

Welcome to the 2023 - 2024 Academic Year!

Dear Meredith Students,

We hope that you are looking forward to embarking on a wonderful and vibrant year at MC so that we can grow and learn together. We are busily preparing for the start of the new academic year and, as always, we cannot wait to see all Meredith students - new and returning - on campus.



This student newsletter highlights news and information as you plan for the 2023 fall semester. If you have any questions or need any assistance or support, please contact campus resources listed in the newsletter, in the campus directory or on the Meredith College website.

Best wishes for a successful year!

Ann Gleason
Dean of Students

Office of Residence Life

Move-in for returning students living in Residence Halls will be on Sun., August 20th – Tues, August 22nd from 10am-4pm in Vann 129; you can enter through the Vann door near Johnson Hall. If you would like to move in prior to Sunday, August 20th you must submit an early arrival request via google form 48 hours in advance. [CLICK HERE TO SIGN UP FOR EARLY ARRIVAL!](#) Once you have completed The Early Arrival Request form you will receive a confirmation email from Residence Life with check-in instructions. Below you will find the fees associated with early arrival dates (\$25 per night). The early arrival fees must be paid at time of key pick up via check or money order made out to Residence Life. No starter checks will be accepted. Student Advisors, O-Crew and RAs move in early but do not need to pay a fee. **Please remember to bring your campus CamCard with you when you move in!**

Early arrival dates and fees (returning students only):

Mon., August 14:	\$150 fee
Tues., August 15:	\$125 fee
Wed., August 16:	\$100 fee
Thur., August 17:	\$75 fee
Fri., August 18:	\$50 fee

HOT OFF THE PRESS!

This summer, Meredith is installing new carpets in residence hall buildings! Check it out when you're on campus in the fall!

Residents moving into The Oaks: Please reference the The Oaks Newsletter sent out by the Apartment Manager, Kelsey McKelvey, at oaks@meredith.edu.

For our newest MC students: Move in will be Saturday, August 19th with orientation being held August 19th-22nd. Please reference the "Your Fall 2023 Housing Assignment" email that was sent from ResLife which includes your move in time slot, housing assignment, and informational newsletter about Residence Life and Orientation. **Some students may arrive early for our pre-orientation programs.** International Students, those enrolled in Bridge, and Fall Season Athletes will move in on Wednesday, August 16th. *These students will receive additional information regarding move in and their schedule from their program.*

Students living on 1st, 2nd, and 3rd floors Brewer, Faircloth, Stringfield and Vann can opt to loft their beds. Loft Kits are \$60 per year which includes the rental of the loft kit plus delivery to your on-campus room by the Residents Housing Association members! Your loft kit will be in your room when you arrive! You are responsible for assembling the loft kit. The \$60 will be added to your student account; payments will not be accepted in person or during move in. If you would like to reserve a loft kit, [PLEASE CLICK HERE!](#)

During your check-in time, you will receive your key and sign your housing contract. Please note only residents are able to pick up their key. Please arrive during your assigned check in time. If you have any questions or concerns, please email Residence Life at reslife@meredith.edu. The Residence Life staff will respond to you as soon as possible; please allow 24 hours.

Registration

Tuesday, August 22, 2023

Online pre-registration will close on Self-Service. Students who have not registered for any Fall classes by August 1 will need to make payment arrangements through the Accounting Office and then register for classes using the virtual Registration Card located on the Registrar Office website. Proof of payment (a notification from the Accounting Office) is required to register. (Note: Adding and dropping of courses on Self-Service will continue for those students who have already pre-registered.)

Tuesday, August 29, 2023

Last day to add or drop a class (no grade) in Self-Service. Requests to make retroactive changes in registration after this date require an appeal to the Academic Dean or Provost (as appropriate), or approval from an advisor to drop a class/classes with a grade of "W".

StrongPoints®

Supporting and coaching you as you develop your strengths and make plans for your academic, experiential, financial, and career success.

