

WMU Well-Being Playbook

Introduction

Welcome to your well-being playbook. The following is not a step-by-step or a recipe on how to properly do college. Instead, this playbook outlines and highlights many of the opportunities that will present themselves to you over your time at WMU. It also shows how actively engaging in these opportunities will help develop you into a well-rounded WMU Bronco, in college and beyond.

There are two different types of pages. **At-A-Glance** pages are an opportunity to print and post these in your common spaces so you can see your entire year in front of you. The **Semester Snapshots** offer you an opportunity to use the empty space to add your own opportunities and customize your semester for YOU. This customization truly turns the WMU Well-Being playbook into your personal “choose your own adventure,” all while developing you into a well-rounded Bronco ready for whatever your future holds.



Pre-Arrival Preparedness Plan

- ☐ Apply to WMU
- ☐ Attend an Admitted Student Event
- ☐ Register and Attend Summer Orientation
- ☐ Register and attend a Transfer Student Orientation (if transferring to WMU)
- ☐ Complete Online Modules
- ☐ Complete Online Transition Modules (if transferring to WMU)

Preparing for the Semester

- ☐ View academic calendar at wmich.edu/registrar/academic-calendar-2025-26
- ☐ Explore purchasing or renting textbooks
- ☐ Review WMU Alert options at wmudps.wmich.edu/safety-info.php#alert
- ☐ Sign up for visitor text alerts by texting WMUPublicSafety (not case-sensitive) to one of the following numbers: 226787 or 67283
- ☐ Students with disabilities should request accommodation through Disability Services for Students by filling out the DSS-Accommodate Public Form. Review the form and get questions answered at wmich.edu/disabilityservices/eligibility-process
- ☐ The day after you register for classes, activate your two-factor authentication. It is very important to do this before August. Learn more at wmich.edu/it/2FA
- ☐ Submit final high school and/or college transcripts, and AP/IB test scores to avoid delays in financial aid disbursement and future course registration

Health and Wellness

- ☐ Take pictures of any insurance cards you might need and keep them in your phone. You can also upload a copy to your account in Sindecuse's patient portal as needed
- ☐ Consider transferring prescriptions to Sindecuse Pharmacy
- ☐ If under 18, have a parent or guardian complete and sign the Medical Treatment for Minors Authorization form at wmich.edu/sites/default/files/attachments/u89/2023/Minor-Treatment_form021_2023.pdf

General Readiness Tasks

- ☐ Encourage parents and family to sign up to receive the Family Connection newsletter at wmich.edu/studentaffairs/familysignup
- ☐ Learn some life skills like doing the laundry, how to manage your bank account, eating well, etc.
- ☐ Check your WMU email frequently over the summer to build the habit of checking regularly while you are here as a student
- ☐ If you plan to work on campus while at WMU, make sure you have the appropriate documentation to show your identity and authorization to work.
- ☐ Review move-in schedule, packing lists, and helpful tips at wmich.edu/housing/new-students
- ☐ Get really REALLY excited to move to WMU
- ☐ Attend Fall Welcome



