



WMU WELL-BEING PLAYBOOK



WESTERN MICHIGAN UNIVERSITY
Office of Student Transitions


**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](#)

Pre-Arrival Preparedness Plan	▼
Your Identity Development	▼
Your First Year	▼
Your Second Year	▼
Your Third Year	▼
Your Fourth Year	▼
Your First Years as Alumni	▼

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: ost-info@wmich.edu

WMU Well-being Playbook | Stud

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https://wmich.edu/transitions/playbook

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Pre-Arrival Preparedness Plan

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Your Identity Development

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Your First Year

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Download Your First Year At-A-Glance

PDF

Download Your First Year Snapshots

Social Well-being

- 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
- 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

Emotional Well-being

- 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
- 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

Every Year – At-A-Glance

	Social	Emotional	Intellectual	Occupational
FALL SEMESTER	<ul style="list-style-type: none">Attend Bronco BashAttend Homecoming ActivitiesAttend a WMU fall/winter sporting event (Football, Volleyball, Hockey, Soccer)Try a restaurant Downtown that you have not been to beforeAttend residence hall or student organization eventsIntroduce yourself to at least one new classmate	<ul style="list-style-type: none">Practice self-careUse stress management techniquesSchedule downtime and maintain balance between responsibilities and restVisit Sindecuse Health Center for emotional health servicesSeek support from friends/mentors	<ul style="list-style-type: none">Finalize your semester scheduleMeet with your instructors during their office hoursSchedule an appointment with your Academic Advisor to go over your Spring Course selectionRegister for your Spring SemesterUtilize support services like the Bronco Study Zone and the Writing CenterGo to the Library and seek assistance with your research.Check mid-term & final grades	<ul style="list-style-type: none">Create/Update your Handshake profileReview/Update your career materials (resume, cover letter, etc.)Sign-up and attend Career AcademySearch Handshake or visit departments for a part-time job.Apply for a peer leader position with the Office of Student TransitionsPractice interviewingCheck your WMU email often
SPRING SEMESTER	<ul style="list-style-type: none">Attend a WMU winter/spring sporting (Hockey, Basketball, Volleyball, Baseball, Softball)Visit a store Downtown that you have not been to beforeIntroduce yourself to at least one new classmate	<ul style="list-style-type: none">Practice self-careUse stress management techniquesSchedule downtime and maintain balance between responsibilities and restVisit Sindecuse Health Center for emotional health servicesCheck mid-term gradesCheck final grades	<ul style="list-style-type: none">Finalize your semester scheduleMeet with your instructors during their office hoursSchedule an appointment with your Academic Advisor to go over your Summer/Fall Course selectionRegister for Summer/Fall SemesterUtilize support services like the Bronco Study Zone and the Writing CenterReview your Degree Works plan for graduation	<ul style="list-style-type: none">Attend a Career FairApply for internships or other employment for the summerSelect your WMU Signature pathway and routinely check on its progressCheck your WMU email often
	Environmental	Financial	Spiritual	Physical
FALL SEMESTER	<ul style="list-style-type: none">Personalize your living/study spacesRecycle or use eco-friendly itemsUtilize public transportationExplore nature around KalamazooVisit East Campus, Parkview Campus, or the Aviation Campus	<ul style="list-style-type: none">Complete your FAFSAReview the WMU Scholarship DatabaseVisit Bronco Express for financial questionsTrack expensesCreate budgetsContribute to an emergency fund (even \$5 a week adds up)	<ul style="list-style-type: none">Attend International FestivalAttend Fall Fab FestAttend Campus Coming Out ActivitiesCreate a vision board for the yearVolunteer in something that aligns with your valuesReflect/Journal frequentlySee a show at Miller Auditorium or Gilmore Theatre	<ul style="list-style-type: none">Participate in the Turkey TrotGet your flu shotVisit the Student Recreation CenterJoin an intramural sportSet and track personal fitness goalsMaintain a balanced routine (sleep, nutrition, movement)Visit Sindecuse Health Center for any physical health service
SPRING SEMESTER	<ul style="list-style-type: none">Organize your living/studying spacesClean/declutter and donate unused/unwanted household items to S.H.E. ShedExplore housing plans for summer and the following year	<ul style="list-style-type: none">Participate in financial literacy eventsComplete Financial Aid Applications for Summer I and IITrack expensesCreate budgetsContribute to an emergency fund (even \$5 a week adds up)	<ul style="list-style-type: none">Attend International BazaarAttend a global, cultural, or philosophical event on campus or within the Kalamazoo communityParticipate in Spring into the StreetsReflect/Journal frequentlySee a show at Miller Auditorium or Gilmore Theatre	<ul style="list-style-type: none">Participate in New Year, New You at the Student Recreation CenterVisit the Student Recreation CenterJoin an intramural sportSet and track personal fitness goalsMaintain a balanced routine (sleep, nutrition, movement)Visit Sindecuse Health Center for any physical health service

First Year Snapshot – First Semester

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

Using the WMU Well-being Playbook

Contact

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