WE ARE HERE TO HELP WITH:

Individualized strengths coaching
Connections on strengths-based decision making
Events and presentations tailored for student groups and organizations

HOW TO FIND US:

Call us at (919) 760-8341 or email us at strongpoints@meredith.edu

Follow us on Facebook @

Meredith College – StrongPoints and

Instagram @mcstrongpoints

Check out the **StrongPoints page on MyMeredith**

Schedule an **appointment on HANDSHAKE.**



Academic Calendar Fall 2023

Register or drop/add classes

Tuesday, August 22

Classes Begin

Wednesday, August 23

Last day to drop or add a Course

Tuesday, August 29

Autumn Recess

Saturday, October 7 – Tuesday, October 10

Mid-Term

Friday, October 13

Last Day to withdraw, request LOA or drop a class with grade of 'W'

Monday, November 6

Thanksgiving Recess

Wed, November 22 – Sun, November 26

Last Day of Class

Wednesday, December 6

Reading Days

Thursday, December 7 and

Saturday, December 9

Final Exams

No exams on Saturday

Fri, December 8 – Fri, December 15

Last Day of Fall

Friday, December 15

Student Success Center

Directed by Dr. Tina Romanelli, the Student Success Center includes academic advising, student success coaching, tutoring and testing. With offices located both adjacent to the Cate Student Center in first floor Park and on the lower floor of the Carlyle Campbell Library, the SSC team promotes equity through academic and personal achievement through one-on-one and small group consultations that encourage student self-leadership and advocacy. The Student Success Center partners with students, faculty, and staff across campus to increase student satisfaction, success, retention, and graduation and may also conduct presentations on learning styles & study skills, academic planning, time management, goal setting, and major exploration.

Staff in the SSC are the following:

Tina Romanelli, *Director*, cromanelli@meredith.edu

Victoria Munn, *Associate Director*, vmmunn@meredith.edu

Steven Lemmons, *Associate Director of WINGS and Transfer Student Support*, jslemmons@meredith.edu

TBA, *Success Coach*

Taylor Mullins, *Success Coach*, tbmullins@meredith.edu

Locations of services:

Academic Advising

Park Center, First Floor
(919) 760-8062

Success Coaching

Park Center, First Floor
(919) 760-8318

Tutoring in the Learning Center

Lower floor of the Carlyle Campbell Library
(919) 760-2800

Testing in the Learning Center

Lower floor of the Carlyle Campbell Library
(919) 760-2800



Fall Events

Student Organizations & Services Fair
August 23, 2023

MC Block Party
August 25, 2023

SPLASH! into Service (On-Campus)
September 9, 2023

SPLASH! into Service (Off-Campus)
at Catawba Trail Farms
September 16, 2023

Sizzlin' September Street Fest
September 22, 2023

Fall Fest
October 4, 2023

Cornhuskin' Service Project
October 27, 2023

Cornhuskin'
November 4, 2023

Class event information will be communicated to class members through the Class Email Groups.

Student Leadership & Service

What can you gain by participation in one of Meredith's 101 student organizations? You can gain career-related hands-on experience, learn and practice leadership skills, develop relationships, and have fun. Be sure to attend the Student Organizations and Services Fair on Wednesday, August 23rd from 5-7pm at the Meredith Mall. Meet organization and department representatives to ask your questions about what they have to offer you.

You'll also want to look for information regarding some of our leadership development and service programs like the Emerging Leaders Seminar and SPLASH! Into Service. If you will be serving as an officer in one of Meredith's student organizations this coming year, you are asked to attend one of the Officer Training Workshops on September 6th and 8th. Look for more details in August.

MC Connect is Meredith's student involvement website. Visit MC Connect to join student organizations and learn about events.

- Online: meredith.presence.io
- Phone App: MC Connect at Meredith (Free App Download available on Google Play or in the App store)

The **100th Anniversary** of the Meredith College production of *Alice in Wonderland* will be celebrated in spring 2024. Since 1924, Meredith faculty and staff have presented a unique production of *Alice in Wonderland* every four years and in spring semester 2024, students will have the opportunity to attend the 100th year anniversary production and attend special events celebrating the anniversary.