Every Year – At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ Attend Bronco Bash ☐ Attend Homecoming Activities ☐ Attend a WMU fall/winter sporting event (Football, Volleyball, Hockey, Soccer) ☐ Try a restaurant Downtown that you have not been to before ☐ Attend residence hall or student organization events ☐ Introduce yourself to at least one new classmate	☐ Practice self-care ☐ Use stress management techniques ☐ Schedule downtime and maintain balance between responsibilities and rest ☐ Visit Sindecuse Health Center for emotional health services ☐ Seek support from friends/mentors	☐ Finalize your semester schedule ☐ Meet with your instructors during their office hours ☐ Schedule an appointment with your Academic Advisor to go over your Spring Course selection ☐ Register for your Spring Semester ☐ Utilize support services like the Bronco Study Zone and the Writing Center ☐ Go to the Library and seek assistance with your research. ☐ Check mid-term & final grades	☐ Create/Update your Handshake profile ☐ Review/Update your career materials (resume, cover letter, etc.) ☐ Sign-up and attend Career Academy ☐ Search Handshake or visit departments for a part-time job. ☐ Apply for a peer leader position with the Office of Student Transitions ☐ Practice interviewing ☐ Check your WMU email often
SPRING SEMESTER	☐ Attend a WMU winter/spring sporting (Hockey, Basketball, Volleyball, Baseball, Softball) ☐ Visit a store Downtown that you have not been to before ☐ Introduce yourself to at least one new classmate	☐ Practice self-care ☐ Use stress management techniques ☐ Schedule downtime and maintain balance between responsibilities and rest ☐ Visit Sindecuse Health Center for emotional health services ☐ Check mid-term grades ☐ Check final grades	☐ Finalize your semester schedule ☐ Meet with your instructors during their office hours ☐ Schedule an appointment with your Academic Advisor to go over your Summer/Fall Course selection ☐ Register for Summer/Fall Semester ☐ Utilize support services like the Bronco Study Zone and the Writing Center ☐ Review your Degree Works plan for graduation	☐ Attend a Career Fair ☐ Apply for internships or other employment for the summer ☐ Select your WMU Signature pathway and routinely check on its progress ☐ Check your WMU email often
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	☐ Personalize your living/study spaces ☐ Recycle or use eco-friendly items ☐ Utilize public transportation ☐ Explore nature around Kalamazoo ☐ Visit East Campus, Parkview Campus, or the Aviation Campus	☐ Complete your FAFSA ☐ Review the WMU Scholarship Database ☐ Visit Bronco Express for financial questions ☐ Track expenses ☐ Create budgets ☐ Contribute to an emergency fund (even \$5 a week adds up)	☐ Attend International Festival ☐ Attend Fall Fab Fest ☐ Attend Campus Coming Out Activities ☐ Create a vision board for the year ☐ Volunteer in something that aligns with your values ☐ Reflect/Journal frequently ☐ See a show at Miller Auditorium or Gilmore Theatre	☐ Participate in the Turkey Trot ☐ Get your flu shot ☐ Visit the Student Recreation Center ☐ Join an intramural sport ☐ Set and track personal fitness goals ☐ Maintain a balanced routine (sleep, nutrition, movement) ☐ Visit Sindecuse Health Center for any physical health service
SPRING SEMESTER	☐ Organize your living/studying spaces ☐ Clean/declutter and donate unused/unwanted household items to S.H.E. Shed ☐ Explore housing plans for summer and the following year	☐ Participate in financial literacy events ☐ Complete Financial Aid Applications for Summer I and II ☐ Track expenses ☐ Create budgets ☐ Contribute to an emergency fund (even \$5 a week adds up)	☐ Attend International Bazaar ☐ Attend a global, cultural, or philosophical event on campus or within the Kalamazoo community ☐ Participate in Spring into the Streets ☐ Reflect/Journal frequently ☐ See a show at Miller Auditorium or Gilmore Theatre	☐ Participate in New Year, New You at the Student Recreation Center ☐ Visit the Student Recreation Center ☐ Join an intramural sport ☐ Set and track personal fitness goals ☐ Maintain a balanced routine (sleep, nutrition, movement) ☐ Visit Sindecuse Health Center for any physical health service



Your identity is a process that should be meaningful to you. It may change and shape you as you explore all the WMU offers. These items are not to be completed as quickly as possible. Sprinkle them throughout your time here at WMU. Explore. Grow. Thrive!

Identity	
Finding and Building Your Identity for YOU	Building Your Identity as a WMU Bronco
☐ Take FYE 2100 your first semester ☐ Consider taking UNIV 1020 – Career Exploration ☐ Complete the Career Readiness Online Modules ☐ Consider taking StrengthsQuest and receiving coaching from Career and Student Employment Services ☐ Discover various Registered Student Organizations that align with your values and interests ☐ Explore organizations on campus or in the Kalamazoo Community that align with your values ☐ Volunteer with an organization that aligns with your values ☐ Use mynextmove.org to explore career opportunities ☐ Take a “fun” course in an academic area of interest ☐ Seek leadership opportunities that align with your values and interests ☐ Create a vision board – reflecting on personal values, goals, and identity ☐ Choose and attend a program from Health Promotion and Education ☐ Choose the WMU Signature pathway that resonates most with you ☐ Learn about and consider studying abroad for a summer/semester ☐ Engage in deep conversations with your friends and/or family ☐ Seek mentorship and be open to mentoring someone as well ☐ Explore the intersectionality of your identities and how they shape who you are ☐ Curate a personal playlist that represents YOU ☐ Learn about others' journeys in how they got to where they are and be comfortable in sharing your journey ☐ Regularly reflect on your growth and assess how well you are achieving your goals ☐ Create boundaries that honor your identity and learn how to say no ☐ Seek out resources that build your ability to self-advocate (Office of LGBT Student Services, Disability Services for Students, Office of Student Engagement, Multicultural Affairs, etc.)	☐ Eat a Sweetwater's Donut ☐ Have a Two Fellas Wrap ☐ Have a Den Pop ☐ Take a picture with the Bronco outside of Read Field House and the Student Recreation Center ☐ See the view of campus from the top of Sprau Tower ☐ Attend a WMU Sporting Event ☐ Get involved in at least one Registered Student Organization ☐ Go Skating at Lawson Ice Arena ☐ Visit the Kalamazoo Air Zoo ☐ Go to Art Hop ☐ Explore the Kalamazoo Farmers Market ☐ Say “Go Broncos!” unironically ☐ High Five Buster Bronco ☐ Watch the sunrise on East Campus ☐ Chicken Tender Tuesday at University Roadhouse ☐ Check out the local breweries (21+) and coffee shops ☐ Bike the KRVT (Kalamazoo River Valley Trail) ☐ Take a hammock nap on campus ☐ Go apple picking at Gull Meadow Farms ☐ Avoid stepping on the W by the library AT ALL COSTS ☐ Participate in “Stuff a Plush” with the Campus Activities Board ☐ Attend Vintage in the Zoo ☐ Sled down one of the many hills on campus ☐ Learn the fight song and alma mater ☐ Get honked at by the campus geese ☐ Catch a sunset at the beach in South Haven ☐ Get that late night sweet treat with your friends ☐ Visit Asylum Lake ☐ Use your student id to pick up student tickets to shows at Miller Auditorium ☐ Attend a Western Student Association (WSA) Meeting ☐ Paint the rocks ☐ Have a moment where you realize how much you've grown



