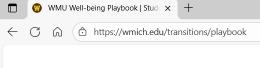


## WMU WELL-BEING PLAYBOOK



### When should students be doing\_ during their time at WMU?



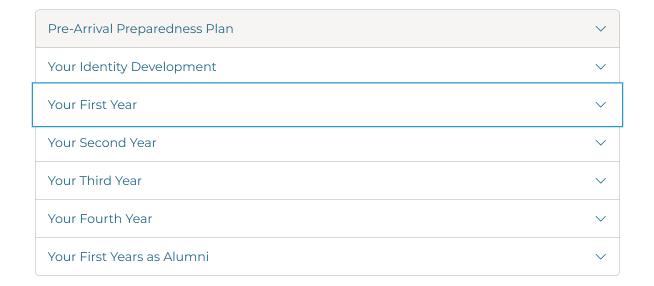


**At-A-Glance** are versions that look at your entire academic year. They are great to print and post in common areas like the refrigerator, so you can have everything right in front of you.

**Semester Snapshots** take it a step further and allow you to focus on the semester at hand. There is a lot of empty space in the Semester Snapshots so that you can add your own campus activities and truly customize your experience.

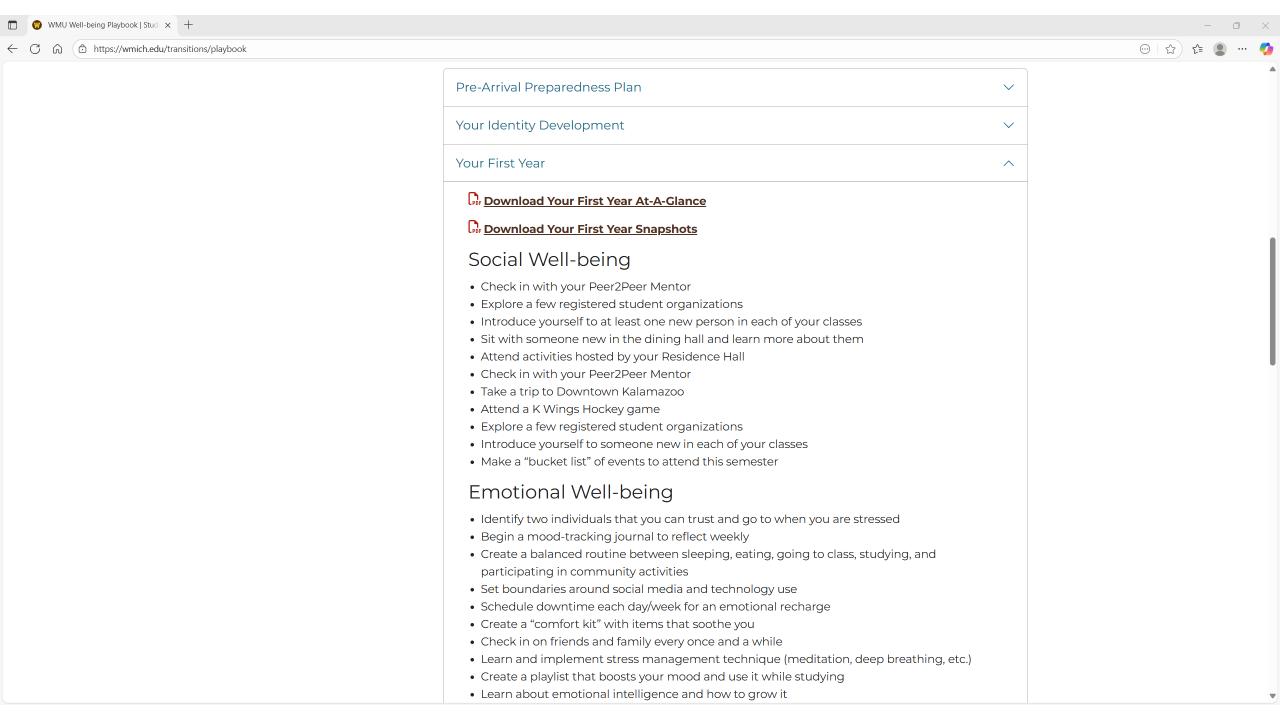
Download The WMU Well-being Playbook

**Download Every Year At-A-Glance** 



With the WMU Well-being Playbook in your hands, you are empowered to take control of the experiences you have at