

Third Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Build deeper connections with classmates in your major <input type="checkbox"/> Balance fun and focus <input type="checkbox"/> Stay open to new friendships <input type="checkbox"/> Be someone else's mentor <input type="checkbox"/> Learn how to give/receive feedback <input type="checkbox"/> Check in on friends during stressful seasons 	<ul style="list-style-type: none"> <input type="checkbox"/> Talk to trusted mentors about wellbeing <input type="checkbox"/> Create a semester check-in ritual <input type="checkbox"/> Develop sustainable routines with sleep, breaks, productivity, etc. <input type="checkbox"/> Lean into vulnerability in friends <input type="checkbox"/> Practice saying no <input type="checkbox"/> Explore healthy romantic relationships 	<ul style="list-style-type: none"> <input type="checkbox"/> Meet with Fulbright/Boren advisors to discuss post-undergraduate studies and research opportunities abroad <input type="checkbox"/> Dive deep into your coursework for your major <input type="checkbox"/> Ask bigger questions about your field/discipline <input type="checkbox"/> Collaborate with faculty outside of class <input type="checkbox"/> Seek research opportunities <input type="checkbox"/> Revisit your academic "why?" <input type="checkbox"/> Use your electives strategically 	<ul style="list-style-type: none"> <input type="checkbox"/> Take on a leadership role within your registered student organization <input type="checkbox"/> Check on the progress of your WMU Signature Pathway <input type="checkbox"/> Secure an internship <input type="checkbox"/> Create the master cover letter and resume with all your experiences <input type="checkbox"/> Explore professional organizations in your career field <input type="checkbox"/> Build a simple portfolio with sample work
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Redesign your study space for focus <input type="checkbox"/> Get off campus regularly <input type="checkbox"/> Keep your space clean and functional <input type="checkbox"/> Seek natural light <input type="checkbox"/> Experiment with plant care or small décor changes <input type="checkbox"/> Explore an area of Kalamazoo that looks great in the fall 	<ul style="list-style-type: none"> <input type="checkbox"/> Open a savings account (or boost it) <input type="checkbox"/> Track your spending for the new semester <input type="checkbox"/> Practice comparison shopping and buy the best deal <input type="checkbox"/> Use those student discounts <input type="checkbox"/> Start building credit responsibly <input type="checkbox"/> Set a concrete financial goal 	<ul style="list-style-type: none"> <input type="checkbox"/> Revisit your core values <input type="checkbox"/> Seek purpose in your major or career path <input type="checkbox"/> Find community that reflects your beliefs <input type="checkbox"/> Explore how your background has shaped your identity <input type="checkbox"/> Connect with a mentor or advisor <input type="checkbox"/> Reflect at the end of each semester <input type="checkbox"/> Create a meditation practice 	<ul style="list-style-type: none"> <input type="checkbox"/> Create the routine that handles the new semester of responsibilities <input type="checkbox"/> Try a fitness class or intramural sport in the Student Recreation Center <input type="checkbox"/> Build a healthy snack collection that you can rely on for a quick fix <input type="checkbox"/> Listen to your body and rest when needed



Third Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
<ul style="list-style-type: none"> <input type="checkbox"/> Reflect on how your identity is shaped socially <input type="checkbox"/> Make one-on-one time with people you value <input type="checkbox"/> Seek social spaces inside and outside of your major <input type="checkbox"/> Learn to actively listen 	<ul style="list-style-type: none"> <input type="checkbox"/> Build emotional resilience – use setbacks as an opportunity for growth <input type="checkbox"/> Celebrate progress, not just outcomes <input type="checkbox"/> Let yourself change your mind <input type="checkbox"/> Address imposter syndrome head-on <input type="checkbox"/> Prioritize rest without guilt 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend a conference or present your work <input type="checkbox"/> Look into joining an honor society <input type="checkbox"/> Perfect your study strategies <input type="checkbox"/> Apply for graduation 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask faculty or mentors for career guidance <input type="checkbox"/> Start building your professional wardrobe <input type="checkbox"/> Explore other post-grad options like graduate school <input type="checkbox"/> Identify 2-3 “dream jobs”
Environmental	Financial	Spiritual	Physical
<ul style="list-style-type: none"> <input type="checkbox"/> Check living environment for any hazards or health factors <input type="checkbox"/> Reduce distractions, both physically and digitally <input type="checkbox"/> Declutter and donate <input type="checkbox"/> Reuse, thrift, or repurpose <input type="checkbox"/> Engage in a project that benefits campus 	<ul style="list-style-type: none"> <input type="checkbox"/> Begin thinking about post-grad relocation costs <input type="checkbox"/> Apply to scholarships for your senior year <input type="checkbox"/> Start to explore student loan repayment <input type="checkbox"/> Start exploring salary expectations for your field <input type="checkbox"/> 	<ul style="list-style-type: none"> <input type="checkbox"/> Make time for silence and solitude <input type="checkbox"/> Explore events and activities hosted by other cultures and beliefs of your own <input type="checkbox"/> Have deep conversations with friends about some of life's bigger questions <input type="checkbox"/> Create and practice gratitude <input type="checkbox"/> Study abroad 	<ul style="list-style-type: none"> <input type="checkbox"/> Get your annual check-ups <input type="checkbox"/> Learn and prep one meal <input type="checkbox"/> Learn and build a wind-down routine <input type="checkbox"/> Schedule exercise like it is a class <input type="checkbox"/> Plan ahead to avoid those all-nighters