The First Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ Check in with your Peer2Peer Mentor ☐ Explore a few registered student organizations ☐ Introduce yourself to at least one new person in each of your classes ☐ Sit with someone new in the dining hall and learn more about them ☐ Attend activities hosted by your Residence Hall	☐ Identify two individuals that you can trust and go to when you are stressed ☐ Begin a mood-tracking journal to reflect weekly ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities ☐ Set boundaries around social media and technology use ☐ Schedule downtime each day/week for an emotional recharge	☐ Register for FYE 2100 ☐ Register with Disability Student Services ☐ Learn about Study Abroad ☐ Attend a guest speaker presentation ☐ Meet with your instructors and learn more about their background.	☐ Activate Your Handshake Account ☐ Sign-up and attend Career Academy ☐ Conduct an informational interview to learn more about career paths that interest you
SPRING SEMESTER	☐ Check in with your Peer2Peer Mentor ☐ Take a trip to Downtown Kalamazoo ☐ Attend a K Wings Hockey game ☐ Explore a few registered student organizations ☐ Introduce yourself to someone new in each of your classes ☐ Make a "bucket list" of events to attend this semester	☐ Create a "comfort kit" with items that soothe you ☐ Check in on friends and family every once and a while ☐ Learn and implement stress management technique (meditation, deep breathing, etc.) ☐ Create a playlist that boosts your mood and use it while studying ☐ Learn about emotional intelligence and how to grow it	☐ Learn about WMU Signature ☐ Attend a Study Abroad information session ☐ Attend a guest speaker presentation	☐ Complete the Career Readiness Online Modules ☐ Use mynextmove.org to explore career options ☐ Visit Handshake for employment opportunities ☐ Attend a networking session with employers ☐ Attend a career fair to become familiar with recruitment process
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	☐ Identify your study spot ☐ Personalize and organize your living/study space for productivity and comfort ☐ Learn how to recycle and use eco-friendly resources at WMU ☐ Learn campus safety resources and if needed, practice an emergency ☐ Pick up your EcoEssential item from the Office of Sustainability	☐ Create a monthly college budget ☐ Track all expenses for one month to evaluate spending habits ☐ Learn how easy it is to save for an emergency	☐ Attend a performance at Miller ☐ Explore cultural organizations at WMU and in Kalamazoo ☐ Attend a global event/activity ☐ Set aside time each week for reflection or journaling ☐ Participate in a volunteer activity that aligns with personal values ☐ Identify one personal value you plan to honor this semester	☐ Try a fitness class at the Student Recreation Center ☐ Identify 2-3 personal health and wellness goals ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities
SPRING SEMESTER	☐ Clean and reorganize your personal living/study space ☐ Start using reusable items (bottles, bags, containers) ☐ Utilize Metro Transit Bus System ☐ Figure out housing plans for over the summer and next year	☐ Complete Financial Aid Applications for Summer I and II ☐ Start a basic emergency fund (even saving \$5 a week adds up) ☐ Research credit scores and how to build one responsibility	☐ Read a book, take a course, or attend a presentation that explores different systems and philosophies ☐ Create a vision board reflecting on your future goals and values	☐ Take a Health/Group Fitness class at the Student Recreation Center ☐ Review personal fitness goals and adjust



First Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
☐ Check in with your Peer2Peer Mentor ☐ Explore a few registered student organizations ☐ Introduce yourself to at least one new person in each of your classes ☐ Sit with someone new in the dining hall and learn more about them ☐ Attend activities hosted by your Residence Hall	☐ Identify two individuals that you can trust and go to when you are stressed ☐ Use a resource like Welltrack to track your mood ☐ Check in on friends and family every once and a while ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities ☐ Create a “comfort kit” with items that soothe you ☐ Set boundaries around social media and technology use ☐ Schedule downtime each day/week for an emotional recharge	☐ Register for FYE 2100 ☐ Register with Disability Student Services ☐ Learn about Study Abroad ☐ Attend a guest speaker presentation ☐ Meet with your instructors and learn more about their background	☐ Activate Your Handshake Account ☐ Sign-up and attend Career Academy ☐ Conduct an informational interview to learn more about career paths that interest you
Environmental	Financial	Spiritual	Physical
☐ Identify your study spot ☐ Personalize and organize your living/study space for productivity and comfort ☐ Learn how to recycle and use eco-friendly resources at WMU ☐ Learn campus safety resources and if needed, practice an emergency drill ☐ Pick up your EcoEssential item from the Office of Sustainability	☐ Create a monthly college budget ☐ Track all expenses for one month to evaluate spending habits ☐ Learn how easy it is to save for an emergency	☐ Attend a performance at Miller ☐ Explore cultural organizations at WMU and in Kalamazoo ☐ Attend a global event/activity ☐ Set aside time each week for reflection or journaling ☐ Participate in a volunteer activity that aligns with personal values ☐ Identify one personal value you plan to honor this semester	☐ Try a fitness class at the Student Recreation Center ☐ Identify 2-3 personal health and wellness goals ☐ Create a balanced routine between sleeping, eating, going to class, studying, and participating in community activities



First Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
☐ Check in with your Peer2Peer Mentor ☐ Take a trip to Downtown Kalamazoo ☐ Attend a K Wings Hockey game ☐ Explore a few registered student organizations ☐ Introduce yourself to someone new in each of your classes ☐ Make a "bucket list" of events to attend this semester	☐ Identify your study spot ☐ Practice self-care weekly (yoga, walks, art, etc.) ☐ Learn and implement stress management technique (meditation, deep breathing, etc.) ☐ Create a playlist that boosts your mood and use it while studying ☐ Learn about emotional intelligence and how to grow it ☐ Reach out to someone you trust when you are feeling overwhelmed	☐ Learn about WMU Signature ☐ Attend a Study Abroad information session ☐ Attend a guest speaker presentation	☐ Complete the Career Readiness Online Modules ☐ Use Mynextmove.org to explore career options ☐ Visit Handshake for employment opportunities ☐ Attend a networking session with employers ☐ Attend a career fair to become familiar with recruitment process
Environmental	Financial	Spiritual	Physical
☐ Clean and reorganize your personal living/study space ☐ Start using reusable items (bottles, bags, containers) ☐ Utilize Metro Transit Bus System ☐ Figure out housing plans for over the summer and next year	☐ Complete Financial Aid Applications for Summer I and II ☐ Start a basic emergency fund (even saving \$5 a week adds up) ☐ Research credit scores and how to build one responsibility	☐ Read a book, take a course, or attend a presentation that explores different systems and philosophies ☐ Create a vision board reflecting on your future goals and values	☐ Take a Health/Group Fitness class at the Student Recreation Center ☐ Review personal fitness goals and adjust



The Second Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ 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
SPRING SEMESTER	☐ 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
FALL SEMESTER	☐ 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. ☐ Practice activities that allow you to slow down.	☐ 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.
SPRING SEMESTER	☐ 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)



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.



Second Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
☐ 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)



