

## Fourth Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <li><input type="checkbox"/> Go to those campus events you always wanted to go to but haven't</li> <li><input type="checkbox"/> Spend intentional time with your close friends</li> <li><input type="checkbox"/> Make the most of your final year</li> <li><input type="checkbox"/> Work on that Bronco Bucket list</li> <li><input type="checkbox"/> Support your friends and others going through the same transition as you</li> <li><input type="checkbox"/> Expand your network and connect with classmates, professors, and alumni on LinkedIn</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Practice self-care and stress management to navigate job searches</li> <li><input type="checkbox"/> Acknowledge the bittersweet feelings of starting your final year at WMU</li> <li><input type="checkbox"/> Celebrate the small wins</li> <li><input type="checkbox"/> Connect with peers who are going through the same transition</li> <li><input type="checkbox"/> Balance optimism with realism</li> <li><input type="checkbox"/> Visualize your future a year from now</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Apply for Graduate programs</li> <li><input type="checkbox"/> Take a course you've always wanted to take if your schedule allows</li> <li><input type="checkbox"/> Create a personal knowledge library by holding onto articles, notes, and books you'd want to revisit</li> <li><input type="checkbox"/> Read outside your field</li> <li><input type="checkbox"/> Attend guest presentations and lectures while you still can</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure your resume, cover letter, and any other career material are polished and professional</li> <li><input type="checkbox"/> Practice interviewing, either with a friend or by making an appointment with Career and Student Employment Services</li> <li><input type="checkbox"/> Conduct informational interviews with alumni working in areas that interest you</li> <li><input type="checkbox"/> Create a personal portfolio or website</li> <li><input type="checkbox"/> Search for and apply to jobs</li> </ul>
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <li><input type="checkbox"/> Decorate your space intentionally with plants, photos, or calming elements that inspire focus and peace</li> <li><input type="checkbox"/> Unplug from technology every now and then during your week</li> <li><input type="checkbox"/> Volunteer for a campus clean up or garden program</li> <li><input type="checkbox"/> Study in different spaces (and campuses) to change up your scenery</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Understand how the student loan repayment plan works</li> <li><input type="checkbox"/> Explore loan forgiveness programs, especially if you plan to work in public service or education</li> <li><input type="checkbox"/> Use those student discounts while you can</li> <li><input type="checkbox"/> Create your "grad budget" including moving, transitioning costs and any job search expenses</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Create a vision of your future</li> <li><input type="checkbox"/> Ask deeper questions about your identity, legacy, and purpose</li> <li><input type="checkbox"/> Explore other philosophical or spiritual traditions by attending events, talks, or taking a class</li> <li><input type="checkbox"/> Create what will become traditions</li> <li><input type="checkbox"/> Practice mindfulness or grounding techniques, especially in stressful situations</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> It is never too late to start a workout routine</li> <li><input type="checkbox"/> Prioritize sleep</li> <li><input type="checkbox"/> Stay hydrated</li> <li><input type="checkbox"/> Take that fitness class you've always wanted to try at the Student Recreation Center</li> <li><input type="checkbox"/> Learn your signs of burnout and how to manage it</li> </ul>



## Fourth Year Snapshot – Second Semester

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<ul style="list-style-type: none"> <li><input type="checkbox"/> Reserve Commencement tickets</li> <li><input type="checkbox"/> Resolve any lingering conflicts</li> <li><input type="checkbox"/> Attend social events and traditions within your major/college</li> <li><input type="checkbox"/> Spend intentional time with close friends</li> <li><input type="checkbox"/> Make the most of your final semester</li> <li><input type="checkbox"/> Curate social media in a way that supports your mental health</li> <li><input type="checkbox"/> Go to those campus events you always wanted to go to but haven't</li> <li><input type="checkbox"/> Finish off your Bronco Bucket List</li> <li><input type="checkbox"/> Attend Commencement and graduate!</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take a moment to thank those that supported you on your journey</li> <li><input type="checkbox"/> Order and pick up your Commencement ceremony regalia</li> <li><input type="checkbox"/> Write 2-3 thank you notes and deliver them</li> <li><input type="checkbox"/> Acknowledge the bittersweet feelings that you are transitioning away from college</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Finish your capstone experience or final projects for your major</li> <li><input type="checkbox"/> Consider starting a blog, podcast, or creative outlet to share all the knowledge you've gained while here at WMU</li> <li><input type="checkbox"/> Work on your writing and communication, especially in persuasive and professional styles</li> <li><input type="checkbox"/> Explore post-graduate certifications or skills</li> <li><input type="checkbox"/> Commit to lifelong learning</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a 1-3 year post-grad plan with flexible but motivating career goals</li> <li><input type="checkbox"/> Join professional associations</li> <li><input type="checkbox"/> Seek mentorship related to the job search</li> <li><input type="checkbox"/> Hone communication, punctuality, and etiquette in all job-seeking contexts</li> <li><input type="checkbox"/> Attend employer information sessions</li> <li><input type="checkbox"/> Search for job</li> </ul>
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <li><input type="checkbox"/> Declutter your living space and prepare to downsize or even move to your next location</li> <li><input type="checkbox"/> Give back to campus by participating in a sustainability initiative</li> <li><input type="checkbox"/> Learn to manage waste, shop responsibly, and care for your environment wherever you go next</li> <li><input type="checkbox"/> Explore future housing options and find safe, affordable post-grad living spaces</li> <li><input type="checkbox"/> Organize your digital space by decluttering your desktop, organize files into folders, and unfollow negative accounts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Develop your post-graduation student loan repayment plan</li> <li><input type="checkbox"/> Build credit responsibly if you haven't started yet</li> <li><input type="checkbox"/> Continue to contribute to your emergency fund</li> <li><input type="checkbox"/> Consider opening a high-yield savings account to get bigger returns on your contributions</li> <li><input type="checkbox"/> Avoid high-interest debt from credit cards or predatory loans</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seek wisdom from mentors or others that offer inspiration/insight</li> <li><input type="checkbox"/> Align your career goals with your personal values</li> <li><input type="checkbox"/> Create a gratitude ritual</li> <li><input type="checkbox"/> Visualize the legacy you want to leave with an organization you're in</li> <li><input type="checkbox"/> Volunteer for a cause that aligns with your beliefs</li> <li><input type="checkbox"/> Reflect on how much you've grown in the time you were here at WMU</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Understand your health insurance post-grad</li> <li><input type="checkbox"/> Keep up with that fitness routine that works for you</li> <li><input type="checkbox"/> Learn some simple go-to meals that you are going to be able to cook at night after working</li> <li><input type="checkbox"/> Schedule routine appointments with doctor, dentist, and eye doctor</li> <li><input type="checkbox"/> Begin searching for a primary care physician if you are moving to a new location post-grad</li> </ul>

