

The Wellness Playbook – Your Guide to Wellness at WMU and Beyond

Introduction

Welcome to your wellness playbook. The following is not a step-by-step or a recipe on how to properly do college. Instead, this playbook outlines and highlights many of the opportunities that will present themselves to you over your time at WMU. It also shows how actively engaging in these opportunities will help develop you into a well-rounded WMU Bronco, in college and beyond.

There are two different types of pages. **At-A-Glance** pages are an opportunity to print and post these in your common spaces so you can see your entire year in front of you. The **Semester Snapshots** offer you an opportunity to use the empty space to add your own opportunities and customize your semester for YOU. This customization truly turns the wellness playbook into your personal “choose your own adventure,” all while developing you into a well-rounded Bronco ready for whatever your future holds.



Pre-Arrival Preparedness Plan

- ☐ Apply to WMU
- ☐ Attend an Admitted Student Event
- ☐ Register and Attend Summer Orientation
- ☐ Register and attend a Transfer Student Orientation (if transferring to WMU)
- ☐ Complete Online Modules
- ☐ Complete Online Transition Modules (if transferring to WMU)

Preparing for the Semester

- ☐ View academic calendar at wmich.edu/registrar/academic-calendar-2025-26
- ☐ Explore purchasing or renting textbooks
- ☐ Review WMU Alert options at wmudps.wmich.edu/safety-info.php#alert
- ☐ Sign up for visitor text alerts by texting WMUPublicSafety (not case-sensitive) to one of the following numbers: 226787 or 67283
- ☐ Students with disabilities should request accommodation through Disability Services for Students by filling out the DSS-Accommodate Public Form. Review the form and get questions answered at wmich.edu/disabilityservices/eligibility-process
- ☐ The day after you register for classes, activate your two-factor authentication. It is very important to do this before August. Learn more at wmich.edu/it/2FA
- ☐ Submit final high school and/or college transcripts, and AP/IB test scores to avoid delays in financial aid disbursement and future course registration

Health and Wellness

- ☐ Take pictures of any insurance cards you might need and keep them in your phone. You can also upload a copy to your account in Sindecuse's patient portal as needed
- ☐ Consider transferring prescriptions to Sindecuse Pharmacy
- ☐ If under 18, have a parent or guardian complete and sign the Medical Treatment for Minors Authorization form at wmich.edu/sites/default/files/attachments/u89/2023/Minor-Treatment_form021_2023.pdf

General Readiness Tasks

- ☐ Encourage parents and family to sign up to receive the Family Connection newsletter at wmich.edu/studentaffairs/familysignup
- ☐ Learn some life skills like doing the laundry, how to manage your bank account, eating well, etc.
- ☐ Check your WMU email frequently over the summer to build the habit of checking regularly while you are here as a student
- ☐ If you plan to work on campus while at WMU, make sure you have the appropriate documentation to show your identity and authorization to work.
- ☐ Review move-in schedule, packing lists, and helpful tips at wmich.edu/housing/new-students
- ☐ Get really REALLY excited to move to WMU
- ☐ Attend Fall Welcome



Every Year – At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Attend Bronco Bash <input type="checkbox"/> Attend Homecoming Activities <input type="checkbox"/> Attend a WMU fall/winter sporting event (Football, Volleyball, Hockey, Soccer) <input type="checkbox"/> Try a restaurant Downtown that you have not been to before <input type="checkbox"/> Attend residence hall or student organization events <input type="checkbox"/> Introduce yourself to at least one new classmate 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice self-care <input type="checkbox"/> Use stress management techniques <input type="checkbox"/> Schedule downtime and maintain balance between responsibilities and rest <input type="checkbox"/> Visit Sindecuse Health Center for emotional health services <input type="checkbox"/> Seek support from friends/mentors 	<ul style="list-style-type: none"> <input type="checkbox"/> Finalize your semester schedule <input type="checkbox"/> Meet with your instructors during their office hours <input type="checkbox"/> Schedule an appointment with your Academic Advisor to go over your Spring Course selection <input type="checkbox"/> Register for your Spring Semester <input type="checkbox"/> Utilize support services like the Bronco Study Zone and the Writing Center <input type="checkbox"/> Go to the Library and seek assistance with your research. <input type="checkbox"/> Check mid-term & final grades 	<ul style="list-style-type: none"> <input type="checkbox"/> Create/Update your Handshake profile <input type="checkbox"/> Review/Update your career materials (resume, cover letter, etc.) <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Search Handshake or visit departments for a part-time job. <input type="checkbox"/> Apply for a peer leader position with the Office of Student Transitions <input type="checkbox"/> Practice interviewing <input type="checkbox"/> Check your WMU email often
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a WMU winter/spring sporting (Hockey, Basketball, Volleyball, Baseball, Softball) <input type="checkbox"/> Visit a store Downtown that you have not been to before <input type="checkbox"/> Introduce yourself to at least one new classmate 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice self-care <input type="checkbox"/> Use stress management techniques <input type="checkbox"/> Schedule downtime and maintain balance between responsibilities and rest <input type="checkbox"/> Visit Sindecuse Health Center for emotional health services <input type="checkbox"/> Check mid-term grades <input type="checkbox"/> Check final grades 	<ul style="list-style-type: none"> <input type="checkbox"/> Finalize your semester schedule <input type="checkbox"/> Meet with your instructors during their office hours <input type="checkbox"/> Schedule an appointment with your Academic Advisor to go over your Summer/Fall Course selection <input type="checkbox"/> Register for Summer/Fall Semester <input type="checkbox"/> Utilize support services like the Bronco Study Zone and the Writing Center <input type="checkbox"/> Review your Degree Works plan for graduation 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a Career Fair <input type="checkbox"/> Apply for internships or other employment for the summer <input type="checkbox"/> Select your WMU Signature pathway and routinely check on its progress <input type="checkbox"/> Check your WMU email often
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Personalize your living/study spaces <input type="checkbox"/> Recycle or use eco-friendly items <input type="checkbox"/> Utilize public transportation <input type="checkbox"/> Explore nature around Kalamazoo <input type="checkbox"/> Visit East Campus, Parkview Campus, or the Aviation Campus 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete your FAFSA <input type="checkbox"/> Review the WMU Scholarship Database <input type="checkbox"/> Visit Bronco Express for financial questions <input type="checkbox"/> Track expenses <input type="checkbox"/> Create budgets <input type="checkbox"/> Contribute to an emergency fund (even \$5 a week adds up) 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend International Festival <input type="checkbox"/> Attend Fall Fab Fest <input type="checkbox"/> Attend Campus Coming Out Activities <input type="checkbox"/> Create a vision board for the year <input type="checkbox"/> Volunteer in something that aligns with your values <input type="checkbox"/> Reflect/Journal frequently <input type="checkbox"/> See a show at Miller Auditorium or Gilmore Theatre 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in the Turkey Trot <input type="checkbox"/> Get your flu shot <input type="checkbox"/> Visit the Student Recreation Center <input type="checkbox"/> Join an intramural sport <input type="checkbox"/> Set and track personal fitness goals <input type="checkbox"/> Maintain a balanced routine (sleep, nutrition, movement) <input type="checkbox"/> Visit Sindecuse Health Center for any physical health service
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Organize your living/studying spaces <input type="checkbox"/> Clean/declutter and donate unused/unwanted household items to S.H.E. Shed <input type="checkbox"/> Explore housing plans for summer and the following year 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in financial literacy events <input type="checkbox"/> Complete Financial Aid Applications for Summer I and II <input type="checkbox"/> Track expenses <input type="checkbox"/> Create budgets <input type="checkbox"/> Contribute to an emergency fund (even \$5 a week adds up) 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend International Bazaar <input type="checkbox"/> Attend a global, cultural, or philosophical event on campus or within the Kalamazoo community <input type="checkbox"/> Participate in Spring into the Streets <input type="checkbox"/> Reflect/Journal frequently <input type="checkbox"/> See a show at Miller Auditorium or Gilmore Theatre 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in New Year, New You at the Student Recreation Center <input type="checkbox"/> Visit the Student Recreation Center <input type="checkbox"/> Join an intramural sport <input type="checkbox"/> Set and track personal fitness goals <input type="checkbox"/> Maintain a balanced routine (sleep, nutrition, movement) <input type="checkbox"/> Visit Sindecuse Health Center for any physical health service