The Third Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ Build deeper connections with classmates in your major ☐ Balance fun and focus ☐ Stay open to new friendships ☐ Be someone else's mentor ☐ Learn how to give/receive feedback ☐ Check in on friends during stressful seasons	☐ Talk to trusted mentors about wellbeing ☐ Create a semester check-in ritual ☐ Develop sustainable routines with sleep, breaks, productivity, etc. ☐ Lean into vulnerability in friends ☐ Practice saying no ☐ Explore healthy romantic relationships	☐ Meet with Fulbright/Boren advisors to discuss post-undergraduate studies and research opportunities abroad ☐ Dive deep into your coursework for your major ☐ Ask bigger questions about your field/discipline ☐ Collaborate with faculty outside of class ☐ Seek research opportunities ☐ Revisit your academic "why?" ☐ Use your electives strategically	☐ Take on a leadership role within your registered student organization ☐ Check on the progress of your WMU Signature Pathway ☐ Secure an internship ☐ Create the master cover letter and resume with all of your experiences ☐ Explore professional organizations in your career field ☐ Build a simple portfolio with sample work
SPRING SEMESTER	☐ Reflect on how your identity is shaped socially ☐ Make one-on-one time with people you value ☐ Seek social spaces inside and outside of your major ☐ Learn to actively listen	☐ Build emotional resilience – use setbacks as an opportunity for growth ☐ Celebrate progress, not just outcomes ☐ Let yourself change your mind ☐ Address imposter syndrome head-on ☐ Prioritize rest without guilt	☐ Attend a conference or present your work ☐ Look into joining an honor society ☐ Perfect your study strategies ☐ Apply for graduation	☐ Ask faculty or mentors for career guidance ☐ Start building your professional wardrobe ☐ Explore other post-grad options like graduate school ☐ Identify 2-3 "dream jobs"
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	☐ Redesign your study space for focus ☐ Get off campus regularly ☐ Keep your space clean and functional ☐ Seek natural light ☐ Experiment with plant care or small décor changes ☐ Explore an area of Kalamazoo that looks great in the fall	☐ Open a savings account (or boost it) ☐ Track your spending for the new semester ☐ Practice comparison shopping and buy the best deal ☐ Use those student discounts ☐ Start building credit responsibly ☐ Set a concrete financial goal	☐ Revisit your core values ☐ Seek purpose in your major or career path ☐ Find community that reflects your beliefs ☐ Explore how your background has shaped your identity ☐ Connect with a mentor or advisor ☐ Reflect at the end of each semester ☐ Create a meditation practice	☐ Create the routine that handles the new semester of responsibilities ☐ Try a fitness class or intramural sport in the Student Recreation Center ☐ Build a healthy snack collection that you can rely on for a quick fix ☐ Listen to your body and rest when needed
SPRING SEMESTER	☐ Check living environment for any hazards or health factors ☐ Reduce distractions, both physically and digitally ☐ Declutter and donate ☐ Reuse, thrift, or repurpose ☐ Engage in a project that benefits campus	☐ Begin thinking about post-grad relocation costs ☐ Apply to scholarships for your senior year ☐ Start to explore student loan repayment ☐ Start exploring salary expectations for your field	☐ Make time for silence and solitude ☐ Explore events and activities hosted by other cultures and beliefs of your own ☐ Have deep conversations with friends about some of life's bigger questions ☐ Create and practice gratitude ☐ Study abroad	☐ Get your annual check-ups ☐ Learn and prep one meal ☐ Learn and build a wind-down routine ☐ Schedule exercise like it is a class ☐ Plan ahead to avoid those all-nighters



Third Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
☐ Build deeper connections with classmates in your major ☐ Balance fun and focus ☐ Stay open to new friendships ☐ Be someone else's mentor ☐ Learn how to give/receive feedback ☐ Check in on friends during stressful seasons	☐ Talk to trusted mentors about wellbeing ☐ Create a semester check-in ritual ☐ Develop sustainable routines with sleep, breaks, productivity, etc. ☐ Lean into vulnerability in friends ☐ Practice saying no ☐ Explore healthy romantic relationships	☐ Meet with Fulbright/Boren advisors to discuss post-undergraduate studies and research opportunities abroad ☐ Dive deep into your coursework for your major ☐ Ask bigger questions about your field/discipline ☐ Collaborate with faculty outside of class ☐ Seek research opportunities ☐ Revisit your academic "why?" ☐ Use your electives strategically	☐ Take on a leadership role within your registered student organization ☐ Check on the progress of your WMU Signature Pathway ☐ Secure an internship ☐ Create the master cover letter and resume with all your experiences ☐ Explore professional organizations in your career field ☐ Build a simple portfolio with sample work
Environmental	Financial	Spiritual	Physical
☐ Redesign your study space for focus ☐ Get off campus regularly ☐ Keep your space clean and functional ☐ Seek natural light ☐ Experiment with plant care or small décor changes ☐ Explore an area of Kalamazoo that looks great in the fall	☐ Open a savings account (or boost it) ☐ Track your spending for the new semester ☐ Practice comparison shopping and buy the best deal ☐ Use those student discounts ☐ Start building credit responsibly ☐ Set a concrete financial goal	☐ Revisit your core values ☐ Seek purpose in your major or career path ☐ Find community that reflects your beliefs ☐ Explore how your background has shaped your identity ☐ Connect with a mentor or advisor ☐ Reflect at the end of each semester ☐ Create a meditation practice	☐ Create the routine that handles the new semester of responsibilities ☐ Try a fitness class or intramural sport in the Student Recreation Center ☐ Build a healthy snack collection that you can rely on for a quick fix ☐ Listen to your body and rest when needed



