

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

