSA) at studentaid.gov. Be sure to indicate our school code #002945 on the form. Non U.S. citizens who are ineligible to complete the FAFSA should submit Meredith's Institutional Aid Application to be considered for need-based aid, scholarships, and campus work study. Apply for aid early at meredith.edu/financial-assistance.

TUITION AND MONTHLY PAYMENT PLAN

Notification that tuition is due will be emailed to your Meredith email address in early July. The full cost for fall semester tuition, fees, and room and board (if applicable) is due on August 1. Students using the payment plan will make their first payment on July 1 (5 payment plan) or August 1 (4 payment plan). Learn more: meredith.edu/accounting-department/billing-and-payments.

LOAN OPTIONS

Student loans can be used for educational expenses not covered by other forms of financial aid. Learn more at meredith.edu/financial-assistance and select Loans.

ENROLLMENT DEPOSIT FORM – Reserve your space in the class

Your \$300 non-refundable deposit is due as follows:

- MAY 1 for fall entry
- APRIL 1 for summer entry

To pay by credit/debit card or ACH transfer, please see instructions at <https://www.meredith.edu/admitted-students>.

To pay by check or money order:

1. Provide all information requested on this form.
2. Attach a check or money order payable to Meredith College.
3. Mail the form and attached check or money order to:

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

Payment allows us to place your name on the list of students eligible to register. The deposit payment is non-refundable but will apply toward your fees for the first semester of your enrollment.

Please complete the following:

Name _____

Mailing Address _____

City/State/ZIP _____

Email _____ Telephone # _____

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..

By signing below, I represent that I have read and understand the contents of this Release.

Signature

Printed Name

Date



**CLIMB ANY MOUNTAIN.
TACKLE ANY CHALLENGE.
STRONG GETS IT DONE.**

MEREDITH.EDU/ADMITTED-STUDENTS

TRANSFER AND WINGS - ADULT EDUCATION

Student Medical Form (pages 9-10)

Instructions for Completing Medical Form

NOTE: The deadline for submission of the Student Medical Form is JULY 15 (or APRIL 15 for summer entry). In accordance with N.C. law, students will be withdrawn from the College 30 days after classes begin if immunization requirements have not been met and the Student Medical Form has not been returned to the Office of Admissions. PLEASE SUBMIT PAGES 9-10 TOGETHER AFTER ALL FORMS ARE COMPLETE.

READ CAREFULLY

1. Complete the top section of page 9 before seeing your physician.

- Records must be documented in black ink and all corrections must be signed.
- All immunization dates must include month, day and year of administration.

2. Ask your physician or your county health department to bring your immunizations and tuberculin skin test up to date if necessary. Please refer to www.immunize.nc.gov/schools for more information regarding state requirements.

Keep in mind that:

- All **required** immunizations listed (including tetanus immunization within the past 10 years) are mandatory for enrolling at Meredith;
- A **tuberculin skin test** within 1 year prior to your enrollment at Meredith is also **required**. Please have tuberculin skin test read before submitting form.
- Immunizations that are required pursuant to NC state law: (www.immunize.nc.gov/schools)
 - All students: Three doses of Tetanus/Diphtheria toxoid; one of which must be Tetanus/Diphtheria/Pertussis if entered college or university for the first time on or after July 1, 2008.
 - Students born in 1957 or later: 2 Measles (Rubeola), 2 Mumps, 1 Rubella (MMR vaccine)
 - Students born before 1957: 2 Measles (Rubeola) and 2 Mumps or proof of immunity by titer with lab report. Rubella is not required for students 50 years of age or older.
 - Students born after 7/1/1994: 3 Hepatitis B doses.
 - Two doses of meningococcal conjugate recommended if born after December 31, 2002.
 - Effective for the 2021-22 academic year, two doses of meningococcal conjugate vaccines are required.
 - If immunizations are unavailable, you may submit a titer (blood test) for proof of immunity with the lab report.
- Immunizations Records can be obtained from:
 - Your family physician's office
 - Your high school transcript
 - The local department of health
 - Records from previous college/university
 - For more information on how to obtain vaccine records please visit:
CDC: <http://www.cdc.gov/vaccines/recs/immuniz-records.htm>

3. Ask your physician to review the information you provided and to complete the remainder of the form.

Make sure that he/she:

- Reviews the immunization history and updates all necessary immunizations.
- Signs the page certifying your medical history and immunizations

4. Check your medical form for completion, complete and mail all pages together to the address above by JULY 15 (or APRIL 15, for summer entry). Questions regarding this form should be directed to Heath Services at (919) 760-8535, or healthcenter@meredith.edu.