Graduation Rates

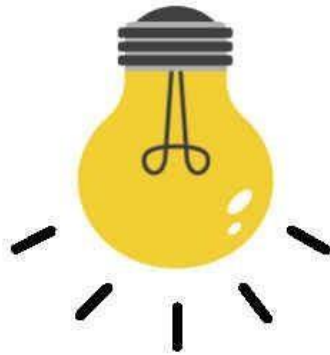
Meredith College is pleased to report graduation statistics for the students who entered as *full-time, first-time* freshmen in Fall 2016. In compliance with the Student Right-to-Know (SRTK) Act of 1990, the report reflects the percentage of students who complete within six years (150% of the normal time to completion). However, it is significant to note that most Meredith graduates do not take six years to earn their baccalaureate degrees. Meredith has also chosen to report its four-year and five-year average graduation rates for full-time, first-time students.

The Meredith College goal is for the 4-year and 6-year student graduation rate to surpass the median for both NCICU schools and schools nationally with a baccalaureate Carnegie classification. In recent years, Meredith has consistently exceeded this goal.

	Fall 2016 Cohort	4-Year Averages (2013-2016)
Number of Entering Students	422	437
Graduating in 4 or fewer years	63.0%	60.4%
Graduating in 5 or fewer years	66.8%	65.5%
Graduating in 6 or fewer years	67.8%	66.4%

Office of Research, Planning and Assessment, updated June 2023





Meredith College
Office of Career Planning

OCP's Mission:

To prepare and empower students and alumnae to succeed in careers aligned with their strengths, values, and goals.

OCP's Resources:

- Individualized Career Counseling
- Resumes, Cover Letters, & Professional Documents
- Strengths Development
- Career-Focused Assessments
- Major & Occupational Exploration & Selection
- Interview Preparation & Mock Interviews
- Job Search Strategies
- Connections with Employers & Alumnae
- On-Campus Recruiting & Career Fairs
- Graduate School Preparation
- LinkedIn & Social Media Strategies
- Handshake

Use **Handshake** to schedule appointments with OCP Career Counselors, search for jobs and internships, register for events, and more!

HOW CAN CAREER PLANNING SUPPORT YOU?

DISCOVER YOUR STRENGTHS

- What would I be good at? Are there tests that can help me decide?
- What would be a good career for my strengths?

DEVELOP YOUR VISION

- What major/minor(s) should I choose?
- Grad school . . . help!
- Job vs. Graduate School
- What do I want my life to look like?

DESIGN YOUR PATH

- What can I do with my major?
- I need a job/internship!
- Who do I talk to and how do I build connections?
- How does my resume/CV look?

DELIVER YOUR TALENTS

- What do I put on LinkedIn?
- I have an interview. How do I prepare?
- How do I weigh and negotiate job/internship offers?

Use *Handshake* to schedule appointments with OCP Career Counselors, search for jobs and internships, register for events, and more!



STAY CONNECTED

- Office of Career Planning | meredith.edu/career-planning
- Handshake | meredith.joinhandshake.com
- OCP MyMeredith | my.meredith.edu
- LinkedIn Group | Meredith College Office of Career Planning
- Instagram & TikTok | [@ocp_meredith](https://www.instagram.com/ocp_meredith)

MEREDITH COLLEGE | CAREER PLANNING

SAVE THE DATE!

MEREDITH COLLEGE OFFICE OF CAREER PLANNING RECRUITING EVENTS | FALL 2023

NETWORKING NIGHT & PANEL EVENT Wednesday, September 13th 5:00-8:00pm
EMPLOYER RESUME BLITZ (VIRTUAL) Monday, September 18th 1:00-4:30pm
CAREER FEST Wednesday, September 20th 12:00-3:00pm
MOCK INTERVIEW WEEK (VIRTUAL) October 16th-20th 9:00am-4:00pm

OCP is a centralized campus resource serving all students in all majors/degree programs. Contact us to learn more: career@meredith.edu

MEREDITH COLLEGE | CAREER PLANNING

Counseling Center & Disability Services

Contact us for an in-person or telehealth appointment by:

- Sending us a message via [the Meredith College Student Wellness Portal](#)
- Emailing CounselingCenter@meredith.edu or DisabilityServices@meredith.edu
- Calling 919-760-8427

Appointments are available between 8 a.m.–5 p.m. (M–F); evening and early morning hours are available upon request.