Your identity is a process that should be meaningful to you. It may change and shape you as you explore all the WMU offers. These items are not to be completed as quickly as possible. Sprinkle them throughout your time here at WMU. Explore. Grow. Thrive!

Identity	
Finding and Building Your Identity for YOU	Building Your Identity as a WMU Bronco
<ul style="list-style-type: none"> <input type="checkbox"/> Take FYE 2100 your first semester <input type="checkbox"/> Consider taking UNIV 1020 – Career Exploration <input type="checkbox"/> Complete the Focus2 Assessment <input type="checkbox"/> Consider taking StrengthsQuest and receiving coaching from Career and Student Employment Services <input type="checkbox"/> Discover various Registered Student Organizations that align with your values and interests <input type="checkbox"/> Explore organizations on campus or in the Kalamazoo Community that align with your values <input type="checkbox"/> Volunteer with an organization that aligns with your values <input type="checkbox"/> Use mynextmove.org to explore career opportunities <input type="checkbox"/> Take a “fun” course in an academic area of interest <input type="checkbox"/> Seek leadership opportunities that align with your values and interests <input type="checkbox"/> Create a vision board – reflecting on personal values, goals, and identity <input type="checkbox"/> Choose and attend a program from Health Promotion and Education <input type="checkbox"/> Choose the WMU Signature pathway that resonates most with you <input type="checkbox"/> Learn about and consider studying abroad for a summer/semester <input type="checkbox"/> Engage in deep conversations with your friends and/or family <input type="checkbox"/> Seek mentorship and be open to mentoring someone as well <input type="checkbox"/> Explore the intersectionality of your identities and how they shape who you are <input type="checkbox"/> Curate a personal playlist that represents YOU <input type="checkbox"/> Learn about others’ journeys in how they got to where they are and be comfortable in sharing your journey <input type="checkbox"/> Regularly reflect on your growth and assess how well you are achieving your goals <input type="checkbox"/> Create boundaries that honor your identity and learn how to say no <input type="checkbox"/> Seek out resources that build your ability to self-advocate (Office of LGBT Student Services, Disability Services for Students, Office of Student Engagement, Multicultural Affairs, etc.) 	<ul style="list-style-type: none"> <input type="checkbox"/> Eat a Sweetwater’s Donut <input type="checkbox"/> Have a Two Fellas Wrap <input type="checkbox"/> Have a Den Pop <input type="checkbox"/> Take a picture with the Bronco outside of Read Field House and the Student Recreation Center <input type="checkbox"/> See the view of campus from the top of Sprau Tower <input type="checkbox"/> Attend a WMU Sporting Event <input type="checkbox"/> Get involved in at least one Registered Student Organization <input type="checkbox"/> Go Skating at Lawson Ice Arena <input type="checkbox"/> Visit the Kalamazoo Air Zoo <input type="checkbox"/> Go to Art Hop <input type="checkbox"/> Explore the Kalamazoo Farmers Market <input type="checkbox"/> Say “Go Broncos!” unironically <input type="checkbox"/> High Five Buster Bronco <input type="checkbox"/> Watch the sunrise on East Campus <input type="checkbox"/> Chicken Tender Tuesday at University Roadhouse <input type="checkbox"/> Check out the local breweries (21+) and coffee shops <input type="checkbox"/> Bike the KRVT (Kalamazoo River Valley Trail) <input type="checkbox"/> Take a hammock nap on campus <input type="checkbox"/> Go apple picking at Gull Meadow Farms <input type="checkbox"/> Avoid stepping on the W by the library AT ALL COSTS <input type="checkbox"/> Participate in “Stuff a Plush” with the Campus Activities Board <input type="checkbox"/> Attend Vintage in the Zoo <input type="checkbox"/> Sled down one of the many hills on campus <input type="checkbox"/> Learn the fight song and alma mater <input type="checkbox"/> Get honked at by the campus geese <input type="checkbox"/> Catch a sunset at the beach in South Haven <input type="checkbox"/> Get that late night sweet treat with your friends <input type="checkbox"/> Visit Asylum Lake <input type="checkbox"/> Use your student id to pick up student tickets to shows at Miller Auditorium <input type="checkbox"/> Attend a Western Student Association (WSA) Meeting <input type="checkbox"/> Paint the rocks <input type="checkbox"/> Have a moment where you realize how much you’ve grown



