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After studying in Paris for the 2018-2019 academic year, Meaghan earned her bachelor's degree from the George Washington University in 2022, majoring in Military History and American Studies. Her history senior thesis focused on the evolution of U.S. tanks from World War II through the Gulf Wars, and her American Studies thesis examined the controversial Cold War experiment, Operation Paperclip.

Prior to joining CNAS, Meaghan completed four various internships in Washington, DC. Additionally, she is a junior board member and active participant in the organization, Girl Security, with which she has interned twice.