

The International Student Network

Diverse Voices, Shared Experiences: A Monthly Newsletter from OIP

MIA Announces the Cultural Show!

The Meredith International Association (MIA) is excited to host its biggest event of the year — the **Cultural Show** — on **April 2nd in Jones Auditorium**. This annual celebration of global diversity is set to be bigger and better than ever. MIA is looking for **performers, volunteers, and creative minds** to help make this event unforgettable.

Interest meetings are coming up!

Friday, Feb 14 & Monday, Feb 17

10 AM

Harris 110

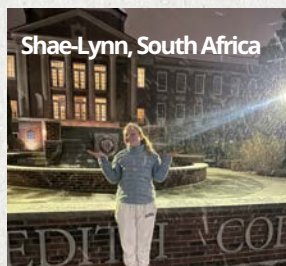
Come learn about the show and ways to participate in this growing campus tradition!



MIA cares about inclusion and accessibility. If needing accommodations to attend or have any questions about access please contact mia@gmail.com or Meredith@heda at least a week in advance of the event.

Snow Day Fun

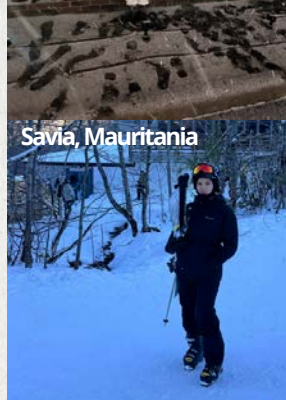
It finally happened — snow in Raleigh after years of waiting! This feature is filled with photos and stories shared by international students who got to experience the magic of a real snow day!



Shae-Lynn, South Africa



Maisha, Bangladesh



Savia, Mauritania



Bruk, Ethiopia

Tax Season is Here!

It's officially tax season in the US! **All F-1 students who were physically present in the U.S. for any part of 2024 have some tax-filing requirement, even if you earned no income.** Also, the tax filing process for Nonresidents is different from the process for Residents. Most tax resources in the U.S. (think Turbo Tax or H&R Block for example) are designed to prepare Resident tax returns, not Nonresident ones.

The good news is that you are not on your own for figuring out taxes! OIP partners with NC State University to get discounted access to the Nonresident tax preparation software Sprintax. Please see the "Using Sprintax" section in our International Student Guidebook for instructions on getting started with Sprintax. Additionally, here are a few things to consider:

(1) Familiarize yourself with the process. Take a few minutes to review the tax page on our Guidebook linked above, and/or sign up to **attend the virtual webinar Sprintax is offering NC State and Meredith international students on Thursday, February 13th at 1pm**. The webinar will give general information about the tax process for Nonresidents, but since it's a small group, there's a good chance any questions you bring will be addressed.

(2) **Save all tax documents you receive in one place** (for example, your W-2). You will need these once you're ready to prepare your tax paperwork. You may receive some tax documents that are not relevant for Nonresident tax filers (for example, 1098-T) - still hold on to these, and Sprintax will confirm what's needed and what's not.

(3) Plan to **attend an Open Lab** if you would like to work through your tax paperwork in the company of other international students! I'll be there to help get you started and assist with any technical questions that may come up with Sprintax. Save the date to attend on either **Tuesday, February 25th** or **Wednesday, March 19th**. We'll be in the **Harris computer lab** from **4 to 6pm**, drop by whenever it works for you!


Got a story you want to share? We would love to hear it! Students are encouraged to share news or stories to be **featured** in the newsletter by filling out the Google Form. From campus announcements to personal happy news you'd like to share with your fellow international community members, **we welcome your submissions!**


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Photo and Essay Contest

OIP invites **YOU!** to participate in our annual **Go Strong, Go Global Photo & Essay Contest!** We want to hear about and share across campus your perspective - through your picture(s) and/or essay - on studying abroad and how these experiences have shaped you.


 Meredith Explores the World – reflect on your experience participating in a study abroad program

 The World Comes to Meredith – reflect on your experience ‘studying abroad’ at Meredith as an international student

 Prizes for 1st, 2nd, and 3rd place in each category!

 **Deadline: Friday, March 7, 2025, at 5:00 PM**

 [Photo Contest details and submission here](#)

 [Essay Contest details and submission instructions here](#)

For full details, visit the [link](#) in the flyer or see the attached information.



U.S. Immigration News

With the U.S. presidential administration change has come an onslaught of Executive Orders, policy changes, and news stories, many of which target international communities. It can be emotionally draining, as well as physically impossible, to keep up with it all. **Please remember that you are an integral part of our community here at Meredith; you are so valued and you are not alone here.**

Also know that OIP continues to closely monitor actions by the new administration that might impact our community and will make sure to communicate any relevant updates here. For now, we wanted to revisit two legal requirements that are easy to forget, but are important to pay attention to these days:

- **Address Updates.** F-1 students are required to keep an up-to-date physical address in SEVIS. U.S. law requires that students update their address within 10 days of a move. As students regularly move throughout their studies, now is a great time to make sure SEVIS has your most current address. Within the coming weeks, you will receive an email from me with the address SEVIS currently has for you. Please review this and respond if anything needs to be changed.
- **Carry Immigration Document(s).** Noncitizens in the U.S. are required to have their “registration documents” (immigration status docs) with them at all times. For F-1 students, the Form I-94 suffices. Make sure you have the most recent I-94 and consider carrying a digital and paper copy, as there may be circumstances when you don’t want to unlock your phone to retrieve the copy. It’s also a good idea to have multiple copies of your other immigration documents as well. Finally, consider also carrying your latest Meredith transcript as evidence of you having been in the U.S. for some time now.

International Alumna Spotlight ✨

“I’m a Medical Laboratory Technologist at LabCorp, working in a hospital setting. My role involves ensuring specimen integrity, conducting tests, and reporting results to medical providers. This includes Chemistry panels, blood cross-matching, bacterial cultures, and cell morphology analysis using advanced lab instruments. I enjoy applying my college knowledge to my job, as it directly relates to my Chemistry major. I also have the freedom to explore other interests like psychology, finance, and languages—something that’s hard to do with an 18-credit semester. What I miss most about college is the supportive community of professors, staff, and students. Maintaining friendships and finding a strong community after graduation is challenging with a busy work schedule—so appreciate it while you can! College is temporary, so study smart and aim for strong grades—they’ll set you apart for grad school and beyond. Build good relationships with professors for future references. Once you start earning, save wisely and live within your means. Focus on your success rather than trying to impress others.”



Grace Wachira, 2022, Kenya
Medical Laboratory Technologist at LabCorp