The First Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your Peer2Peer Mentor <input type="checkbox"/> Explore a few registered student organizations <input type="checkbox"/> Introduce yourself to at least one new person in each of your classes <input type="checkbox"/> Sit with someone new in the dining hall and learn more about them <input type="checkbox"/> Attend activities hosted by your Residence Hall 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify two individuals that you can trust and go to when you are stressed <input type="checkbox"/> Begin a mood-tracking journal to reflect weekly <input type="checkbox"/> Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities <input type="checkbox"/> Set boundaries around social media and technology use <input type="checkbox"/> Schedule downtime each day/week for an emotional recharge 	<ul style="list-style-type: none"> <input type="checkbox"/> Register for FYE 2100 <input type="checkbox"/> Register with Disability Student Services <input type="checkbox"/> Attend Major Excitement in September <input type="checkbox"/> Learn about Study Abroad <input type="checkbox"/> Attend a guest speaker presentation <input type="checkbox"/> Meet with your instructors and learn more about their background. 	<ul style="list-style-type: none"> <input type="checkbox"/> Activate Your Handshake Account <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Conduct an informational interview to learn more about career paths that interest you
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your Peer2Peer Mentor <input type="checkbox"/> Take a trip to Downtown Kalamazoo <input type="checkbox"/> Attend a K Wings Hockey game <input type="checkbox"/> Explore a few registered student organizations <input type="checkbox"/> Introduce yourself to someone new in each of your classes <input type="checkbox"/> Make a "bucket list" of events to attend this semester 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a "comfort kit" with items that soothe you <input type="checkbox"/> Check in on friends and family every once and a while <input type="checkbox"/> Learn and implement stress management technique (meditation, deep breathing, etc.) <input type="checkbox"/> Create a playlist that boosts your mood and use it while studying <input type="checkbox"/> Learn about emotional intelligence and how to grow it 	<ul style="list-style-type: none"> <input type="checkbox"/> Learn about WMU Signature <input type="checkbox"/> Attend a Study Abroad information session <input type="checkbox"/> Attend a guest speaker presentation 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete the Career Readiness Online Modules <input type="checkbox"/> Use mynextmove.org to explore career options <input type="checkbox"/> Visit Handshake for employment opportunities <input type="checkbox"/> Attend a networking session with employers <input type="checkbox"/> Attend a career fair to become familiar with recruitment process
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Identify your study spot <input type="checkbox"/> Personalize and organize your living/study space for productivity and comfort <input type="checkbox"/> Learn how to recycle and use eco-friendly resources at WMU <input type="checkbox"/> Learn campus safety resources and if needed, practice an emergency <input type="checkbox"/> Pick up your EcoEssential item from the Office of Sustainability 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a monthly college budget <input type="checkbox"/> Track all expenses for one month to evaluate spending habits <input type="checkbox"/> Learn how easy it is to save for an emergency 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a performance at Miller <input type="checkbox"/> Explore cultural organizations at WMU and in Kalamazoo <input type="checkbox"/> Attend a global event/activity <input type="checkbox"/> Set aside time each week for reflection or journaling <input type="checkbox"/> Participate in a volunteer activity that aligns with personal values <input type="checkbox"/> Identify one personal value you plan to honor this semester 	<ul style="list-style-type: none"> <input type="checkbox"/> Try a fitness class at the Student Recreation Center <input type="checkbox"/> Identify 2-3 personal health and wellness goals <input type="checkbox"/> Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Clean and reorganize your personal living/study space <input type="checkbox"/> Start using reusable items (bottles, bags, containers) <input type="checkbox"/> Utilize Metro Transit Bus System <input type="checkbox"/> Figure out housing plans for over the summer and next year 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete Financial Aid Applications for Summer I and II <input type="checkbox"/> Start a basic emergency fund (even saving \$5 a week adds up) <input type="checkbox"/> Research credit scores and how to build one responsibility 	<ul style="list-style-type: none"> <input type="checkbox"/> Read a book, take a course, or attend a presentation that explores different systems and philosophies <input type="checkbox"/> Create a vision board reflecting on your future goals and values 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a Health/Group Fitness class at the Student Recreation Center <input type="checkbox"/> Review personal fitness goals and adjust



First Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your Peer2Peer Mentor <input type="checkbox"/> Explore a few registered student organizations <input type="checkbox"/> Introduce yourself to at least one new person in each of your classes <input type="checkbox"/> Sit with someone new in the dining hall and learn more about them <input type="checkbox"/> Attend activities hosted by your Residence Hall 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify two individuals that you can trust and go to when you are stressed <input type="checkbox"/> Use a resource like Welltrack to track your mood <input type="checkbox"/> Check in on friends and family every once and a while <input type="checkbox"/> Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities <input type="checkbox"/> Create a “comfort kit” with items that soothe you <input type="checkbox"/> Set boundaries around social media and technology use <input type="checkbox"/> Schedule downtime each day/week for an emotional recharge 	<ul style="list-style-type: none"> <input type="checkbox"/> Register for FYE 2100 <input type="checkbox"/> Register with Disability Student Services <input type="checkbox"/> Attend Major Excitement in September <input type="checkbox"/> Learn about Study Abroad <input type="checkbox"/> Attend a guest speaker presentation <input type="checkbox"/> Meet with your instructors and learn more about their background 	<ul style="list-style-type: none"> <input type="checkbox"/> Activate Your Handshake Account <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Conduct an informational interview to learn more about career paths that interest you
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your study spot <input type="checkbox"/> Personalize and organize your living/study space for productivity and comfort <input type="checkbox"/> Learn how to recycle and use eco-friendly resources at WMU <input type="checkbox"/> Learn campus safety resources and if needed, practice an emergency drill <input type="checkbox"/> Pick up your EcoEssential item from the Office of Sustainability 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a monthly college budget <input type="checkbox"/> Track all expenses for one month to evaluate spending habits <input type="checkbox"/> Learn how easy it is to save for an emergency 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a performance at Miller <input type="checkbox"/> Explore cultural organizations at WMU and in Kalamazoo <input type="checkbox"/> Attend a global event/activity <input type="checkbox"/> Set aside time each week for reflection or journaling <input type="checkbox"/> Participate in a volunteer activity that aligns with personal values <input type="checkbox"/> Identify one personal value you plan to honor this semester 	<ul style="list-style-type: none"> <input type="checkbox"/> Try a fitness class at the Student Recreation Center <input type="checkbox"/> Identify 2-3 personal health and wellness goals <input type="checkbox"/> Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities



First Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your Peer2Peer Mentor <input type="checkbox"/> Take a trip to Downtown Kalamazoo <input type="checkbox"/> Attend a K Wings Hockey game <input type="checkbox"/> Explore a few registered student organizations <input type="checkbox"/> Introduce yourself to someone new in each of your classes <input type="checkbox"/> Make a "bucket list" of events to attend this semester 	<ul style="list-style-type: none"> <input type="checkbox"/> Identify your study spot <input type="checkbox"/> Practice self-care weekly (yoga, walks, art, etc.) <input type="checkbox"/> Learn and implement stress management technique (meditation, deep breathing, etc.) <input type="checkbox"/> Create a playlist that boosts your mood and use it while studying <input type="checkbox"/> Learn about emotional intelligence and how to grow it <input type="checkbox"/> Reach out to someone you trust when you are feeling overwhelmed 	<ul style="list-style-type: none"> <input type="checkbox"/> Learn about WMU Signature <input type="checkbox"/> Attend a Study Abroad information session <input type="checkbox"/> Attend a guest speaker presentation 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete the Career Readiness Online Modules <input type="checkbox"/> Use Mynextmove.org to explore career options <input type="checkbox"/> Visit Handshake for employment opportunities <input type="checkbox"/> Attend a networking session with employers <input type="checkbox"/> Attend a career fair to become familiar with recruitment process
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Clean and reorganize your personal living/study space <input type="checkbox"/> Start using reusable items (bottles, bags, containers) <input type="checkbox"/> Utilize Metro Transit Bus System <input type="checkbox"/> Figure out housing plans for over the summer and next year 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete Financial Aid Applications for Summer I and II <input type="checkbox"/> Start a basic emergency fund (even saving \$5 a week adds up) <input type="checkbox"/> Research credit scores and how to build one responsibility 	<ul style="list-style-type: none"> <input type="checkbox"/> Read a book, take a course, or attend a presentation that explores different systems and philosophies <input type="checkbox"/> Create a vision board reflecting on your future goals and values 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a Health/Group Fitness class at the Student Recreation Center <input type="checkbox"/> Review personal fitness goals and adjust



