

## First Years as Alumni: At-A-Glance

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

