

Life After Graduation



Purpose



- Pose questions for reflection
- Provide information
- Boost your self-efficacy



If nothing else...



- Ask questions
- Plan with flexibility
- Keep an open mind
- Show compassion to others and yourself

Shape Your Mindset



True or False?

- I cannot change how intelligent I am.
- I avoid trying things that might be hard.
- People cannot change.
- I feel like a failure when I make mistakes.

Shape Your Mindset



True or False?

- Effort matters more than intelligence.
- I seek opportunities to be challenged.
- People have the power to change.
- When I fail, I learn.

Abilities Matter



- Collaborate
- Think creatively, imaginatively & critically
- Solve problems
- Understand global impact

FIRST
ATTEMPT
IN
LEARNING

Self-Awareness Check



I am aware of my...

...talents.

...interests.

...dreams.

Find Your True Self



What are your...

...core values?

...beliefs?

...interests?

...strengths?

Undecided?



- Take classes outside of your major
- Take general education courses
- Explore new student groups and organizations
- Find new volunteering opportunities
- Branch out and meet new people
- Research! Research! Research!

Self-Care Check



I can...

...manage time & money

...do laundry & cook

...maintain a healthy lifestyle (exercise & diet)

...manage my medications & appointments

...use healthy coping skills to handle stress

Time Management



- Be selective when choosing co-curricular activities
- Build and post a schedule
- Calculate your ACTUAL time

Full-Time Student



For every credit, estimate 2 to 3 hours of study time
OUTSIDE of class.

$$\begin{aligned} 15 \text{ Credits} &= 15 \text{ Hours In Class} \\ &\quad \underline{\quad \times 3 \quad} \text{ Hours Outside Class} \\ &= 45 \text{ Hours Outside Class} \\ &\quad \underline{+ 15} \text{ Hours In Class} \\ &= \mathbf{60 \text{ Hours (Minimum)}} \end{aligned}$$

168 Hours/Week



Academic Hours = 60

Part-Time Job = 20

Sleep (8 Hours/Night) = 56

168 - 124

= 32 Hours/Week

Time remaining = approx 4.5 Hours/Day

Cost of Repetition



<u>Cost/Credit</u>	<u>Institution</u>	<u>4-Credits</u>	<u>Work</u>
\$143/Credit	M.A.T.C.	\$572	79
\$337/Credit	UW-Milwaukee	\$1348	185
\$733/Credit	Alverno College	\$2932	404

Manage Money



- Open a bank account near you
 - Avoid ATM fees
- Calculate income & fixed expenses
- Stick to a budget

SAMPLE Budget



Monthly Income	Monthly Fixed Expenses	Monthly Flexible Expenses	Semester Disposable Income
\$1250 Loans	\$ 400 Rent	\$ 50 Groceries	\$2200 Income
\$ 200 Parents	\$1300 Tuition	\$ 50 Dining Out	- 2125 Fixed
\$ 500 Job	\$ 50 Cell	\$ 60 Fun	\$ 75 Balance
\$ 250 Scholarship	\$ 50 Internet		- 160 Flexible
	\$ 300 Car		
	\$ 100 Books		
\$2200 TOTAL	\$2125 TOTAL	\$160 TOTAL	-\$ 85 OWE

Manage Money



- Establish good credit
 - Pay your bills on time
 - Limit credit cards & limits
- Monitor your personal information
- Take finance classes
- Understand amortization

Loan Balance	\$20,000
Interest Rate	6.8%
Loan Term	10 Years
Monthly Loan Payment	\$230.16
Number of Payments	120
Cumulative Payments	\$27,619.31
Total Interest Paid	\$7,619.31

\$7619.31 Interest

\$230.16/mo

Loan Balance	\$40,000
Interest Rate	6.8%
Loan Term	10 Years
Monthly Loan Payment	\$460.32
Number of Payments	120
Cumulative Payments	\$55,238.63
Total Interest Paid	\$15,238.63

\$15,238.63 Interest

\$460.32/mo

F.A.F.S.A.



- Visit Financial Aid Office **OFTEN**
- Understand types of aid
 - Grants/Scholarships = **FREE MONEY**
 - Unsubsidized Loans = you pay interest
 - Subsidized Loans = Gov't pays interest
 - Work Study = earn \$ with on-campus job
- Read the fine print
- Beware of Private Loans

\$\$ Adds Up Quickly



3 Starbucks drinks/week

\$ 12/week = \$ 48/month = **\$ 624/year or
86+ hours worked**

3 Meals/week

\$ 30/week = \$120/month = **\$1440/year or
198+ hours worked**

\$2064/YEAR

284 hours worked

Other Life Skills



- **Cooking**
 - Crock Pot
 - Inexpensive, Easy, Healthy Meals
 - Coffee Pot
- **Exercise Regularly**
- **Laundry**



Self-Knowledge Check



I know...