Third Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
☐ Reflect on how your identity is shaped socially ☐ Make one-on-one time with people you value ☐ Seek social spaces inside and outside of your major ☐ Learn to actively listen	☐ Build emotional resilience – use setbacks as an opportunity for growth ☐ Celebrate progress, not just outcomes ☐ Let yourself change your mind ☐ Address imposter syndrome head-on ☐ Prioritize rest without guilt	☐ Attend a conference or present your work ☐ Look into joining an honor society ☐ Perfect your study strategies ☐ Apply for graduation	☐ Ask faculty or mentors for career guidance ☐ Start building your professional wardrobe ☐ Explore other post-grad options like graduate school ☐ Identify 2-3 “dream jobs”
Environmental	Financial	Spiritual	Physical
☐ Check living environment for any hazards or health factors ☐ Reduce distractions, both physically and digitally ☐ Declutter and donate ☐ Reuse, thrift, or repurpose ☐ Engage in a project that benefits campus	☐ Begin thinking about post-grad relocation costs ☐ Apply to scholarships for your senior year ☐ Start to explore student loan repayment ☐ Start exploring salary expectations for your field ☐	☐ Make time for silence and solitude ☐ Explore events and activities hosted by other cultures and beliefs of your own ☐ Have deep conversations with friends about some of life's bigger questions ☐ Create and practice gratitude ☐ Study abroad	☐ Get your annual check-ups ☐ Learn and prep one meal ☐ Learn and build a wind-down routine ☐ Schedule exercise like it is a class ☐ Plan ahead to avoid those all-nighters



The Fourth Year: At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	☐ Go to those campus events you always wanted to go to but haven't ☐ Spend intentional time with your close friends ☐ Make the most of your final year ☐ Work on that Bronco Bucket list ☐ Support your friends and others going through the same transition as you ☐ Expand your network and connect with classmates, professors, and alumni on LinkedIn	☐ Practice self-care and stress management to navigate job searches ☐ Acknowledge the bittersweet feelings of starting your final year at WMU ☐ Celebrate the small wins ☐ Connect with peers who are going through the same transition ☐ Balance optimism with realism ☐ Visualize your future a year from now	☐ Apply for Graduate programs ☐ Take a course you've always wanted to take if your schedule allows ☐ Create a personal knowledge library by holding onto articles, notes, and books you'd want to revisit ☐ Read outside your field ☐ Attend guest presentations and lectures while you still can	☐ Make sure your resume, cover letter, and any other career material are polished and professional ☐ Practice interviewing, either with a friend or by making an appointment with Career and Student Employment Services ☐ Conduct informational interviews with alumni working in areas that interest you ☐ Create a personal portfolio or website ☐ Search for and apply to jobs
SPRING SEMESTER	☐ Reserve Commencement tickets ☐ Resolve any lingering conflicts ☐ Attend social events and traditions within your major/college ☐ Spend intentional time with close friends ☐ Make the most of your final semester ☐ Go to those campus events you always wanted to go to but haven't ☐ Finish off your Bronco Bucket List ☐ Attend Commencement and graduate!	☐ Take a moment to thank those that supported you on your journey ☐ Order and pick up your Commencement ceremony regalia ☐ Write 2-3 thank you notes and deliver them ☐ Acknowledge the bittersweet feelings that you are transitioning away from college ☐ Curate social media in a way that supports your mental health	☐ Finish your capstone experience or final projects for your major ☐ Consider starting a blog, podcast, or creative outlet to share all the knowledge you've gained ☐ Work on your writing and communication, especially in persuasive and professional styles ☐ Explore post-graduate certifications or skills ☐ Commit to lifelong learning	☐ Develop a 1-3 year post-grad plan with flexible but motivating career goals ☐ Join professional associations ☐ Seek mentorship related to the job search ☐ Hone communication, punctuality, and etiquette in all job-seeking contexts ☐ Attend employer information sessions ☐ Search for job
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	☐ Decorate your space intentionally with plants, photos, or calming elements that inspire focus and peace ☐ Unplug from technology every now and then during your week ☐ Volunteer for a campus clean up or garden program ☐ Study in different spaces (and campuses) to change up your scenery	☐ Understand how the student loan repayment plan works ☐ Explore loan forgiveness programs, especially if you plan to work in public service or education ☐ Use those student discounts while you can ☐ Create your "grad budget" including moving, transitioning costs and any job search expenses	☐ Create a vision of your future ☐ Ask deeper questions about your identity, legacy, and purpose ☐ Explore other philosophical or spiritual traditions by attending events, talks, or taking a class ☐ Create what will become traditions ☐ Practice mindfulness or grounding techniques, especially in stressful situations	☐ It is never too late to start a workout routine ☐ Prioritize sleep ☐ Stay hydrated ☐ Take that fitness class you've always wanted to try at the Student Recreation Center ☐ Learn your signs of burnout and how to manage it
SPRING SEMESTER	☐ Declutter your living space and prepare to downsize or even move to your next location ☐ Give back to campus by participating in a sustainability initiative ☐ Learn to manage waste, shop responsibly, and care for your environment wherever you go next ☐ Explore future housing options and find safe, affordable post-grad living spaces	☐ Develop your post-graduation student loan repayment plan ☐ Build credit responsibly if you haven't started yet ☐ Continue to contribute to your emergency fund ☐ Consider opening a high-yield savings account to get bigger returns on your contributions ☐ Avoid high-interest debt from credit cards or predatory loans	☐ Seek wisdom from mentors or others that offer inspiration/insight ☐ Align your career goals with your personal values ☐ Create a gratitude ritual ☐ Visualize the legacy you want to leave with an organization you're in ☐ Volunteer for a cause that aligns with your beliefs ☐ Reflect on how much you've grown in the time you were here at WMU	☐ Understand your health insurance post-grad ☐ Keep up with that fitness routine that works for you ☐ Learn some simple go-to meals that you are going to be able to cook on a night after working ☐ Schedule routine appointments with doctor, dentist, and eye doctor ☐ Begin searching for a primary care physician if you are moving to a new location post-grad