The Second Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a meeting for a new student organization that you have not participated in before and find out if it matches your interests. <input type="checkbox"/> Go to a WMU home football game with your roommates or friends. <input type="checkbox"/> Organize a potluck or movie night with your friends. <input type="checkbox"/> Host a game night in your residence hall or apartment. 	<ul style="list-style-type: none"> <input type="checkbox"/> Listen to a mental health or personal growth podcast or the Shift Podcast by the office of student transitions. <input type="checkbox"/> Explore a creative hobby like painting, journaling or DIYs. <input type="checkbox"/> Try a meditation or guided breathing video or exercise once a week. <input type="checkbox"/> Use WMU's YOU platform for mental wellness check-ins. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore an area of academic interest – take a “fun” course <input type="checkbox"/> Attend Major Excitement <input type="checkbox"/> Monitor your Degree Works Plan and modify as necessary <input type="checkbox"/> Explore a professional organization related to your major. <input type="checkbox"/> Start a blog/ portfolio related to your passion. 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop a 30 second “commercial” for introducing yourself <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Consider taking UNIV 1020 – Career Exploration <input type="checkbox"/> Select a pathway in WMU Signature
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Plan a study and snack night with friends before midterms or finals. <input type="checkbox"/> Plan a picnic and invite your friends or even people who have been helpful throughout the semester. <input type="checkbox"/> Join a service or volunteer club to help out either on or off-campus. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a playlist of songs that help you feel calm and focused. <input type="checkbox"/> Talk with a counselor at Sindecuse (You have up to 8 free counselling sessions available to you). <input type="checkbox"/> Choose a word or affirmations to guide you through the semester. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore one academic building you have never been in before and see what's offered. <input type="checkbox"/> Join a book club. <input type="checkbox"/> Use the writing center to improve a paper or project. <input type="checkbox"/> Subscribe to a professional newsletter or updates on a social media page related to your major. 	<ul style="list-style-type: none"> <input type="checkbox"/> Search for an internship <input type="checkbox"/> Record a practice elevator pitch and watch it back refining it. <input type="checkbox"/> Take your resume to the writing center to have it revised by a professional.
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Find local restaurants that offer student discounts. <input type="checkbox"/> Participate in a campus cleanup event or sustainability challenge. <input type="checkbox"/> Bring a reusable coffee cup or water bottle with you to campus every day. <input type="checkbox"/> Rearrange or decorate your study space to make it more productive and personal. 	<ul style="list-style-type: none"> <input type="checkbox"/> Look into part-time jobs on campus or in Kalamazoo <input type="checkbox"/> Review your monthly budget using a free budgeting app like Mint. <input type="checkbox"/> Apply for a scholarship <input type="checkbox"/> Set up auto transfers to savings each month to help build a saving culture. <input type="checkbox"/> Try a cash-only week to stay mindful of spending. <input type="checkbox"/> Compare meal costs between takeout and cooking at home. 	<ul style="list-style-type: none"> <input type="checkbox"/> Study Abroad <input type="checkbox"/> Join the journaling club on campus. <input type="checkbox"/> Join the meditation RSO on campus. <input type="checkbox"/> Start a gratitude list that you update weekly. <input type="checkbox"/> Find a community that shares your beliefs and values. <input type="checkbox"/> Practice activities that allow you to slow down. 	<ul style="list-style-type: none"> <input type="checkbox"/> Visit the climbing wall at the Student Rec center with a friend. <input type="checkbox"/> Try a dance fitness class. <input type="checkbox"/> Start doing 10-minute stretch sessions between classes. <input type="checkbox"/> Take a class that incorporates physical activity. <input type="checkbox"/> Take walks on nature trails in and around Kalamazoo.
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Explore housing options <input type="checkbox"/> Donate items that you no longer use (check S.H.E Shed donation bins) <input type="checkbox"/> Plan an outdoor day drip. <input type="checkbox"/> Try studying outside or in a new study spot <input type="checkbox"/> Participate in a sustainability event through the WMU office of sustainability. 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in a financial literacy event <input type="checkbox"/> Make a plan for financing college next year <input type="checkbox"/> Compare student loan repayment loans <input type="checkbox"/> Plan a low or no cost weekend in Kalamazoo and attend free events. <input type="checkbox"/> Review your subscription services. 	<ul style="list-style-type: none"> <input type="checkbox"/> Build a calming bedtime routine to wind down or morning routine to start or end each day with intention. <input type="checkbox"/> Volunteer with an organization that aligns with your values. <input type="checkbox"/> Make a list of your guiding principles and values in life. <input type="checkbox"/> Visit a cultural center in Kalamazoo. 	<ul style="list-style-type: none"> <input type="checkbox"/> Join a group challenge like a walking goal with friends using a free app like Step Up. <input type="checkbox"/> Pack healthy snacks to eat throughout the day to avoid skipping meals. <input type="checkbox"/> Set a goal for the number of steps you take each day and be intentional about it. (Recommended are 10,000 steps a day)



Second Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Attend a meeting for a new student organization that you have not participated in before and find out if it matches your interests. <input type="checkbox"/> Go to a WMU home football game with your roommates or friends. <input type="checkbox"/> Organize a potluck or movie night with your friends. <input type="checkbox"/> Host a game night in your residence hall or apartment. 	<ul style="list-style-type: none"> <input type="checkbox"/> Listen to a mental health or personal growth podcast or the Shift Podcast by the office of student transitions. <input type="checkbox"/> Explore a creative hobby like painting, journaling or DIYs. <input type="checkbox"/> Try a meditation or guided breathing video or exercise once a week. <input type="checkbox"/> Use WMU's YOU platform for mental wellness check-ins. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore an area of academic interest – take a “fun” course <input type="checkbox"/> Attend Major Excitement <input type="checkbox"/> Monitor your Degree Works Plan and modify as necessary <input type="checkbox"/> Explore a professional organization related to your major. <input type="checkbox"/> Start a blog/ portfolio related to your passion. 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop a 30 second “commercial” for introducing yourself <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Consider taking UNIV 1020 – Career Exploration <input type="checkbox"/> Select a pathway in WMU Signature
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Find local restaurants that offer student discounts. <input type="checkbox"/> Participate in a campus cleanup event or sustainability challenge. <input type="checkbox"/> Bring a reusable coffee cup or water bottle with you to campus every day. <input type="checkbox"/> Rearrange or decorate your study space to make it more productive and personal. 	<ul style="list-style-type: none"> <input type="checkbox"/> Look into part-time jobs on campus or in Kalamazoo <input type="checkbox"/> Review your monthly budget using a free budgeting app like Mint. <input type="checkbox"/> Apply for a scholarship <input type="checkbox"/> Set up auto transfers to savings each month to help build a saving culture. <input type="checkbox"/> Try a cash-only week to stay mindful of spending. <input type="checkbox"/> Compare meal costs between takeout and cooking at home. 	<ul style="list-style-type: none"> <input type="checkbox"/> Study Abroad <input type="checkbox"/> Join the journaling club on campus. <input type="checkbox"/> Join the meditation RSO on campus. <input type="checkbox"/> Start a gratitude list that you update weekly. <input type="checkbox"/> Find a community that shares your beliefs and values. 	<ul style="list-style-type: none"> <input type="checkbox"/> Visit the climbing wall at the Student Rec center with a friend. <input type="checkbox"/> Try a dance fitness class. <input type="checkbox"/> Start doing 10-minute stretch sessions between classes. <input type="checkbox"/> Take a class that incorporates physical activity. <input type="checkbox"/> Take walks on nature trails in and around Kalamazoo.