- Ensure all required immunizations are listed (according to NC State law)
- Make sure your Tuberculin (PPD) test is current (within 12 months)
- Complete the insurance waiver process online. See page 11
- Make a copy for your records

TRANSFER AND WINGS - ADULT EDUCATION

Student Medical Form (continued)

Last Name (print)	First Name	Middle Name	Last four digits of Social Security Number	
Permanent Address		City	State	ZIP
Area Code/Telephone		Date of Birth (mo/day/yr)	Age	
Cell phone (student)		Student's email (please print)		
Marital Status: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> Other		Class You are Entering: <input type="radio"/> FR <input type="radio"/> SO <input type="radio"/> JR <input type="radio"/> SR		
Previously Enrolled Here: <input type="radio"/> Yes <input type="radio"/> No		Semester Entering: <input type="radio"/> Fall <input type="radio"/> Spring Year 20____		
Name of Person to Contact in Case of an Emergency			Relationship	
Address		(Home) Area Code/Telephone	(Work) Area Code/Telephone	
(Cell) Area Code/Telephone		Emergency Contact Email		

IMMUNIZATIONS-- ALL Students must complete (*If Titers are necessary, please attach lab report)

Vaccine	Series	Date	Series	Date	*Titer Date
DTP (Date of series required)	#1		#2		
Tdap (Booster within ten years)			Required		
Hepatitis B (required if born after 7/1/94)	#1		#2		
Measles (Rubeola) on or after 1st birthday	#1		Booster required #2		
Mumps	#1		Booster required #2		
Rubella (German measles)	#1				
Meningococcal ACWY (required if born after 1/1/2003)	#1		#2		
Gardasil - HPV (recommended for adults under 26)	#1		#2	#3	
Varicella/Chicken Pox (recommended)	#1		#2		
Tuberculin (PPD) Test	Date given				
(required within 12 months)	Date read				
Chest x-ray, if positive PPD	Date		Results - Attach copy of the report		
Treatment, if applicable	Date				

The North Carolina Immunization Law requires that students entering college present to the school authorities immunization certification.

Please Do Your Part to make sure you have the minimum immunizations required before sending in your form. Refer to www.immunize.nc.gov/schools.

PLEASE NOTE IF THIS REQUIREMENT IS NOT MET, DISMISSAL FROM SCHOOL 30 DAYS AFTER CLASSES BEGIN IS MANDATORY UNDER THE LAW.

X

Verified by Physician or Health Department Stamp (Mandatory)

Date

TRANSFER AND WINGS - ADULT EDUCATION

Student Medical Form (continued)

Physical Examination (All students under age 23, including transfers):

TO THE EXAMINING PHYSICIAN: Please review the student's medical history, immunization history, proof of PPD, and then complete the examination and general comments portion of this form.

Height	Weight	BP	Pulse	Temp.
Vision R 20/	L 20/	Corrected	Hearing (Gross) R	L

Are there abnormalities of the following systems?

System	Yes	No	System	Yes	No
1. Head, Ears, Nose, Throat			9. Musculoskeletal		
2. Eyes—Fundi			10. Metabolic/Endocrine		
3. Respiratory			11. Neurological		
4. Lymphatic			12. Skin		
5. Cardiovascular			13. Psychiatric		
6. Gastrointestinal			Describe fully.		
7. Hernia					
8. Genitourinary					

General Comments (diagnosis, recommendation, etc.)

Physical Activity? ☐ Unlimited ☐ Limited

Explain: _____

Is this student now under treatment for any medical and/or emotional condition? ☐ Yes ☐ No

Explain: _____

Print Name of Physician, Physician Assistant or Nurse Practitioner Date **SIGNATURE OF PHYSICIAN, PA OR NP**

Office address Area Code/Office Telephone

HEALTH INSURANCE WAIVER

Meredith College values the health and welfare of its students. To serve the health needs of our student community, **Meredith requires health insurance as a condition of enrollment** for all full-time undergraduate (12 credit hours or more), licensure only, pre-health, international, Sansepolcro students, and dietetic interns to assure that students have access to health care services beyond what is available on campus.