Fourth Year Snapshot – First Semester

Social	Emotional	Intellectual	Occupational
☐ Go to those campus events you always wanted to go to but haven't ☐ Spend intentional time with your close friends ☐ Make the most of your final year ☐ Work on that Bronco Bucket list ☐ Support your friends and others going through the same transition as you ☐ Expand your network and connect with classmates, professors, and alumni on LinkedIn	☐ Practice self-care and stress management to navigate job searches ☐ Acknowledge the bittersweet feelings of starting your final year at WMU ☐ Celebrate the small wins ☐ Connect with peers who are going through the same transition ☐ Balance optimism with realism ☐ Visualize your future a year from now	☐ Apply for Graduate programs ☐ Take a course you've always wanted to take if your schedule allows ☐ Create a personal knowledge library by holding onto articles, notes, and books you'd want to revisit ☐ Read outside your field ☐ Attend guest presentations and lectures while you still can	☐ Make sure your resume, cover letter, and any other career material are polished and professional ☐ Practice interviewing, either with a friend or by making an appointment with Career and Student Employment Services ☐ Conduct informational interviews with alumni working in areas that interest you ☐ Create a personal portfolio or website ☐ Search for and apply to jobs
Environmental	Financial	Spiritual	Physical
☐ Decorate your space intentionally with plants, photos, or calming elements that inspire focus and peace ☐ Unplug from technology every now and then during your week ☐ Volunteer for a campus clean up or garden program ☐ Study in different spaces (and campuses) to change up your scenery	☐ Understand how the student loan repayment plan works ☐ Explore loan forgiveness programs, especially if you plan to work in public service or education ☐ Use those student discounts while you can ☐ Create your "grad budget" including moving, transitioning costs and any job search expenses	☐ Create a vision of your future ☐ Ask deeper questions about your identity, legacy, and purpose ☐ Explore other philosophical or spiritual traditions by attending events, talks, or taking a class ☐ Create what will become traditions ☐ Practice mindfulness or grounding techniques, especially in stressful situations	☐ It is never too late to start a workout routine ☐ Prioritize sleep ☐ Stay hydrated ☐ Take that fitness class you've always wanted to try at the Student Recreation Center ☐ Learn your signs of burnout and how to manage it



Fourth Year Snapshot – Second Semester

Social	Emotional	Intellectual	Occupational
☐ Reserve Commencement tickets ☐ Resolve any lingering conflicts ☐ Attend social events and traditions within your major/college ☐ Spend intentional time with close friends ☐ Make the most of your final semester ☐ Curate social media in a way that supports your mental health ☐ Go to those campus events you always wanted to go to but haven't ☐ Finish off your Bronco Bucket List ☐ Attend Commencement and graduate!	☐ Take a moment to thank those that supported you on your journey ☐ Order and pick up your Commencement ceremony regalia ☐ Write 2-3 thank you notes and deliver them ☐ Acknowledge the bittersweet feelings that you are transitioning away from college	☐ Finish your capstone experience or final projects for your major ☐ Consider starting a blog, podcast, or creative outlet to share all the knowledge you've gained while here at WMU ☐ Work on your writing and communication, especially in persuasive and professional styles ☐ Explore post-graduate certifications or skills ☐ Commit to lifelong learning	☐ Develop a 1-3 year post-grad plan with flexible but motivating career goals ☐ Join professional associations ☐ Seek mentorship related to the job search ☐ Hone communication, punctuality, and etiquette in all job-seeking contexts ☐ Attend employer information sessions ☐ Search for job
Environmental	Financial	Spiritual	Physical
☐ Declutter your living space and prepare to downsize or even move to your next location ☐ Give back to campus by participating in a sustainability initiative ☐ Learn to manage waste, shop responsibly, and care for your environment wherever you go next ☐ Explore future housing options and find safe, affordable post-grad living spaces ☐ Organize your digital space by decluttering your desktop, organize files into folders, and unfollow negative accounts	☐ Develop your post-graduation student loan repayment plan ☐ Build credit responsibly if you haven't started yet ☐ Continue to contribute to your emergency fund ☐ Consider opening a high-yield savings account to get bigger returns on your contributions ☐ Avoid high-interest debt from credit cards or predatory loans	☐ Seek wisdom from mentors or others that offer inspiration/insight ☐ Align your career goals with your personal values ☐ Create a gratitude ritual ☐ Visualize the legacy you want to leave with an organization you're in ☐ Volunteer for a cause that aligns with your beliefs ☐ Reflect on how much you've grown in the time you were here at WMU	☐ Understand your health insurance post-grad ☐ Keep up with that fitness routine that works for you ☐ Learn some simple go-to meals that you are going to be able to cook at night after working ☐ Schedule routine appointments with doctor, dentist, and eye doctor ☐ Begin searching for a primary care physician if you are moving to a new location post-grad