Second Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Plan a study and snack night with friends before midterms or finals. <input type="checkbox"/> Plan a picnic and invite your friends or even people who have been helpful throughout the semester. <input type="checkbox"/> Join a service or volunteer club to help out either on or off-campus. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a playlist of songs that help you feel calm and focused. <input type="checkbox"/> Talk with a counselor at Sindecuse (You have up to 8 free counselling sessions available to you). <input type="checkbox"/> Choose a word or affirmations to guide you through the semester. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore one academic building you have never been in before and see what's offered. <input type="checkbox"/> Join a book club. <input type="checkbox"/> Use the writing center to improve a paper or project. <input type="checkbox"/> Subscribe to a professional newsletter or updates on a social media page related to your major. 	<ul style="list-style-type: none"> <input type="checkbox"/> Search for an internship <input type="checkbox"/> Record a practice elevator pitch and watch it back refining it. <input type="checkbox"/> Take your resume to the writing center to have it revised by a professional.
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Explore housing options <input type="checkbox"/> Donate items that you no longer use (check S.H.E Shed donation bins) <input type="checkbox"/> Plan an outdoor day drip. <input type="checkbox"/> Try studying outside or in a new study spot <input type="checkbox"/> Participate in a sustainability event through the WMU office of sustainability. 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in a financial literacy event <input type="checkbox"/> Make a plan for financing college next year <input type="checkbox"/> Compare student loan repayment loans <input type="checkbox"/> Plan a low or no cost weekend in Kalamazoo and attend free events. <input type="checkbox"/> Review your subscription services. 	<ul style="list-style-type: none"> <input type="checkbox"/> Build a calming bedtime routine to wind down or morning routine to start or end each day with intention. <input type="checkbox"/> Volunteer with an organization that aligns with your values. <input type="checkbox"/> Make a list of your guiding principles and values in life. <input type="checkbox"/> Visit a cultural center in Kalamazoo. 	<ul style="list-style-type: none"> <input type="checkbox"/> Join a group challenge like a walking goal with friends using a free app like Step Up. <input type="checkbox"/> Pack healthy snacks to eat throughout the day to avoid skipping meals. <input type="checkbox"/> Set a goal for the number of steps you take each day and be intentional about it. (Recommended are 10,000 steps a day)



The Third Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Build deeper connections with classmates in your major <input type="checkbox"/> Balance fun and focus <input type="checkbox"/> Stay open to new friendships <input type="checkbox"/> Be someone else's mentor <input type="checkbox"/> Learn how to give/receive feedback <input type="checkbox"/> Check in on friends during stressful seasons 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to trusted mentors about wellbeing <input type="checkbox"/> Create a semester check-in ritual <input type="checkbox"/> Develop sustainable routines with sleep, breaks, productivity, etc. <input type="checkbox"/> Lean into vulnerability in friends <input type="checkbox"/> Practice saying no <input type="checkbox"/> Explore healthy romantic relationships 	<ul style="list-style-type: none"> <input type="checkbox"/> Meet with Fulbright/Boren advisors to discuss post-undergraduate studies and research opportunities abroad <input type="checkbox"/> Dive deep into your coursework for your major <input type="checkbox"/> Ask bigger questions about your field/discipline <input type="checkbox"/> Collaborate with faculty outside of class <input type="checkbox"/> Seek research opportunities <input type="checkbox"/> Revisit your academic "why?" <input type="checkbox"/> Use your electives strategically 	<ul style="list-style-type: none"> <input type="checkbox"/> Take on a leadership role within your registered student organization <input type="checkbox"/> Check on the progress of your WMU Signature Pathway <input type="checkbox"/> Secure an internship <input type="checkbox"/> Create the master cover letter and resume with all of your experiences <input type="checkbox"/> Explore professional organizations in your career field <input type="checkbox"/> Build a simple portfolio with sample work
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Reflect on how your identity is shaped socially <input type="checkbox"/> Make one-on-one time with people you value <input type="checkbox"/> Seek social spaces inside and outside of your major <input type="checkbox"/> Learn to actively listen 	<ul style="list-style-type: none"> <input type="checkbox"/> Build emotional resilience – use setbacks as an opportunity for growth <input type="checkbox"/> Celebrate progress, not just outcomes <input type="checkbox"/> Let yourself change your mind <input type="checkbox"/> Address imposter syndrome head-on <input type="checkbox"/> Prioritize rest without guilt 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a conference or present your work <input type="checkbox"/> Look into joining an honor society <input type="checkbox"/> Perfect your study strategies <input type="checkbox"/> Apply for graduation 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask faculty or mentors for career guidance <input type="checkbox"/> Start building your professional wardrobe <input type="checkbox"/> Explore other post-grad options like graduate school <input type="checkbox"/> Identify 2-3 "dream jobs"
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Redesign your study space for focus <input type="checkbox"/> Get off campus regularly <input type="checkbox"/> Keep your space clean and functional <input type="checkbox"/> Seek natural light <input type="checkbox"/> Experiment with plant care or small décor changes <input type="checkbox"/> Explore an area of Kalamazoo that looks great in the fall 	<ul style="list-style-type: none"> <input type="checkbox"/> Open a savings account (or boost it) <input type="checkbox"/> Track your spending for the new semester <input type="checkbox"/> Practice comparison shopping and buy the best deal <input type="checkbox"/> Use those student discounts <input type="checkbox"/> Start building credit responsibly <input type="checkbox"/> Set a concrete financial goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Revisit your core values <input type="checkbox"/> Seek purpose in your major or career path <input type="checkbox"/> Find community that reflects your beliefs <input type="checkbox"/> Explore how your background has shaped your identity <input type="checkbox"/> Connect with a mentor or advisor <input type="checkbox"/> Reflect at the end of each semester <input type="checkbox"/> Create a meditation practice 	<ul style="list-style-type: none"> <input type="checkbox"/> Create the routine that handles the new semester of responsibilities <input type="checkbox"/> Try a fitness class or intramural sport in the Student Recreation Center <input type="checkbox"/> Build a healthy snack collection that you can rely on for a quick fix <input type="checkbox"/> Listen to your body and rest when needed
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Check living environment for any hazards or health factors <input type="checkbox"/> Reduce distractions, both physically and digitally <input type="checkbox"/> Declutter and donate <input type="checkbox"/> Reuse, thrift, or repurpose <input type="checkbox"/> Engage in a project that benefits campus 	<ul style="list-style-type: none"> <input type="checkbox"/> Begin thinking about post-grad relocation costs <input type="checkbox"/> Apply to scholarships for your senior year <input type="checkbox"/> Start to explore student loan repayment <input type="checkbox"/> Start exploring salary expectations for your field 	<ul style="list-style-type: none"> <input type="checkbox"/> Make time for silence and solitude <input type="checkbox"/> Explore events and activities hosted by other cultures and beliefs of your own <input type="checkbox"/> Have deep conversations with friends about some of life's bigger questions <input type="checkbox"/> Create and practice gratitude <input type="checkbox"/> Study abroad 	<ul style="list-style-type: none"> <input type="checkbox"/> Get your annual check-ups <input type="checkbox"/> Learn and prep one meal <input type="checkbox"/> Learn and build a wind-down routine <input type="checkbox"/> Schedule exercise like it is a class <input type="checkbox"/> Plan ahead to avoid those all-nighters



