

Second Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
☐ Attend a meeting for a new student organization that you have not participated in before and find out if it matches your interests. ☐ Go to a WMU home football game with your roommates or friends. ☐ Organize a potluck or movie night with your friends. ☐ Host a game night in your residence hall or apartment.	☐ Listen to a mental health or personal growth podcast or the Shift Podcast by the office of student transitions. ☐ Explore a creative hobby like painting, journaling or DIYs. ☐ Try a meditation or guided breathing video or exercise once a week. ☐ Use WMU's YOU platform for mental wellness check-ins.	☐ Explore an area of academic interest – take a “fun” course ☐ Monitor your Degree Works Plan and modify as necessary ☐ Explore a professional organization related to your major. ☐ Start a blog/ portfolio related to your passion.	☐ Develop a 30 second “commercial” for introducing yourself ☐ Sign-up and attend Career Academy ☐ Consider taking UNIV 1020 – Career Exploration ☐ Select a pathway in WMU Signature
Environmental	Financial	Spiritual	Physical
☐ Find local restaurants that offer student discounts. ☐ Participate in a campus cleanup event or sustainability challenge. ☐ Bring a reusable coffee cup or water bottle with you to campus every day. ☐ Rearrange or decorate your study space to make it more productive and personal.	☐ Look into part-time jobs on campus or in Kalamazoo ☐ Review your monthly budget using a free budgeting app like Mint. ☐ Apply for a scholarship ☐ Set up auto transfers to savings each month to help build a saving culture. ☐ Try a cash-only week to stay mindful of spending. ☐ Compare meal costs between takeout and cooking at home.	☐ Study Abroad ☐ Join the journaling club on campus. ☐ Join the meditation RSO on campus. ☐ Start a gratitude list that you update weekly. ☐ Find a community that shares your beliefs and values.	☐ Visit the climbing wall at the Student Rec center with a friend. ☐ Try a dance fitness class. ☐ Start doing 10-minute stretch sessions between classes. ☐ Take a class that incorporates physical activity. ☐ Take walks on nature trails in and around Kalamazoo.



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☐ Plan a study and snack night with friends before midterms or finals. ☐ Plan a picnic and invite your friends or even people who have been helpful throughout the semester. ☐ Join a service or volunteer club to help out either on or off-campus.	☐ Make a playlist of songs that help you feel calm and focused. ☐ Talk with a counselor at Sindecuse (You have up to 8 free counselling sessions available to you). ☐ Choose a word or affirmations to guide you through the semester.	☐ Explore one academic building you have never been in before and see what's offered. ☐ Join a book club. ☐ Use the writing center to improve a paper or project. ☐ Subscribe to a professional newsletter or updates on a social media page related to your major.	☐ Search for an internship ☐ Record a practice elevator pitch and watch it back refining it. ☐ Take your resume to the writing center to have it revised by a professional.
Environmental	Financial	Spiritual	Physical
☐ Explore housing options ☐ Donate items that you no longer use (check S.H.E Shed donation bins) ☐ Plan an outdoor day drip. ☐ Try studying outside or in a new study spot ☐ Participate in a sustainability event through the WMU office of sustainability.	☐ Participate in a financial literacy event ☐ Make a plan for financing college next year ☐ Compare student loan repayment loans ☐ Plan a low or no cost weekend in Kalamazoo and attend free events. ☐ Review your subscription services.	☐ Build a calming bedtime routine to wind down or morning routine to start or end each day with intention. ☐ Volunteer with an organization that aligns with your values. ☐ Make a list of your guiding principles and values in life. ☐ Visit a cultural center in Kalamazoo.	☐ Join a group challenge like a walking goal with friends using a free app like Step Up. ☐ Pack healthy snacks to eat throughout the day to avoid skipping meals. ☐ Set a goal for the number of steps you take each day and be intentional about it. (Recommended are 10,000 steps a day)