Students who have health insurance:

- If you have health insurance and wish to opt out of the plan that Meredith College offers, complete the waiver at meredith.edu/health-services/student-health-insurance. You will receive an email confirmation in 1-3 business days.
- The waiver will be available starting mid-summer and must be completed by the deadline or your student account will automatically be charged for the insurance plan Meredith is offering. See meredith.edu/health-services/student-health-insurance for more details.

Students who do not have health insurance:

- Purchase a health insurance policy and complete the waiver at meredith.edu/health. You can find your own policy through the health care exchange (healthcare.gov) or enroll in Meredith's sponsored plan at meredith.edu/health-services/student-health-insurance. The waiver will be available starting mid-summer. The online waiver form must be completed by the deadline, or your account will be charged for the insurance plan Meredith is offering; **OR**
- Should the waiver or purchase of the Meredith sponsored policy not be completed, the fee shall be charged to your student account.

Students should check with their insurance provider to confirm that coverage is appropriate for Raleigh, North Carolina and is comparable to our current plan.

SOME FACTORS TO CONSIDER IN EVALUATING YOUR CURRENT HEALTH INSURANCE PLAN:

1. Does your health insurance plan provide medical benefits in Raleigh, North Carolina?
2. Does your current plan provide benefits from **AUGUST 1, 2022 - JULY 31, 2023**?

SUMMARY OF MEREDITH'S CURRENT 2021-22 PLAN

Insurance Carrier: BlueCross BlueShield of North Carolina

Benefit Period: This plan provides benefits to students from **AUGUST 1, 2021 through JULY 31, 2022**.

Cost of Plan: \$283/month - the charges for the current benefit period **AUGUST 1, 2021– JULY 31, 2022** are \$1,415 for fall and \$1,981 for spring/summer.

To view the current benefit summary for Meredith's plan for the 2021-22 academic year, please go to meredith.edu/health-services/student-health-insurance.



IMPORTANT CONTACT INFORMATION

TRANSFER STUDENTS

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

CAREER PLANNING
career@meredith.edu
(919) 760-8341

COLLEGE PROGRAMS
jacksonj@meredith.edu
(919) 760-8556

COMMUTER LIFE
sloaneto@meredith.edu
(919) 760-8583

COUNSELING CENTER
counseling@meredith.edu
(919) 760-8427

DEAN OF STUDENTS
gleasona@meredith.edu
(919) 760-8521

DINING SERVICES
campusdining@meredith.edu
(919) 760-8656

DISABILITY SERVICES
disabilityservices@meredith.edu
(919) 760-8427

DIVERSITY PROGRAMS
sloaneto@meredith.edu
(919) 760-8631

FINANCIAL ASSISTANCE
finaid@meredith.edu
(919) 760-8565

HEALTH 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'S OFFICE
provost@meredith.edu
(919) 760-8514

REGISTRAR'S OFFICE
registrar@meredith.edu
(919) 760-8593

RESIDENCE LIFE
reslife@meredith.edu
(919) 760-8633

RETENTION AND
STUDENT SUCCESS
retention@meredith.edu
(919) 760-8318

STRONGPOINTS®
strongpoints@meredith.edu
(919) 760-8341

STUDENT LEADERSHIP
studentactivities@meredith.edu
(919) 760-8338

CAMPUS STORES
(Books, Apparel, Merchandise)
meredith.edu/online-stores
campusstore@meredith.edu
(919) 760-8545

TECHNOLOGY SERVICES
techserv@meredith.edu
(919) 760-2323

WINGS STUDENTS

TOM MANNING
Director of Wings
thmanning@meredith.edu
(919) 760-8073

JORDAN RICHARDS
Associate Director of Admissions
jlrichards@meredith.edu
(919) 760-8103

SAMANTHA WILKINS
Financial Assistance Advisor
sewilkins@meredith.edu
(919) 760-2829

SHELLY MCMAHON
Registrar
samcmahon@meredith.edu
(919) 760-8593

STRONG IS A MINDSET.

COME TO MEREDITH.
DISCOVER JUST HOW STRONG YOU ARE.

OFFICE OF ADMISSIONS | 3800 Hillsborough Street, Raleigh, NC 27607-5298
(919) 760-8581 or 1-800-MEREDITH | FAX (919) 760-2348
admissions@meredith.edu | meredith.edu

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

MEREDITH
COLLEGE

GOING
STRONG