Third Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Build deeper connections with classmates in your major <input type="checkbox"/> Balance fun and focus <input type="checkbox"/> Stay open to new friendships <input type="checkbox"/> Be someone else's mentor <input type="checkbox"/> Learn how to give/receive feedback <input type="checkbox"/> Check in on friends during stressful seasons 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to trusted mentors about wellbeing <input type="checkbox"/> Create a semester check-in ritual <input type="checkbox"/> Develop sustainable routines with sleep, breaks, productivity, etc. <input type="checkbox"/> Lean into vulnerability in friends <input type="checkbox"/> Practice saying no <input type="checkbox"/> Explore healthy romantic relationships 	<ul style="list-style-type: none"> <input type="checkbox"/> Meet with Fulbright/Boren advisors to discuss post-undergraduate studies and research opportunities abroad <input type="checkbox"/> Dive deep into your coursework for your major <input type="checkbox"/> Ask bigger questions about your field/discipline <input type="checkbox"/> Collaborate with faculty outside of class <input type="checkbox"/> Seek research opportunities <input type="checkbox"/> Revisit your academic "why?" <input type="checkbox"/> Use your electives strategically 	<ul style="list-style-type: none"> <input type="checkbox"/> Take on a leadership role within your registered student organization <input type="checkbox"/> Check on the progress of your WMU Signature Pathway <input type="checkbox"/> Secure an internship <input type="checkbox"/> Create the master cover letter and resume with all your experiences <input type="checkbox"/> Explore professional organizations in your career field <input type="checkbox"/> Build a simple portfolio with sample work
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Redesign your study space for focus <input type="checkbox"/> Get off campus regularly <input type="checkbox"/> Keep your space clean and functional <input type="checkbox"/> Seek natural light <input type="checkbox"/> Experiment with plant care or small décor changes <input type="checkbox"/> Explore an area of Kalamazoo that looks great in the fall 	<ul style="list-style-type: none"> <input type="checkbox"/> Open a savings account (or boost it) <input type="checkbox"/> Track your spending for the new semester <input type="checkbox"/> Practice comparison shopping and buy the best deal <input type="checkbox"/> Use those student discounts <input type="checkbox"/> Start building credit responsibly <input type="checkbox"/> Set a concrete financial goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Revisit your core values <input type="checkbox"/> Seek purpose in your major or career path <input type="checkbox"/> Find community that reflects your beliefs <input type="checkbox"/> Explore how your background has shaped your identity <input type="checkbox"/> Connect with a mentor or advisor <input type="checkbox"/> Reflect at the end of each semester <input type="checkbox"/> Create a meditation practice 	<ul style="list-style-type: none"> <input type="checkbox"/> Create the routine that handles the new semester of responsibilities <input type="checkbox"/> Try a fitness class or intramural sport in the Student Recreation Center <input type="checkbox"/> Build a healthy snack collection that you can rely on for a quick fix <input type="checkbox"/> Listen to your body and rest when needed



Third Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Reflect on how your identity is shaped socially <input type="checkbox"/> Make one-on-one time with people you value <input type="checkbox"/> Seek social spaces inside and outside of your major <input type="checkbox"/> Learn to actively listen 	<ul style="list-style-type: none"> <input type="checkbox"/> Build emotional resilience – use setbacks as an opportunity for growth <input type="checkbox"/> Celebrate progress, not just outcomes <input type="checkbox"/> Let yourself change your mind <input type="checkbox"/> Address imposter syndrome head-on <input type="checkbox"/> Prioritize rest without guilt 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a conference or present your work <input type="checkbox"/> Look into joining an honor society <input type="checkbox"/> Perfect your study strategies <input type="checkbox"/> Apply for graduation 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask faculty or mentors for career guidance <input type="checkbox"/> Start building your professional wardrobe <input type="checkbox"/> Explore other post-grad options like graduate school <input type="checkbox"/> Identify 2-3 “dream jobs”
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Check living environment for any hazards or health factors <input type="checkbox"/> Reduce distractions, both physically and digitally <input type="checkbox"/> Declutter and donate <input type="checkbox"/> Reuse, thrift, or repurpose <input type="checkbox"/> Engage in a project that benefits campus 	<ul style="list-style-type: none"> <input type="checkbox"/> Begin thinking about post-grad relocation costs <input type="checkbox"/> Apply to scholarships for your senior year <input type="checkbox"/> Start to explore student loan repayment <input type="checkbox"/> Start exploring salary expectations for your field <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> Make time for silence and solitude <input type="checkbox"/> Explore events and activities hosted by other cultures and beliefs of your own <input type="checkbox"/> Have deep conversations with friends about some of life's bigger questions <input type="checkbox"/> Create and practice gratitude <input type="checkbox"/> Study abroad 	<ul style="list-style-type: none"> <input type="checkbox"/> Get your annual check-ups <input type="checkbox"/> Learn and prep one meal <input type="checkbox"/> Learn and build a wind-down routine <input type="checkbox"/> Schedule exercise like it is a class <input type="checkbox"/> Plan ahead to avoid those all-nighters



