Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

From College Life to Real World

Remember the feelings you had before the transition from high school to college life? Maybe this feeling was excitement or anxiety, maybe a little bit of both. For a majority, their time in college was more than likely filled with experiencing independence for the first time, meeting fun new people, as well as opening a vast world of education and learning.

Now that college life is ending and life into the “real world” is quickly approaching, you may be experiencing many of the same feelings. The transition from student to a full-time employee can be anxiety-inducing as well. Although, the transition may not always be easy, it is the time that you have been preparing for the last 4 or more years. Here are some helpful tips to make the transition from college life to the real world a bit smoother.

Set Short and Long-term Goals

- Writing down goals will remind you what you are working towards and the sets you need to take to achieve these goals. Build your schedule and routine around facilitating these goals.

Accept What is out of Your Control and Focus on What You Can

- The real world may present challenges that are beyond your control. Instead of focusing on this, focus on what you can control. You can control to respond positively to challenging situations and how you treat other people.

Hold Yourself Accountable

- Creating a schedule can help you stay accountable to ensure you are giving yourself time to achieve the goals you set and make you feel as if you have more control over your lifestyle.

Embrace Old Hobbies and Discover New Ones

- Having a hobby allows you to have a break during long days. A break is crucial to our mental health and wellbeing. Finding a new hobby or picking up an old hobby you once enjoyed will make you feel happier and increase your mental health well being.

Make a Budget and Stick to It

- In the real world, there are many financial considerations. Setting a budget and sticking to it can ease and lessened the challenges you may be faced with as well as help in the achievement of your short and long-term goals.

YOU CAN DO IT!

Remember this is a time of transition and change. As we all know, change is not always easy!

Believe in yourself, recognize your achievements, and don’t let a time of change discourage you!

References:
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