First Years as Alumni: At-A-Glance

Social	Emotional	Intellectual	Occupational
☐ Seek out social clubs or organizations for young professionals in your city. ☐ Stay in touch with your college friends ☐ Prioritize quality over quantity in friendships ☐ Say yes to invites, and say no when needed ☐ Connect with colleagues beyond work tasks ☐ Seek diversity in your social spaces ☐ Initiate check-ins with your family and friends ☐ Explore the downtown scene in your new location ☐ Check out festivals and events put on by your city	☐ Establish a post-grad support system ☐ Normalize therapy or mental health check-ins ☐ Know your personal signs of burnout or stress in the new work environment ☐ Develop healthy coping strategies ☐ Establish a boundary when it comes to work and life ☐ Celebrate all the little wins ☐ Develop an emotional vocabulary to express complex emotions more accurately ☐ Practice emotional regulation and learn to calmly provide feedback or pressure ☐ Start checking in with yourself regularly without judgement	☐ Continue reading for pleasure or learning ☐ Take online courses or certifications to build your skill set ☐ Listen to podcasts that stimulate your mind beyond just entertainment ☐ Join a book club or discussion group ☐ Find a creative outlet separate from your work ☐ Stay curious about your work ☐ Visit museums, exhibits, or lectures in your new city ☐ Attend professional development events like conferences or webinars ☐ Teach others what you know through mentorship	☐ Complete the Post-Graduation Survey 6 months after graduation ☐ Define what "success" looks like in your new chapter of life ☐ Set professional development goals ☐ Advocate your needs at work ☐ Find a mentor or career coach ☐ Develop a growth mindset ☐ Request routine performance feedback ☐ Network intentionally ☐ Build a personal brand ☐ Explore side hustles and passions ☐ Learn when it is time to move onto the next job in your career journey
Environmental	Financial	Spiritual	Physical
☐ Set up your living space that reflects your needs and values ☐ Create a clutter-free workspace, whether remote or on-site ☐ Adopt sustainable habits ☐ Bring nature into your living spaces ☐ Set digital boundaries when at home ☐ Create a go-bag or emergency kit, especially if living in an area with natural disasters ☐ Make sure to routinely change air filters in your home ☐ Create a cleaning routine to maintain your space while working full time ☐ Explore your neighborhood for parks and walking routes	☐ Create a monthly budget ☐ Start a professional emergency fund with 1-3 months expenses to begin ☐ Understand your employee benefits ☐ Start saving for retirement ☐ Pay off high interest debt ☐ Don't miss a student loan repayment ☐ Live below your means ☐ Set short- and long-term financial goals ☐ Separate needs from wants ☐ Schedule a financial check-in every quarter ☐ Learn about home ownership and the process involved	☐ Revisit your core values ☐ Create vision boards for work and life ☐ Establish a personal reflection routine ☐ Join a community or organization that aligns with your beliefs ☐ Do a "gut check" with any major life decision ☐ Volunteer for causes that you believe in ☐ Listen to others' beliefs and engage in constructive conversation ☐ Spend time in nature regularly ☐ Explore how your life and work align with your purpose ☐ Practice gratitude frequently	☐ Create a consistent sleep schedule ☐ Stay physically active ☐ Meal prep or cook at home ☐ Find a primary care physician ☐ Take your Paid Time Off and Rest ☐ Get regular check-ups ☐ Find a gym in your new location ☐ Drink plenty of water ☐ Celebrate what your body can do – focus on movement and function ☐ Join a recreation league in your city ☐ Explore any fitness clubs or organizations

