



# 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 achieve both.

## RESERVE YOUR SPACE

To reserve your space and register for classes, log into your admissions portal and submit your non-refundable \$300 enrollment deposit on or before **December 1.**



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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.

## 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*

# 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 advisors 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 advisor.

## **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 Student Success Center 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 offices.

## **Q: WHEN WILL I GRADUATE?**

**A:** You will work with your academic advisor 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 first-year 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:** 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 Student Success Center offers individualized assistance with developing study skills. All students have access to free tutoring through the Learning Center.

## **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 advisor.

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

**A:** After you submit your enrollment deposit via your admissions portal you'll also be able to request your MyMeredith account and Meredith student email. The Office of Technology Services will email you instructions for setting up your accounts after you submit your request through your admissions portal. **Your Meredith email is your primary source of information. Be sure to check it regularly once you have set up your account.**

## **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](mailto:studentactivities@meredith.edu).



"One of the things I've learned about myself through this whole process was that I'm stronger than I thought I was. Coming to Meredith has shown me I have strengths and skills I wasn't even aware of. Now I am, and I can use them to make the world a better place."

**VERONICA HARRISON, '22**

PSYCHOLOGY MAJOR

WELLNESS COORDINATOR  
ROCKFISH CAMP AND RETREAT CENTER

## ADVISING & REGISTRATION

After submitting your non-refundable \$300 enrollment deposit, you'll 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 takes place in early January. You'll learn important information about making a successful transition to Meredith, meet your student advisor, and meet other incoming students.

**Orientation is strongly encouraged for all new students.** Watch your Meredith email for detailed orientation information.

# 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](http://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 AND DISABILITY SERVICES

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 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.

## STUDENT HEALTH SERVICES

The Student 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. Oaks residents and commuter students pay the Health Center fee, \$100 per semester, to receive services.

# 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](http://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 and campus work study. Apply for aid early at [meredith.edu/financial-assistance](http://meredith.edu/financial-assistance).

## TUITION AND MONTHLY PAYMENT PLAN

Notification that tuition is due will be emailed to your Meredith email address. The full cost for spring semester tuition, fees, and room and board (if applicable) is due on December 1. Students using the payment plan can choose between a four or five payment per semester plan. Learn more: [meredith.edu/accounting-department/billing-and-payments](http://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](http://meredith.edu/financial-assistance) and select Loans.



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 – 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
- DECEMBER 1 for spring entry

To pay your enrollment deposit online, log into your admission portal.

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



# 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.

A photograph of two young women sitting at a desk in a classroom or computer lab. They are both looking at their laptops. The woman on the left has curly hair and glasses, while the woman on the right has long straight hair. The image has a red color overlay.

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

A close-up photograph of a woman with braided hair, smiling broadly. She is wearing a dark collared shirt and a light-colored blazer. The background is a blurred classroom setting. The image has a red color overlay.

**MEREDITH.EDU/ADMITTED-STUDENTS**



# 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

### 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

## WINGS STUDENTS

### JILL HILLIARD

Assoc. Director of Admissions  
jshilliard@meredith.edu  
(919) 760-8582

### SAMANTHA WILKINS

Financial Assistance Adviser  
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.



#MCGOINGSTRONG

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

(919) 760-8581

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  
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