

# Looking Toward College

June 25-28, 2018

A residential seminar for high school women at Meredith College, Raleigh, N.C.

Decisions

Goals

Relationships

## Making Decisions and Setting Goals

A map is always helpful if you are going somewhere new. Begin the journey to your future by learning techniques for setting goals and reaching your objectives.

## Values Clarification

This workshop will help you explore attitudes, choices, and relationships. Think about what you want from your future college studies, your social life, and your career as you consider the question, "What do I care about most in life?"

## Career Planning

Explore the possibilities of life after college in this session about the world of work. Your career interests may help you determine which college you should attend.

## College Selection

Selecting the right learning environment is very important. Group and individual sessions will help you find the answers to questions such as "How do I apply to schools that interest me?" and "Which college would be best for me?"

## Seminar Cost: \$395

This includes air-conditioned room, meals, programs, workshops, information packet, social activities, and t-shirt.

The seminar fee is to be paid in full when registering. If cancelled three weeks prior to the start of camp, a refund will be issued for the full amount minus a \$35 administrative fee. Less than three weeks prior, no refund will be issued.

## Study Skills

This session will help you understand the academic demands of college so you can develop effective study skills and time management techniques.

## Communication Skills

Learn effective ways to express your feelings, actively listen, and stand up for your rights without infringing upon the rights of others. You will have an opportunity to develop these important skills that will help you succeed in college and in today's world.

## And There's More...

In addition, panels and informal meetings with college faculty, staff, and students will provide you with an opportunity to discuss social relationships (friends!), residence life (fun!), career decisions (future!), and more. Social activities and time to enjoy the recreational facilities at Meredith complete your four-day stay on our campus.

## Seminar Staff

### Director

Ann Gleason, M.Ed.  
Dean of Students

### Instructors

Heather Bower, Ph.D.  
Director, Meredith Teaching  
Fellows Program

Cheryl Jenkins, M.Ed.  
Director, Student Leadership  
and Service

Heidi LeCount, M.S.

Director, Office of Residence Life

Tomecca Sloane, M.Ed.  
Assistant Dean of Students

Katherine Peterssen  
Assistant Director, Career Center

Melanie LaChance  
High School Guidance Counselor

Caitlyn Riner  
Residence Director

## Looking Toward College 2018 — June 25-28, 2018

Participant's Full Name \_\_\_\_\_ Preferred Name \_\_\_\_\_

Address \_\_\_\_\_ Email \_\_\_\_\_ Cell \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Parent Name \_\_\_\_\_

Telephones: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

I am a rising:  Sophomore  Junior  Senior in high school T-shirt Size:  S  M  L  XL  XXL

High School Attending: \_\_\_\_\_

Roommate choice (if any): \_\_\_\_\_

Please enclose the \$395 seminar fee and make check payable to Meredith College.

Mail to: Meredith College, Office of the Dean of Students, 3800 Hillsborough Street, Raleigh, NC 27607.

To pay the seminar fee by credit card or for additional information, contact the Office of the Dean of Students at (919) 760-8521.

**MEREDITH**  
COLLEGE

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