...my learning styles

...the support & resources needed to succeed

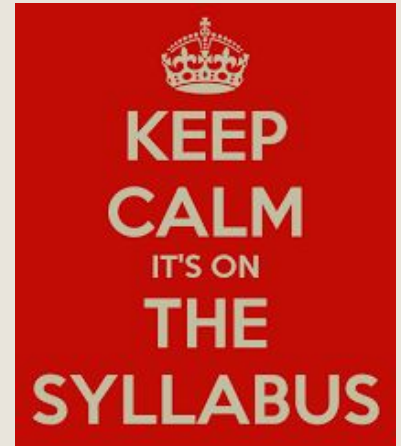
...how to study & meet assignment deadlines

...how to motivate myself

Student Expectations



- Consider student to faculty ratio
- Read and follow the syllabus
- Keep fast pace
- Read texts independently
- Analyze and synthesize information
- Be professional



Be Professional



- Be thorough
- Be honest
- Be accountable
- Be humble
- Be appropriate

Use Resources



- Create study groups
- Visit resource & tutoring centers
- Keep regular appointments with tutors
- Connect with Accessibility Coordinator

Build Your Community



- Research faculty, clubs, and organizations
- Use Career & Advising Services
- Volunteer
- Connect online
- Make new friends

Eventually your village will help you find a job!

Establish Friendships



- Everyone is shopping for them
- Branch out from H.S. friends & loves
- Attend Orientation/Welcome Week events
- Avoid drama

Accept Change



- Allow yourself to meet new people
- Befriend quality, not quantity
- Maintain realistic expectations
 - May lose touch with friends at home
 - Give yourself time to recharge
 - Beware of social pressures (good and bad)
 - Expect loneliness
 - Roommates may not be BFF's

Living with Humans is Hard



Communication is Key

- Set ground rules (norms) and expectations
- Be assertive yet calm
- Address the issue immediately

Self-Care

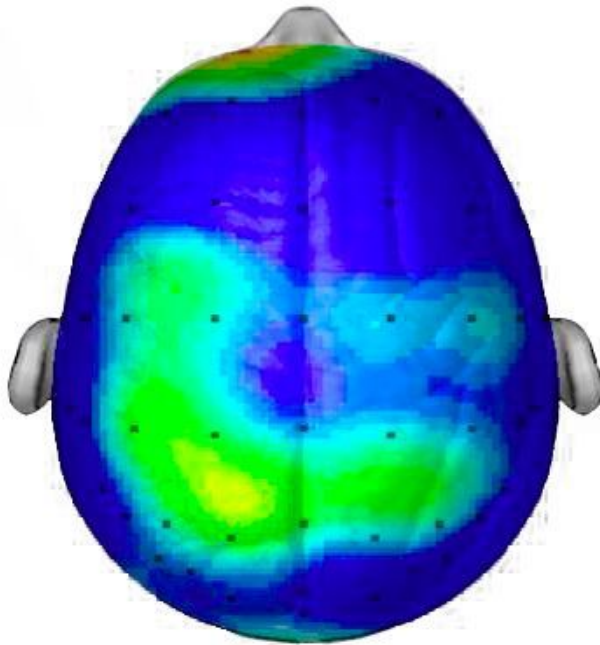


Mental Health

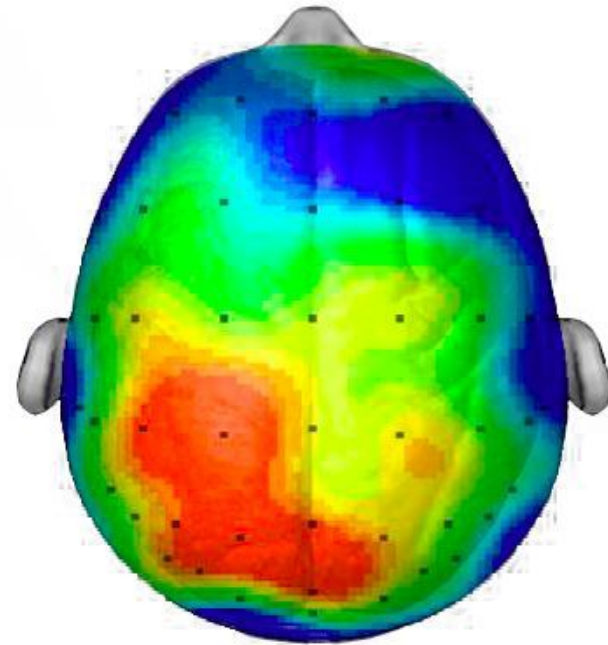


- Manage prescriptions & appointments
 - Understand health insurance
- Use free campus or community counseling
- Take time to re-charge

