

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