Counseling Center

Counseling services are free and confidential for all students. All of our mental health providers are licensed or supervised by licensed mental health professionals.

Students seek counseling for support with:

- Coping with emotion and using emotion effectively to create positive change
 - Stress and anxiety
 - Depression and lack of motivation
 - Navigating the pandemic
- Relationships
- Self-esteem
- Body image, disordered eating
- Racial Injustice
- Trauma, loss, and more

To schedule an appointment, email CounselingCenter@meredith.edu or call 919-760-8427.

The Counseling Center also provides the following in-person and telehealth crisis services:

- 1:00 p.m. crisis hour: available Monday–Friday
 - Come by Room 208 in the Student Health Center or call 919-760-8427 to access crisis assistance M–F
- On-call: Available 24/7 during the fall and spring semesters
 - Reach the counselor on-call by calling:
 - Campus Police at 919-760-8888
 - Or the Residence Life Critical Response Team at 919-612-6350
 - Ask for the counselor on-call
 - Be prepared to share your name and phone number
 - The counselor on-call will call you using the phone contact you share

Other crisis resources

- National Suicide Prevention Lifeline, 800-273-8255
- National Suicide Prevention Lifeline chat at <https://suicidepreventionlifeline.org/chat/>
- Wake County Alliance Behavioral Health, 1-800-510-9132
- Mobile Crisis Team, 877-626-1772
- Or 911



Disability Services

Disability Services assists students with disabilities by facilitating equal access to learning and student life through:

- A [certification process](http://www.meredith.edu/disability) for students with disabilities (www.meredith.edu/disability)
- Coordination of accommodations in classes, housing, facilities, and more
- Counseling and support for disability management and self-advocacy
- Assistive technology

How do I become certified for disability services?

See www.meredith.edu/disability for details.

1. Submit an Application for Accommodations using the [Meredith College Student Wellness Portal](https://meredith.studenthealthportal.com/) (<https://meredith.studenthealthportal.com/>)
2. Submit [documentation](#) of the disability
3. Meet with a disability counselor
4. Request accommodations through the [Student Wellness Portal](#) every semester

Find us on:



@meredith_ccds

<https://www.facebook.com/meredith.ccds>

https://twitter.com/Meredith_ccds

https://www.instagram.com/meredith_ccds



Meredith Campus Dining

At Belk Dining Hall, you'll find an abundant variety of fresh foods, prepared your way each day. Our team stands ready to serve up a changing menu of specialties cooked to your liking! Daily features include traditional, home-style meals and grilled favorites. In addition, soups, a full-service salad bar, deli, Vegan/Vegetarian, Restaurant Rotation, and freshly made desserts. We also customize menus for specific students (vegetarians, vegans, & gluten-free) just to name a few. Follow us on Instagram at Meredith_Dining for special events and updates.

Tips for Navigating the Dining Hall

- Meal plan members must present their Cam Card (student I.D.) to enter Belk Dining Hall.
- Student must swipe each visit. If you do not have your card, you will be asked to go and get it.
- Not on a meal plan? Commuter and Oaks students may purchase a meal plan (see below or visit our website for more details). Cash, credit card and Dining Dollars declining balance are also accepted in all our locations.
- Guests of students must pay at the entrance to the Dining Hall to gain access.
- Food, dishes, and glassware are not to be removed from the dining hall. Personal dishes and cups may not be used in the dining hall because of health department regulations.
- For more information, please visit our website at www.meredith.campusdish.com.



Belk Dining Hall Hours of Operation

Monday – Friday

Breakfast: 7:30 a.m. – 9:30 a.m.

Continental Breakfast: 9:30 a.m. – 11:00 a.m.

Lunch: 11:00 a.m. – 2:00 p.m.

Late Lunch: 2:00 p.m. – 4:45 p.m.