Physical Health



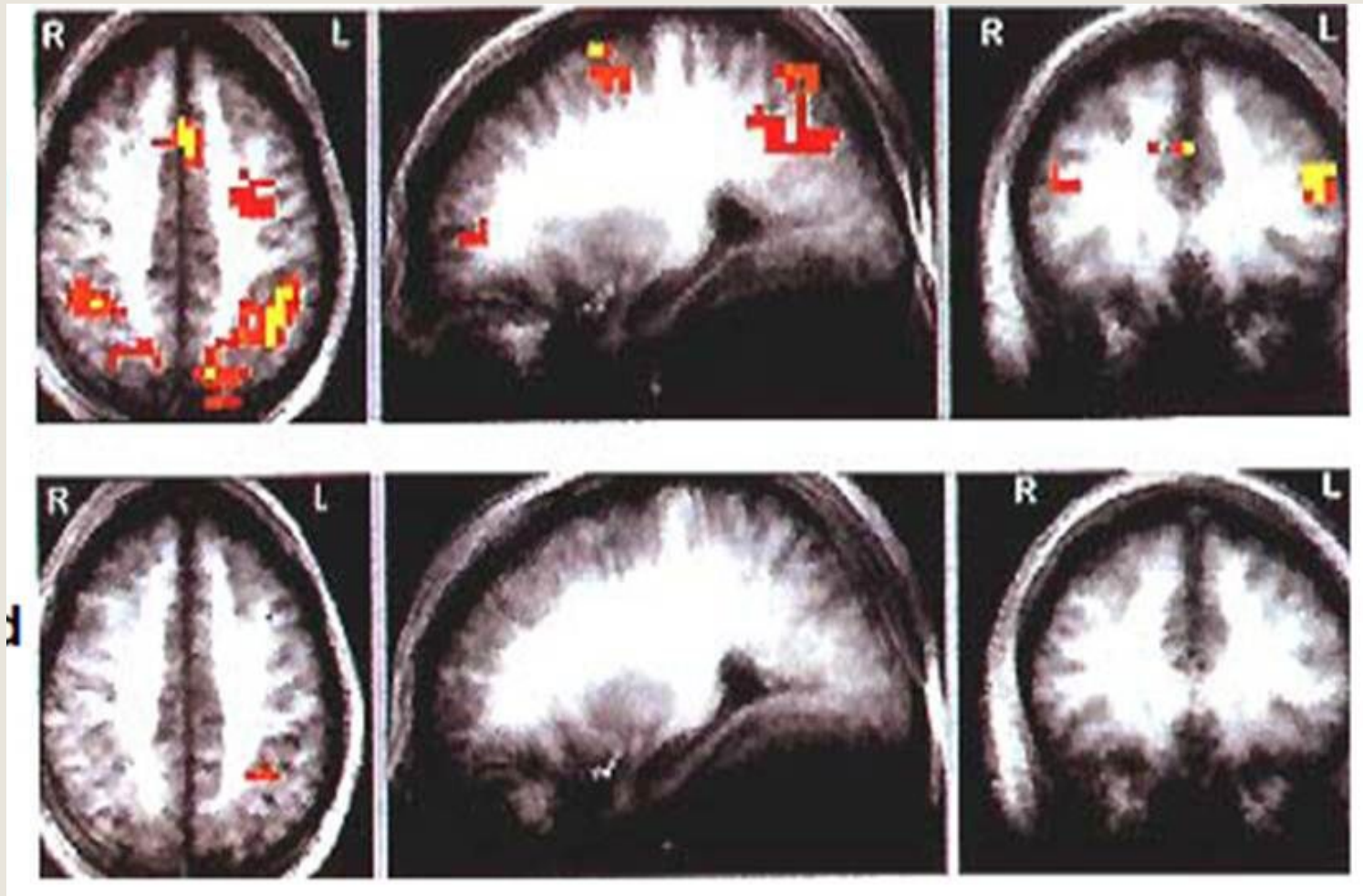
After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Physical Health



Physical Health




- Keep your person safe
 - 50% assaults occur in first four months
 - Women in college 3x more at risk
 - Women not in college 4x more at risk
 - Men and Women are victims

Social - Emotional Health



- Attend religious services
- Find healthy social circles
- Practice mindfulness and meditation
 - Take a class!



“It’s never too late to
be what you might
have been.”

~George Elliot (a.k.a. Mary Ann Evans)





Believer

Of

Self

Success

SENIOR POWER!



THANK YOU!



QUESTIONS?