WMU. Everything you do in and out of the classroom contributes to your overall well-being. It is important to also recognize that you will need balance and contribute to each of the well-being areas. Some areas may come easier and more naturally to you, and that is okay. Don't ignore the challenging areas because that is where the MOST growth occurs.

If you have additions/suggestions for the WMU Well-being Playbook, please email us: <a href="mailto:ost-info@wmich.edu">ost-info@wmich.edu</a>

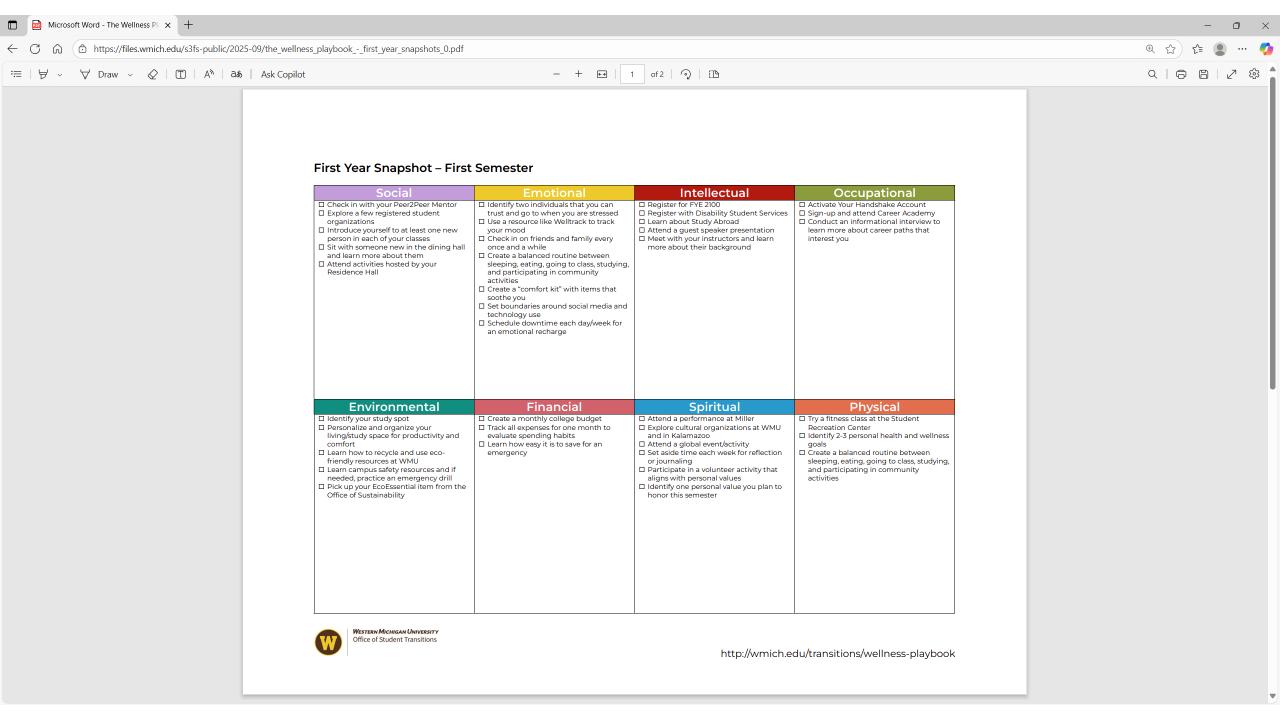




### Every Year – At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	□ Attend Bronco Bash     □ Attend Homecoming Activities     □ Attend a VMU 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





# Using the WMU Well-being Playbook

### Contact

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