The Fourth Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Go to those campus events you always wanted to go to but haven't <input type="checkbox"/> Spend intentional time with your close friends <input type="checkbox"/> Make the most of your final year <input type="checkbox"/> Work on that Bronco Bucket list <input type="checkbox"/> Support your friends and others going through the same transition as you <input type="checkbox"/> Expand your network and connect with classmates, professors, and alumni on LinkedIn 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice self-care and stress management to navigate job searches <input type="checkbox"/> Acknowledge the bittersweet feelings of starting your final year at WMU <input type="checkbox"/> Celebrate the small wins <input type="checkbox"/> Connect with peers who are going through the same transition <input type="checkbox"/> Balance optimism with realism <input type="checkbox"/> Visualize your future a year from now 	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for Graduate programs <input type="checkbox"/> Take a course you've always wanted to take if your schedule allows <input type="checkbox"/> Create a personal knowledge library by holding onto articles, notes, and books you'd want to revisit <input type="checkbox"/> Read outside your field <input type="checkbox"/> Attend guest presentations and lectures while you still can 	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your resume, cover letter, and any other career material are polished and professional <input type="checkbox"/> Practice interviewing, either with a friend or by making an appointment with Career and Student Employment Services <input type="checkbox"/> Conduct informational interviews with alumni working in areas that interest you <input type="checkbox"/> Create a personal portfolio or website <input type="checkbox"/> Search for and apply to jobs
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Reserve Commencement tickets <input type="checkbox"/> Resolve any lingering conflicts <input type="checkbox"/> Attend social events and traditions within your major/college <input type="checkbox"/> Spend intentional time with close friends <input type="checkbox"/> Make the most of your final semester <input type="checkbox"/> Go to those campus events you always wanted to go to but haven't <input type="checkbox"/> Finish off your Bronco Bucket List <input type="checkbox"/> Attend Commencement and graduate! 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a moment to thank those that supported you on your journey <input type="checkbox"/> Order and pick up your Commencement ceremony regalia <input type="checkbox"/> Write 2-3 thank you notes and deliver them <input type="checkbox"/> Acknowledge the bittersweet feelings that you are transitioning away from college <input type="checkbox"/> Curate social media in a way that supports your mental health 	<ul style="list-style-type: none"> <input type="checkbox"/> Finish your capstone experience or final projects for your major <input type="checkbox"/> Consider starting a blog, podcast, or creative outlet to share all the knowledge you've gained <input type="checkbox"/> Work on your writing and communication, especially in persuasive and professional styles <input type="checkbox"/> Explore post-graduate certifications or skills <input type="checkbox"/> Commit to lifelong learning 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop a 1-3 year post-grad plan with flexible but motivating career goals <input type="checkbox"/> Join professional associations <input type="checkbox"/> Seek mentorship related to the job search <input type="checkbox"/> Hone communication, punctuality, and etiquette in all job-seeking contexts <input type="checkbox"/> Attend employer information sessions <input type="checkbox"/> Search for job
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Decorate your space intentionally with plants, photos, or calming elements that inspire focus and peace <input type="checkbox"/> Unplug from technology every now and then during your week <input type="checkbox"/> Volunteer for a campus clean up or garden program <input type="checkbox"/> Study in different spaces (and campuses) to change up your scenery 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand how the student loan repayment plan works <input type="checkbox"/> Explore loan forgiveness programs, especially if you plan to work in public service or education <input type="checkbox"/> Use those student discounts while you can <input type="checkbox"/> Create your "grad budget" including moving, transitioning costs and any job search expenses 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a vision of your future <input type="checkbox"/> Ask deeper questions about your identity, legacy, and purpose <input type="checkbox"/> Explore other philosophical or spiritual traditions by attending events, talks, or taking a class <input type="checkbox"/> Create what will become traditions <input type="checkbox"/> Practice mindfulness or grounding techniques, especially in stressful situations 	<ul style="list-style-type: none"> <input type="checkbox"/> It is never too late to start a workout routine <input type="checkbox"/> Prioritize sleep <input type="checkbox"/> Stay hydrated <input type="checkbox"/> Take that fitness class you've always wanted to try at the Student Recreation Center <input type="checkbox"/> Learn your signs of burnout and how to manage it
SPRING SEMESTER	<ul style="list-style-type: none"> <input type="checkbox"/> Declutter your living space and prepare to downsize or even move to your next location <input type="checkbox"/> Give back to campus by participating in a sustainability initiative <input type="checkbox"/> Learn to manage waste, shop responsibly, and care for your environment wherever you go next <input type="checkbox"/> Explore future housing options and find safe, affordable post-grad living spaces 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop your post-graduation student loan repayment plan <input type="checkbox"/> Build credit responsibly if you haven't started yet <input type="checkbox"/> Continue to contribute to your emergency fund <input type="checkbox"/> Consider opening a high-yield savings account to get bigger returns on your contributions <input type="checkbox"/> Avoid high-interest debt from credit cards or predatory loans 	<ul style="list-style-type: none"> <input type="checkbox"/> Seek wisdom from mentors or others that offer inspiration/insight <input type="checkbox"/> Align your career goals with your personal values <input type="checkbox"/> Create a gratitude ritual <input type="checkbox"/> Visualize the legacy you want to leave with an organization you're in <input type="checkbox"/> Volunteer for a cause that aligns with your beliefs <input type="checkbox"/> Reflect on how much you've grown in the time you were here at WMU 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand your health insurance post-grad <input type="checkbox"/> Keep up with that fitness routine that works for you <input type="checkbox"/> Learn some simple go-to meals that you are going to be able to cook on a night after working <input type="checkbox"/> Schedule routine appointments with doctor, dentist, and eye doctor <input type="checkbox"/> Begin searching for a primary care physician if you are moving to a new location post-grad



Fourth Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Go to those campus events you always wanted to go to but haven't <input type="checkbox"/> Spend intentional time with your close friends <input type="checkbox"/> Make the most of your final year <input type="checkbox"/> Work on that Bronco Bucket list <input type="checkbox"/> Support your friends and others going through the same transition as you <input type="checkbox"/> Expand your network and connect with classmates, professors, and alumni on LinkedIn 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice self-care and stress management to navigate job searches <input type="checkbox"/> Acknowledge the bittersweet feelings of starting your final year at WMU <input type="checkbox"/> Celebrate the small wins <input type="checkbox"/> Connect with peers who are going through the same transition <input type="checkbox"/> Balance optimism with realism <input type="checkbox"/> Visualize your future a year from now 	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for Graduate programs <input type="checkbox"/> Take a course you've always wanted to take if your schedule allows <input type="checkbox"/> Create a personal knowledge library by holding onto articles, notes, and books you'd want to revisit <input type="checkbox"/> Read outside your field <input type="checkbox"/> Attend guest presentations and lectures while you still can 	<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your resume, cover letter, and any other career material are polished and professional <input type="checkbox"/> Practice interviewing, either with a friend or by making an appointment with Career and Student Employment Services <input type="checkbox"/> Conduct informational interviews with alumni working in areas that interest you <input type="checkbox"/> Create a personal portfolio or website <input type="checkbox"/> Search for and apply to jobs
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Decorate your space intentionally with plants, photos, or calming elements that inspire focus and peace <input type="checkbox"/> Unplug from technology every now and then during your week <input type="checkbox"/> Volunteer for a campus clean up or garden program <input type="checkbox"/> Study in different spaces (and campuses) to change up your scenery 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand how the student loan repayment plan works <input type="checkbox"/> Explore loan forgiveness programs, especially if you plan to work in public service or education <input type="checkbox"/> Use those student discounts while you can <input type="checkbox"/> Create your "grad budget" including moving, transitioning costs and any job search expenses 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a vision of your future <input type="checkbox"/> Ask deeper questions about your identity, legacy, and purpose <input type="checkbox"/> Explore other philosophical or spiritual traditions by attending events, talks, or taking a class <input type="checkbox"/> Create what will become traditions <input type="checkbox"/> Practice mindfulness or grounding techniques, especially in stressful situations 	<ul style="list-style-type: none"> <input type="checkbox"/> It is never too late to start a workout routine <input type="checkbox"/> Prioritize sleep <input type="checkbox"/> Stay hydrated <input type="checkbox"/> Take that fitness class you've always wanted to try at the Student Recreation Center <input type="checkbox"/> Learn your signs of burnout and how to manage it



