

## Every Year – At-A-Glance

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

