

The First Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ Check in with your Peer2Peer Mentor ☐ Explore a few registered student organizations ☐ Introduce yourself to at least one new person in each of your classes ☐ Sit with someone new in the dining hall and learn more about them ☐ Attend activities hosted by your Residence Hall	☐ Identify two individuals that you can trust and go to when you are stressed ☐ Begin a mood-tracking journal to reflect weekly ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities ☐ Set boundaries around social media and technology use ☐ Schedule downtime each day/week for an emotional recharge	☐ Register for FYE 2100 ☐ Register with Disability Student Services ☐ Learn about Study Abroad ☐ Attend a guest speaker presentation ☐ Meet with your instructors and learn more about their background.	☐ Activate Your Handshake Account ☐ Sign-up and attend Career Academy ☐ Conduct an informational interview to learn more about career paths that interest you
SPRING SEMESTER	☐ Check in with your Peer2Peer Mentor ☐ Take a trip to Downtown Kalamazoo ☐ Attend a K Wings Hockey game ☐ Explore a few registered student organizations ☐ Introduce yourself to someone new in each of your classes ☐ Make a "bucket list" of events to attend this semester	☐ Create a "comfort kit" with items that soothe you ☐ Check in on friends and family every once and a while ☐ Learn and implement stress management technique (meditation, deep breathing, etc.) ☐ Create a playlist that boosts your mood and use it while studying ☐ Learn about emotional intelligence and how to grow it	☐ Learn about WMU Signature ☐ Attend a Study Abroad information session ☐ Attend a guest speaker presentation	☐ Complete the Career Readiness Online Modules ☐ Use mynextmove.org to explore career options ☐ Visit Handshake for employment opportunities ☐ Attend a networking session with employers ☐ Attend a career fair to become familiar with recruitment process
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	☐ Identify your study spot ☐ Personalize and organize your living/study space for productivity and comfort ☐ Learn how to recycle and use eco-friendly resources at WMU ☐ Learn campus safety resources and if needed, practice an emergency ☐ Pick up your EcoEssential item from the Office of Sustainability	☐ Create a monthly college budget ☐ Track all expenses for one month to evaluate spending habits ☐ Learn how easy it is to save for an emergency	☐ Attend a performance at Miller ☐ Explore cultural organizations at WMU and in Kalamazoo ☐ Attend a global event/activity ☐ Set aside time each week for reflection or journaling ☐ Participate in a volunteer activity that aligns with personal values ☐ Identify one personal value you plan to honor this semester	☐ Try a fitness class at the Student Recreation Center ☐ Identify 2-3 personal health and wellness goals ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities
SPRING SEMESTER	☐ Clean and reorganize your personal living/study space ☐ Start using reusable items (bottles, bags, containers) ☐ Utilize Metro Transit Bus System ☐ Figure out housing plans for over the summer and next year	☐ Complete Financial Aid Applications for Summer I and II ☐ Start a basic emergency fund (even saving \$5 a week adds up) ☐ Research credit scores and how to build one responsibility	☐ Read a book, take a course, or attend a presentation that explores different systems and philosophies ☐ Create a vision board reflecting on your future goals and values	☐ Take a Health/Group Fitness class at the Student Recreation Center ☐ Review personal fitness goals and adjust