Dinner: 4:45 p.m. – 7:30 p.m.

Saturday and Sunday

Continental Breakfast: 8:30 a.m. – 11:00 a.m.

Brunch: 11:00 a.m. – 1:30 p.m.

Saturday Dinner: 4:45 p.m. – 7:00 p.m.

Sunday Dinner: 4:45 p.m. – 7:30 p.m.



The BeeHive Café

The BeeHive is a great place to hang out, study and relax before or after class. It's located on the upper level of the Cate Center. You can use cash, credit card, or your Cam Card for purchases.

Beehive Café Hours of Operation

Monday – Thursday: 7:30 a.m. – 8:00 p.m.

Friday: 7:30 a.m. - 4:30 p.m.

Saturday – Sunday: CLOSED

Dining Dollars

Dining Dollars work like a bank debit card and are used for purchases in the BeeHive Café.

If your Dining Dollars run low, just add to your account with cash, check, money order, or charge to your student account. When you want to replenish your Dining Dollars, go to the Accounting Office in Johnson Hall or visit our website

www.meredith.campusdish.com.

Meal Plans

Whether you're eating on campus every day or just a few times a week, you could be saving money with a meal plan. Many options help you choose the plan that offers the best value for your busy schedule. Excellent service and clean environments make dining more pleasant and convenient locations on campus mean you don't have to give up your parking space. A meal plan might just make dining the most relaxing part of your day! Commuter Meal Plans provide you with a set allotment per semester of all-you-care-to-eat meals in Belk Dining Hall PLUS Dining Dollars to spend in the BeeHive Café. Depending on the plan, you can save up to 20% off the regular door rate at Belk Dining Hall when you use a meal plan instead of cash or Dining Dollars. Additional blocks of 10 meals may be added at any point in the semester if you're running low. Your CamCard identifies you as a meal plan member and must be presented at each meal. All students residing in the apartments and commuters are eligible for these plans.

Instagram: @Meredith_Dining

Jayne Aimalefoa

Dining Services Director

919-760-8377

jmaimalefoa@meredith.edu
campusdining@meredith.edu

Study Abroad

Study abroad is an essential component of the Meredith academic experience. Earn academic credits abroad and gain valuable skills for careers in the global workforce. Study abroad sparks the development of independence, confidence, self-awareness, and appreciation of cultures. Meredith offers both semester and summer programs throughout the world and the key to studying abroad is to start planning early!

The Office of International Programs (OIP) provides regular study abroad workshops and one-on-one advising to help students find the semester or summer program that best aligns with academic, career, financial, and personal priorities. Brochures and application materials for upcoming summer and semester programs will be available in Lux 124 and at <http://Meredith.edu/studyabroad> in late September. Connect with the OIP via email at internationalprograms@meredith.edu and on Instagram @MCGoGlobal.

Important opportunities to learn more about studying abroad:

Study Abroad Fair: Sept. 26th, 5:00-7:00 p.m. in BDH Courtyard

Study Abroad 101 Workshops: Sign-up at <http://Meredith.edu/studyabroad>

Study Abroad Funding Workshops: Sign-up at <http://Meredith.edu/studyabroad>



STUDENT HEALTH CENTER

We hope that you had a wonderful and restorative summer!

Meredith College Student Health Center provides confidential health care services by appointment. Our services include: clinical care for minor illnesses, injuries, consultation for chronic illnesses including collaborating with your home health care providers, wellness services including STI testing and birth control, and health promotion and disease prevention education.

Please call ahead to schedule an appointment with one of our providers.

8:30 a.m. to 4:30 p.m. Monday-Friday by appointment only

Call (919) 760-8535 to schedule an appointment.

For non-clinical questions, please send us a message through the [Student Wellness Portal](#).

To review costs, services, forms, and what to do when the Student Health Center is closed, please visit our website: meredith.edu/health.

For COVID-19 information, please visit meredith.edu/staying-strong.

INSURANCE: Action deadline **ALL students** is **Wednesday, September 13th at 5:00 p.m. EDT**. To enroll in the health insurance or waive the **\$1,600** Fall charge with your own comparable insurance, please visit studentbluenc.com/meredith.

