

## The Second Year: At-A-Glance

|                 | Social                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Emotional                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Intellectual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Occupational                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FALL SEMESTER   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend a meeting for a new student organization that you have not participated in before and find out if it matches your interests.</li> <li><input type="checkbox"/> Go to a WMU home football game with your roommates or friends.</li> <li><input type="checkbox"/> Organize a potluck or movie night with your friends.</li> <li><input type="checkbox"/> Host a game night in your residence hall or apartment.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Listen to a mental health or personal growth podcast or the Shift Podcast by the office of student transitions.</li> <li><input type="checkbox"/> Explore a creative hobby like painting, journaling or DIYs.</li> <li><input type="checkbox"/> Try a meditation or guided breathing video or exercise once a week.</li> <li><input type="checkbox"/> Use WMU's YOU platform for mental wellness check-ins.</li> </ul>                                                                                                 | <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore an area of academic interest – take a “fun” course</li> <li><input type="checkbox"/> Monitor your Degree Works Plan and modify as necessary</li> <li><input type="checkbox"/> Explore a professional organization related to your major.</li> <li><input type="checkbox"/> Start a blog/ portfolio related to your passion.</li> </ul>                                                                                 | <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a 30 second “commercial” for introducing yourself</li> <li><input type="checkbox"/> Sign-up and attend Career Academy</li> <li><input type="checkbox"/> Consider taking UNIV 1020 – Career Exploration</li> <li><input type="checkbox"/> Select a pathway in WMU Signature</li> </ul>                                                                                                                 |
| SPRING SEMESTER | <ul style="list-style-type: none"> <li><input type="checkbox"/> Plan a study and snack night with friends before midterms or finals.</li> <li><input type="checkbox"/> Plan a picnic and invite your friends or even people who have been helpful throughout the semester.</li> <li><input type="checkbox"/> Join a service or volunteer club to help out either on or off-campus.</li> </ul>                                                                                                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a playlist of songs that help you feel calm and focused.</li> <li><input type="checkbox"/> Talk with a counselor at Sindecuse (You have up to 8 free counselling sessions available to you).</li> <li><input type="checkbox"/> Choose a word or affirmations to guide you through the semester.</li> </ul>                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore one academic building you have never been in before and see what's offered.</li> <li><input type="checkbox"/> Join a book club.</li> <li><input type="checkbox"/> Use the writing center to improve a paper or project.</li> <li><input type="checkbox"/> Subscribe to a professional newsletter or updates on a social media page related to your major.</li> </ul>                                                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Search for an internship</li> <li><input type="checkbox"/> Record a practice elevator pitch and watch it back refining it.</li> <li><input type="checkbox"/> Take your resume to the writing center to have it revised by a professional.</li> </ul>                                                                                                                                                          |
|                 | Environmental                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Financial                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Spiritual                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Physical                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| FALL SEMESTER   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Find local restaurants that offer student discounts.</li> <li><input type="checkbox"/> Participate in a campus cleanup event or sustainability challenge.</li> <li><input type="checkbox"/> Bring a reusable coffee cup or water bottle with you to campus every day.</li> <li><input type="checkbox"/> Rearrange or decorate your study space to make it more productive and personal.</li> </ul>                              | <ul style="list-style-type: none"> <li><input type="checkbox"/> Look into part-time jobs on campus or in Kalamazoo</li> <li><input type="checkbox"/> Review your monthly budget using a free budgeting app like Mint.</li> <li><input type="checkbox"/> Apply for a scholarship</li> <li><input type="checkbox"/> Set up auto transfers to savings each month to help build a saving culture.</li> <li><input type="checkbox"/> Try a cash-only week to stay mindful of spending.</li> <li><input type="checkbox"/> Compare meal costs between takeout and cooking at home.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Study Abroad</li> <li><input type="checkbox"/> Join the journaling club on campus.</li> <li><input type="checkbox"/> Join the meditation RSO on campus.</li> <li><input type="checkbox"/> Start a gratitude list that you update weekly.</li> <li><input type="checkbox"/> Find a community that shares your beliefs and values.</li> <li><input type="checkbox"/> Practice activities that allow you to slow down.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Visit the climbing wall at the Student Rec center with a friend.</li> <li><input type="checkbox"/> Try a dance fitness class.</li> <li><input type="checkbox"/> Start doing 10-minute stretch sessions between classes.</li> <li><input type="checkbox"/> Take a class that incorporates physical activity.</li> <li><input type="checkbox"/> Take walks on nature trails in and around Kalamazoo.</li> </ul> |
| SPRING SEMESTER | <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore housing options</li> <li><input type="checkbox"/> Donate items that you no longer use (check S.H.E Shed donation bins)</li> <li><input type="checkbox"/> Plan an outdoor day drip.</li> <li><input type="checkbox"/> Try studying outside or in a new study spot</li> <li><input type="checkbox"/> Participate in a sustainability event through the WMU office of sustainability.</li> </ul>                           | <ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a financial literacy event</li> <li><input type="checkbox"/> Make a plan for financing college next year</li> <li><input type="checkbox"/> Compare student loan repayment loans</li> <li><input type="checkbox"/> Plan a low or no cost weekend in Kalamazoo and attend free events.</li> <li><input type="checkbox"/> Review your subscription services.</li> </ul>                                                                                                                                    | <ul style="list-style-type: none"> <li><input type="checkbox"/> Build a calming bedtime routine to wind down or morning routine to start or end each day with intention.</li> <li><input type="checkbox"/> Volunteer with an organization that aligns with your values.</li> <li><input type="checkbox"/> Make a list of your guiding principles and values in life.</li> <li><input type="checkbox"/> Visit a cultural center in Kalamazoo.</li> </ul>                                        | <ul style="list-style-type: none"> <li><input type="checkbox"/> Join a group challenge like a walking goal with friends using a free app like Step Up.</li> <li><input type="checkbox"/> Pack healthy snacks to eat throughout the day to avoid skipping meals.</li> <li><input type="checkbox"/> Set a goal for the number of steps you take each day and be intentional about it. (Recommended are 10,000 steps a day)</li> </ul>                                           |