Fourth Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Reserve Commencement tickets <input type="checkbox"/> Resolve any lingering conflicts <input type="checkbox"/> Attend social events and traditions within your major/college <input type="checkbox"/> Spend intentional time with close friends <input type="checkbox"/> Make the most of your final semester <input type="checkbox"/> Curate social media in a way that supports your mental health <input type="checkbox"/> Go to those campus events you always wanted to go to but haven't <input type="checkbox"/> Finish off your Bronco Bucket List <input type="checkbox"/> Attend Commencement and graduate! 	<ul style="list-style-type: none"> <input type="checkbox"/> Take a moment to thank those that supported you on your journey <input type="checkbox"/> Order and pick up your Commencement ceremony regalia <input type="checkbox"/> Write 2-3 thank you notes and deliver them <input type="checkbox"/> Acknowledge the bittersweet feelings that you are transitioning away from college 	<ul style="list-style-type: none"> <input type="checkbox"/> Finish your capstone experience or final projects for your major <input type="checkbox"/> Consider starting a blog, podcast, or creative outlet to share all the knowledge you've gained while here at WMU <input type="checkbox"/> Work on your writing and communication, especially in persuasive and professional styles <input type="checkbox"/> Explore post-graduate certifications or skills <input type="checkbox"/> Commit to lifelong learning 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop a 1-3 year post-grad plan with flexible but motivating career goals <input type="checkbox"/> Join professional associations <input type="checkbox"/> Seek mentorship related to the job search <input type="checkbox"/> Hone communication, punctuality, and etiquette in all job-seeking contexts <input type="checkbox"/> Attend employer information sessions <input type="checkbox"/> Search for job
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Declutter your living space and prepare to downsize or even move to your next location <input type="checkbox"/> Give back to campus by participating in a sustainability initiative <input type="checkbox"/> Learn to manage waste, shop responsibly, and care for your environment wherever you go next <input type="checkbox"/> Explore future housing options and find safe, affordable post-grad living spaces <input type="checkbox"/> Organize your digital space by decluttering your desktop, organize files into folders, and unfollow negative accounts 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop your post-graduation student loan repayment plan <input type="checkbox"/> Build credit responsibly if you haven't started yet <input type="checkbox"/> Continue to contribute to your emergency fund <input type="checkbox"/> Consider opening a high-yield savings account to get bigger returns on your contributions <input type="checkbox"/> Avoid high-interest debt from credit cards or predatory loans 	<ul style="list-style-type: none"> <input type="checkbox"/> Seek wisdom from mentors or others that offer inspiration/insight <input type="checkbox"/> Align your career goals with your personal values <input type="checkbox"/> Create a gratitude ritual <input type="checkbox"/> Visualize the legacy you want to leave with an organization you're in <input type="checkbox"/> Volunteer for a cause that aligns with your beliefs <input type="checkbox"/> Reflect on how much you've grown in the time you were here at WMU 	<ul style="list-style-type: none"> <input type="checkbox"/> Understand your health insurance post-grad <input type="checkbox"/> Keep up with that fitness routine that works for you <input type="checkbox"/> Learn some simple go-to meals that you are going to be able to cook at night after working <input type="checkbox"/> Schedule routine appointments with doctor, dentist, and eye doctor <input type="checkbox"/> Begin searching for a primary care physician if you are moving to a new location post-grad



First Years as Alumni: At-A-Glance

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Seek out social clubs or organizations for young professionals in your city. <input type="checkbox"/> Stay in touch with your college friends <input type="checkbox"/> Prioritize quality over quantity in friendships <input type="checkbox"/> Say yes to invites, and say no when needed <input type="checkbox"/> Connect with colleagues beyond work tasks <input type="checkbox"/> Seek diversity in your social spaces <input type="checkbox"/> Initiate check-ins with your family and friends <input type="checkbox"/> Explore the downtown scene in your new location <input type="checkbox"/> Check out festivals and events put on by your city 	<ul style="list-style-type: none"> <input type="checkbox"/> Establish a post-grad support system <input type="checkbox"/> Normalize therapy or mental health check-ins <input type="checkbox"/> Know your personal signs of burnout or stress in the new work environment <input type="checkbox"/> Develop healthy coping strategies <input type="checkbox"/> Establish a boundary when it comes to work and life <input type="checkbox"/> Celebrate all the little wins <input type="checkbox"/> Develop an emotional vocabulary to express complex emotions more accurately <input type="checkbox"/> Practice emotional regulation and learn to calmly provide feedback or pressure <input type="checkbox"/> Start checking in with yourself regularly without judgement 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue reading for pleasure or learning <input type="checkbox"/> Take online courses or certifications to build your skill set <input type="checkbox"/> Listen to podcasts that stimulate your mind beyond just entertainment <input type="checkbox"/> Join a book club or discussion group <input type="checkbox"/> Find a creative outlet separate from your work <input type="checkbox"/> Stay curious about your work <input type="checkbox"/> Visit museums, exhibits, or lectures in your new city <input type="checkbox"/> Attend professional development events like conferences or webinars <input type="checkbox"/> Teach others what you know through mentorship 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete the Post-Graduation Survey 6 months after graduation <input type="checkbox"/> Define what "success" looks like in your new chapter of life <input type="checkbox"/> Set professional development goals <input type="checkbox"/> Advocate your needs at work <input type="checkbox"/> Find a mentor or career coach <input type="checkbox"/> Develop a growth mindset <input type="checkbox"/> Request routine performance feedback <input type="checkbox"/> Network intentionally <input type="checkbox"/> Build a personal brand <input type="checkbox"/> Explore side hustles and passions <input type="checkbox"/> Learn when it is time to move onto the next job in your career journey
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Set up your living space that reflects your needs and values <input type="checkbox"/> Create a clutter-free workspace, whether remote or on-site <input type="checkbox"/> Adopt sustainable habits <input type="checkbox"/> Bring nature into your living spaces <input type="checkbox"/> Set digital boundaries when at home <input type="checkbox"/> Create a go-bag or emergency kit, especially if living in an area with natural disasters <input type="checkbox"/> Make sure to routinely change air filters in your home <input type="checkbox"/> Create a cleaning routine to maintain your space while working full time <input type="checkbox"/> Explore your neighborhood for parks and walking routes 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a monthly budget <input type="checkbox"/> Start a professional emergency fund with 1-3 months expenses to begin <input type="checkbox"/> Understand your employee benefits <input type="checkbox"/> Start saving for retirement <input type="checkbox"/> Pay off high interest debt <input type="checkbox"/> Don't miss a student loan repayment <input type="checkbox"/> Live below your means <input type="checkbox"/> Set short- and long-term financial goals <input type="checkbox"/> Separate needs from wants <input type="checkbox"/> Schedule a financial check-in every quarter <input type="checkbox"/> Learn about home ownership and the process involved 	<ul style="list-style-type: none"> <input type="checkbox"/> Revisit your core values <input type="checkbox"/> Create vision boards for work and life <input type="checkbox"/> Establish a personal reflection routine <input type="checkbox"/> Join a community or organization that aligns with your beliefs <input type="checkbox"/> Do a "gut check" with any major life decision <input type="checkbox"/> Volunteer for causes that you believe in <input type="checkbox"/> Listen to others' beliefs and engage in constructive conversation <input type="checkbox"/> Spend time in nature regularly <input type="checkbox"/> Explore how your life and work align with your purpose <input type="checkbox"/> Practice gratitude frequently 	<ul style="list-style-type: none"> <input type="checkbox"/> Create a consistent sleep schedule <input type="checkbox"/> Stay physically active <input type="checkbox"/> Meal prep or cook at home <input type="checkbox"/> Find a primary care physician <input type="checkbox"/> Take your Paid Time Off and Rest <input type="checkbox"/> Get regular check-ups <input type="checkbox"/> Find a gym in your new location <input type="checkbox"/> Drink plenty of water <input type="checkbox"/> Celebrate what your body can do – focus on movement and function <input type="checkbox"/> Join a recreation league in your city <input type="checkbox"/> Explore any fitness clubs or organizations





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<http://wmich.edu/transitions/wellness-playbook>