STUDENT HEALTH RESOURCES: Don't know who to ask about a question? Do you need help finding ways to navigate college life, eat healthier, stay fit, or relax this semester? Check out meredith.campuswell.com for ways to stay well in and out of classes.

Follow us on Instagram [@LiveWellMC](#) and our peer educators on Facebook [@MeredithCollegePEARLS](#)



Campus Resources

Dean of Students

Ann Gleason
deanofstudents@meredith.edu

Asst. Dean of Students

Bailey Dunn-Phillips
deanofstudents@meredith.edu

Co-Directors for First Year Experience

Chrissie Bumgardner &
 Lisa Brown
bumgardner@meredith.edu
lbrown@meredith.edu

Director of Career Planning

Dana Sumner
career@meredith.edu

Director of Student Success Center

Tina Romanelli
cromanelli@meredith.edu

Director of Health Services

Dr. Mary Johnson
healthcenter@meredith.edu

Director of Residence Life

TBA
reslife@meredith.edu

Director of Counseling Center & Disability Services

Beth Meier
counselingcenter@meredith.edu

Director of Student Leadership & Service

Cheryl Jenkins
leadershipandservice@meredith.edu

Director of StrongPoints

Beth Hwang
bnhwang@meredith.edu

Campus Chaplain

Stacy Pardue
pardues@meredith.edu

Athletics Director

Shannon Yates
smyates@meredith.edu

Director of Financial Assistance

Kevin Michaelsen
finaid@meredith.edu

Registrar

Shelly McMahon
registrar@meredith.edu

Title IX and Sexual Misconduct

The Meredith College community will not tolerate sexual misconduct. Sexual misconduct also violates Title IX of the Education Amendments of 1972 which protects people from discrimination based on sex. Refer to www.meredith.edu/title-ix for information about student rights under federal and campus policies, reporting, and campus and community resources. For confidential on-campus resources, contact the Counseling Center at 919-760-8427, Health Services at 919-760-8535, or College Chaplain at 919-760-8347. To file a formal complaint, contact Title IX Coordinator Pamela Davis Galloway at 919-760-8760 or Deputy Title IX Coordinator Ann Gleason at 919-760-8521. Additional information is also included in the Meredith College online 2022-2023 Student Handbook.



Don't Steal That Idea. . .

At Meredith, we ask you to write papers and to submit other creative work. We also ask you to use the works of others including articles, art work and ideas and creations of others. It is important that you understand your rights and responsibilities. Visit this page (<http://infotogo.meredith.edu/copyright>) to see Meredith's copyright and intellectual property policies and to learn more about plagiarism and how to avoid stealing the intellectual property of others. On this page, you can also review the frequently asked questions to learn more about the laws that govern these along with specific examples.

Reminder:

IN THE EVENT OF CAMPUS EMERGENCIES, COLLEGE CLOSINGS AND DELAYS, MC ALERT MESSAGES WILL BE SENT TO STUDENTS, FACULTY AND STAFF. STUDENTS MAY SIGN UP TO RECEIVE MC ALERT NOTIFICATIONS VIA VOICEMAIL, TEXT, EMAIL AND DEVICES FOR THE HEARING IMPAIRED. GO TO STUDENT SELF SERVICE TO REGISTER FOR THIS IMPORTANT ALERT SYSTEM.

TO IMPROVE COMMUNICATION ABOUT CAMPUS ACCESSIBILITY, WE ARE EXPANDING THE USE OF **MC ALERT, OUR EMERGENCY NOTIFICATION SYSTEM**, TO SEND TEXT AND VOICE MESSAGES TO SUBSCRIBERS DURING BUSINESS HOURS ABOUT KNOWN ACCESSIBILITY BARRIERS. YOU CAN OPT-IN TO THE ACCESSIBILITY NOTIFICATIONS WHEN YOU SIGN UP FOR MC ALERT OR ADD THIS NEW LIST IF YOU HAVE ALREADY REGISTERED IN THE PAST.