

Second Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <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. <input type="checkbox"/> Go to a WMU home football game with your roommates or friends. <input type="checkbox"/> Organize a potluck or movie night with your friends. <input type="checkbox"/> Host a game night in your residence hall or apartment. 	<ul style="list-style-type: none"> <input type="checkbox"/> Listen to a mental health or personal growth podcast or the Shift Podcast by the office of student transitions. <input type="checkbox"/> Explore a creative hobby like painting, journaling or DIYs. <input type="checkbox"/> Try a meditation or guided breathing video or exercise once a week. <input type="checkbox"/> Use WMU's YOU platform for mental wellness check-ins. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore an area of academic interest – take a “fun” course <input type="checkbox"/> Attend Major Excitement <input type="checkbox"/> Monitor your Degree Works Plan and modify as necessary <input type="checkbox"/> Explore a professional organization related to your major. <input type="checkbox"/> Start a blog/ portfolio related to your passion. 	<ul style="list-style-type: none"> <input type="checkbox"/> Develop a 30 second “commercial” for introducing yourself <input type="checkbox"/> Sign-up and attend Career Academy <input type="checkbox"/> Consider taking UNIV 1020 – Career Exploration <input type="checkbox"/> Select a pathway in WMU Signature
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Find local restaurants that offer student discounts. <input type="checkbox"/> Participate in a campus cleanup event or sustainability challenge. <input type="checkbox"/> Bring a reusable coffee cup or water bottle with you to campus every day. <input type="checkbox"/> Rearrange or decorate your study space to make it more productive and personal. 	<ul style="list-style-type: none"> <input type="checkbox"/> Look into part-time jobs on campus or in Kalamazoo <input type="checkbox"/> Review your monthly budget using a free budgeting app like Mint. <input type="checkbox"/> Apply for a scholarship <input type="checkbox"/> Set up auto transfers to savings each month to help build a saving culture. <input type="checkbox"/> Try a cash-only week to stay mindful of spending. <input type="checkbox"/> Compare meal costs between takeout and cooking at home. 	<ul style="list-style-type: none"> <input type="checkbox"/> Study Abroad <input type="checkbox"/> Join the journaling club on campus. <input type="checkbox"/> Join the meditation RSO on campus. <input type="checkbox"/> Start a gratitude list that you update weekly. <input type="checkbox"/> Find a community that shares your beliefs and values. 	<ul style="list-style-type: none"> <input type="checkbox"/> Visit the climbing wall at the Student Rec center with a friend. <input type="checkbox"/> Try a dance fitness class. <input type="checkbox"/> Start doing 10-minute stretch sessions between classes. <input type="checkbox"/> Take a class that incorporates physical activity. <input type="checkbox"/> Take walks on nature trails in and around Kalamazoo.



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<ul style="list-style-type: none"> <input type="checkbox"/> Plan a study and snack night with friends before midterms or finals. <input type="checkbox"/> Plan a picnic and invite your friends or even people who have been helpful throughout the semester. <input type="checkbox"/> Join a service or volunteer club to help out either on or off-campus. 	<ul style="list-style-type: none"> <input type="checkbox"/> Make a playlist of songs that help you feel calm and focused. <input type="checkbox"/> Talk with a counselor at Sindecuse (You have up to 8 free counselling sessions available to you). <input type="checkbox"/> Choose a word or affirmations to guide you through the semester. 	<ul style="list-style-type: none"> <input type="checkbox"/> Explore one academic building you have never been in before and see what's offered. <input type="checkbox"/> Join a book club. <input type="checkbox"/> Use the writing center to improve a paper or project. <input type="checkbox"/> Subscribe to a professional newsletter or updates on a social media page related to your major. 	<ul style="list-style-type: none"> <input type="checkbox"/> Search for an internship <input type="checkbox"/> Record a practice elevator pitch and watch it back refining it. <input type="checkbox"/> Take your resume to the writing center to have it revised by a professional.
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Explore housing options <input type="checkbox"/> Donate items that you no longer use (check S.H.E Shed donation bins) <input type="checkbox"/> Plan an outdoor day drip. <input type="checkbox"/> Try studying outside or in a new study spot <input type="checkbox"/> Participate in a sustainability event through the WMU office of sustainability. 	<ul style="list-style-type: none"> <input type="checkbox"/> Participate in a financial literacy event <input type="checkbox"/> Make a plan for financing college next year <input type="checkbox"/> Compare student loan repayment loans <input type="checkbox"/> Plan a low or no cost weekend in Kalamazoo and attend free events. <input type="checkbox"/> Review your subscription services. 	<ul style="list-style-type: none"> <input type="checkbox"/> Build a calming bedtime routine to wind down or morning routine to start or end each day with intention. <input type="checkbox"/> Volunteer with an organization that aligns with your values. <input type="checkbox"/> Make a list of your guiding principles and values in life. <input type="checkbox"/> Visit a cultural center in Kalamazoo. 	<ul style="list-style-type: none"> <input type="checkbox"/> Join a group challenge like a walking goal with friends using a free app like Step Up. <input type="checkbox"/> Pack healthy snacks to eat throughout the day to avoid skipping meals. <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)

